



CRAB CAKES BENEDICT

This brunch twist with our SeaPak Maryland Style Crab Cakes will please your whole family.

Yield: 4



INGREDIENTS

2 pk. 8oz SeaPak® Maryland Style Crab Cakes

2 Unit English muffins, split and toasted

Hollandaise sauce

3 tbsp. Margarine

2 tbsp. All-Purpose Flour

1 Pinch Turmeric

1 C unsweetened soy milk

1 Pinch Cayenne Pepper

2 tbsp. nutritional yeast

1/2 Unit Lemon juice

1 tbsp. Mayonnaise

Salt and Pepper to taste

DIRECTIONS

- 1 Prepare crab cakes according to package directions and keep warm. Place one warm crab cake on top of each toasted muffin half. Top with a poached or fried egg and spoon hollandaise over top.
- 2 Hollandaise sauce:
- 3 Heat a small saucepan over medium-low heat. Add the margarine until it is boiling. Whisk in the flour all at once to make a paste and continue to whisk it constantly for about a minute.
- 4 Add in a SMALL pinch of turmeric for color and mix well. Slowly whisk in soy milk. Bring sauce to a boil, whisking frequently.
- 5 Boil for 2 to 3 minutes and remove from heat. Whisk in the cayenne and nutritional yeast. Add the lemon juice and mix well. Taste for seasoning. Mix in the mayonnaise for a little bit more creaminess. Salt and pepper to taste.