



## Basic hollandaise



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



422 kcal

SAUCE

## Ingredients

- ☐ 500 ml citrus champagne vinegar
- ☐ 1 tbsp peppercorns
- ☐ 1 bunch tarragon
- ☐ 3 large egg yolk free-range
- ☐ 200 ml butter unsalted melted for success, below (see Secrets )
- ☐ 1 tablespoon juice of lemon

## Equipment

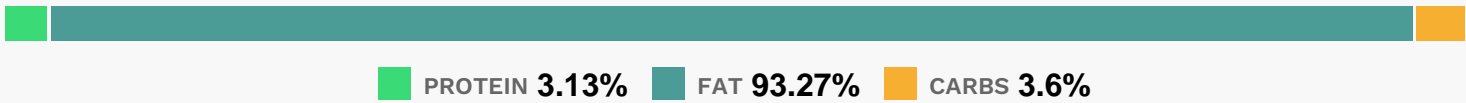
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ spatula

## Directions

- ☐ Boil the vinegar together with peppercorns and tarragon, reduce by half. Strain and reserve (see Secrets for success on storing, below).
- ☐ Boil a large pan of water, then reduce to a simmer. Using a large balloon whisk, beat together the yolks and 2 tsp of the reduced wine vinegar in a heatproof bowl that fits snugly over the pan.
- ☐ Beat vigorously until the mixture forms a foam, but make sure that it doesnt get too hot. To prevent the sauce from overheating, take it on and off the heat while you whisk, scraping around the sides with a plastic spatula. The aim is to achieve a golden, airy foam (called a sabayon), which forms ribbons when the whisk is lifted.
- ☐ Whisk in a small ladle of the warmed butter, a little at a time, then return the bowl over a gentle heat to cook a little more.
- ☐ Remove from the heat again and whisk in another ladle of butter. Repeat until all the butter is incorporated and you have a texture as thick as mayonnaise. Finally, whisk in lemon juice, salt and pepper to taste plus a little warm water from the pan if the mixture is too thick.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:7.6282608871875%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 422.02kcal (21.1%), Fat: 42.53g (65.42%), Saturated Fat: 25.93g (162.09%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.21g (0.23%), Cholesterol: 240.84mg (80.28%), Sodium: 23.28mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin A: 1480.62IU (29.61%), Manganese: 0.55mg (27.28%), Selenium: 7.83µg (11.19%), Iron: 1.82mg (10.1%), Vitamin E: 1.47mg (9.82%), Vitamin D: 1.41µg (9.39%), Phosphorus: 81.85mg (8.19%), Vitamin K: 7.54µg (7.18%), Calcium: 69.62mg (6.96%), Vitamin B2: 0.12mg (6.79%), Folate: 26.71µg (6.68%), Vitamin B12: 0.33µg (5.5%), Vitamin B6: 0.1mg (5.16%), Potassium: 172.15mg (4.92%), Vitamin B5: 0.47mg (4.74%), Magnesium: 18.09mg (4.52%), Copper: 0.08mg (3.88%), Vitamin C: 3.08mg (3.74%), Zinc: 0.48mg (3.23%), Fiber: 0.79g (3.17%), Vitamin B1: 0.03mg (2.23%), Vitamin B3: 0.23mg (1.17%)