

Béarnaise Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



48

CALORIES



21 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons cooking wine dry white
- ☐ 2 large egg yolks
- ☐ 0.5 teaspoon tarragon fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 1.5 tablespoons shallots minced
- ☐ 3 tarragon sprigs
- ☐ 0.5 cup butter unsalted

- ☐ 2 tablespoons water cold
- ☐ 3 tablespoons citrus champagne vinegar

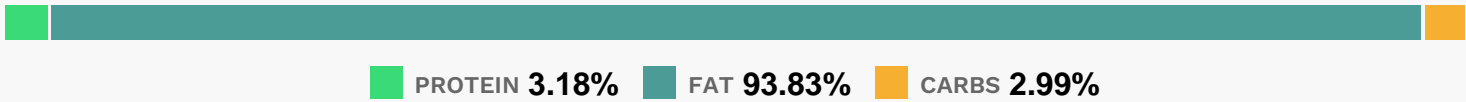
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Place butter in a small saucepan over medium-low heat; cook 5 minutes or until completely melted. Carefully skim solids off the top with a spoon; discard solids. Slowly pour remaining butter out of pan, leaving remaining solids in pan; discard solids.
- ☐ Combine egg yolks and 2 tablespoons water in a small saucepan, stirring with a whisk until foamy.
- ☐ Place pan over medium heat, stirring constantly until mixture thickens slightly. Gradually add 1/4 cup clarified butter, about 1 tablespoon at a time, stirring with a whisk until each addition is incorporated and mixture is thick. Reserve remaining clarified butter for another use.
- ☐ Combine wine, vinegar, shallots, and tarragon sprigs in a heavy saucepan; bring to a simmer. Cook until reduced to 2 tablespoons. Strain through a sieve into butter mixture. Stir in salt, pepper, and chopped fresh tarragon.

Nutrition Facts



Properties

Glycemic Index:4.52, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.31347826560554%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 20.67kcal (1.03%), Fat: 2.11g (3.25%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.04g (0.04%), Cholesterol: 12.73mg (4.24%), Sodium: 6.9mg (0.3%), Alcohol: 0.1g (100%), Alcohol %: 2.04% (100%), Protein: 0.16g (0.32%), Vitamin A: 72.85IU (1.46%)