



The Maine Event

Fall 2011

U.S. Route #1, Wells, Maine www.mainediner.com

Myles Henry's Downeast Benedict

Myles' final breakfast menu creation... cod cakes topped with poached eggs and hollandaise. Serves 4-5 people

I sat down with Myles at the counter one morning last year and he said, "Mare, you gotta try my new creation. You are going to love it." "What is it?" I asked. His eyes lit up like a Christmas tree and he leaned forward with energy and excitement. "My eggs benedict... but made with a cod cake!"

I should point out I am not a fish person, so when I heard the whole meal was predicated on cod my heart sunk. I also happen to hate poached eggs. I looked at Myles and must have looked alarmed, or like I was about to be given a plate of worms to eat. Myles was not deterred. Not in the least. "No, Mare! You are gonna LOVE it! Trust me!"

And of course I did.

As Pat points out in the employee feature, Myles can talk a person into anything, and before I knew it, a savory, home-cooked creation of Downeast Benedict (cod cake, poached eggs and all) was in front of me. And with one bite and I was hooked. I mean, really smitten. Totally converted. I now order it every time I visit and I always recollect the wonderful exchange with Myles and smile at the memory of our wonderful breakfast together.

The basis of his creation actually comes from a combination of his family recipe archive, influenced, of course, by the fresh seafood around us. This satisfying recipe starts with a cod fish cake developed by either Dick and Myles' Grandmother Doris Woodman, or their mother Phoebe Henry. Myles explains that both women made this dish, but obviously there were always personal variations depending on who was making it. But one thing is for certain: the end result was always delicious!

To the codfish cake Myles gave it a unique twist that makes it a Benedict: two poached eggs topped with hollandaise and then served up with a side of home fries and an English muffin. I guarantee you won't find a meal like it. So, pull up to the counter, enjoy, smile, and think of Myles... I can hear him now: "You're gonna LOVE it."

To make the Cod Cakes:

- 1 lb salt cod
- 2 eggs
- 3 lb mashed potatoes
- 1 tsp pepper
- 1 small onion, chopped fine, sautéed in 2 Tbsp. butter
- 1 cup potato flakes

Directions:

Place salt cod in a pan and cover with water. Bring to a boil for 20 minutes then drain. Mix cod, potatoes, pepper, onion and potato flakes, add 2 eggs and mix thoroughly. Let mixture set in refrigerator overnight.

Portion cod cakes into 3-oz patties. Carefully place them in hot oil. Cook one side for 3 minutes, then turn over and cook until golden brown. Yields 24 cakes, good for serving 4-5 people.

Top each cake with a poached egg and then drizzle with hollandaise sauce. We like Knorr Hollandaise Mix. You can pick up a package and follow the directions for a small group of people. To make more hollandaise for a larger group you can do the following:

In a double-boiler slowly mix with a wire whisk and heat:

- 1 lb butter
 - 1 cup Knorr hollandaise mix
 - 1 qt milk
- Enjoy!

