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MYRTLE BEACH
SOUTH CAROLINA

Grilled Crab Cakes Benedict Recipe

from Johnny D's Waffles and Bakery

Chef Jamie Saunders, Executive Chef at Johnny D's Waffles and Bakery shared this great recipe with Canadian friends during a visit this year. Enjoy this great southern coastal cuisine at home or when visiting Myrtle Beach, South Carolina. Serves 2.

Grilled Crab Cakes Benedict

Panko Bread Crumbs	1/2 - 3/4 cup
Egg, large	1
Worcestershire Sauce	1 Tbl
Texas Pete Hot Sauce	1/2 tsp
Fresh Cracked Pepper	to taste
Mayo	2 Tbl + 1 tsp
Lump Crab Meat	2- 6 oz cans
Old Bay Seasoning	1 1/2 tsp
Olive Oil	1 Tbl

Eggs	4 poached
Kosher Salt	1 tsp
White Vinegar	2 Tbl
Sliced Tomato	6 slices
Leaf Lettuce	as needed
Hollandaise	see recipe
Cajun Remoulade	see recipe
Toasted English Muffins	2



1. Prepare Cajun Remoulade Sauce and set aside until needed.
2. Mix 1/2 cup of bread crumbs and the egg, then mix in all other ingredients except the lump crab together until incorporated. Be Gentle.
3. Check the consistency of the mixture and if it seems very wet add a little more bread crumbs.
4. Gently fold in lump crab meat.
5. Separate into 4 cakes, gently flatten and set on a plate in the refrigerator for 30 minutes to an hour.
6. When you are ready to eat, heat a little olive oil in a non-stick pan and over medium-high heat and grill on both sides for 3-4 minutes until golden brown.

7. Poaching Eggs: While the Crab Cakes are cooking, pour enough hot water into a 10-inch nonstick skillet to measure no less than 1 1/2-inches, place over high heat, and bring to 190 degrees F. Add the vinegar. Gently crack each egg into the pan. Once all the eggs are in the pan, give it a gentle stir. Cook for 3 1/2 - 4 minutes, adjusting the heat to maintain the temperature. The eggs are ready when the white is cooked but the center still wiggles. Remove the eggs with a slotted spoon, one at a time. Eggs may be stored in ice water, until the crab cakes are ready then, reheat in hot water for 1 minute before serving.
8. Assemble: Place the toasted English muffins onto the serving plate, then top with lettuce on each side of the muffin, 1 crab cake on each, then grilled tomato, poached eggs, drop with hollandaise and add a drizzle of remoulade on each.

Cajun Remoulade Sauce

Mayo	1 cup
Worcestshire Sauce	1 T
Lemon Juice	1 T
St. Ground Mustard	2 T
Ketchup	2 T
Olive Oil	1 T
Cajun Seasoning	2 T
Salt	½ t
Celery, minced	tt

1. Mix all ingredients together and in air tight container.

Hollandaise Sauce

4 egg yolks
 1 tablespoon freshly squeezed lemon juice
 1/2 cup unsalted butter, melted (1 stick)
 Pinch cayenne
 Pinch salt

1. Vigorously whisk the egg yolks and lemon juice together in a stainless-steel bowl and until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water (or use a double boiler,) the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in cayenne and salt. Cover and place in a warm spot until ready to use for the eggs benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving.

More information on the “60 More Days of Summer and Wellness” campaign will be available in the coming months. For details on the Myrtle Beach area, go to www.VisitMyrtleBeach.ca.

About Myrtle Beach, S.C.

Stretching from Little River to Pawleys Island and comprising 12 distinct communities, the Myrtle Beach area is home to 96 kilometers of sandy beaches, an assortment of entertainment and family attractions and world-class golf. Popularly known as the Grand Strand, the Myrtle Beach area presents the quintessential vacation experience peppered with plenty of Southern hospitality.

For additional information on the Myrtle Beach area, visit www.visitmyrtlebeach.ca or call (888) Myrtle-1.