



Maltaise Sauce

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

SAUCE

Ingredients

- 17 tablespoons butter unsalted (2 sticks plus 1 tablespoon)
- 1 large blood oranges
- 1 tablespoon citrus champagne vinegar
- 1 teaspoon peppercorns cracked white crushed
- 4 large egg yolk
- 1 serving coarse salt
- 0.5 juice of lemon

Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- pot
- sieve
- cheesecloth

Directions

- Melt butter in a small saucepan over medium heat; slowly bring to a boil, skimming froth from surface. Carefully pour melted butter into a small bowl, holding back the milky sediment in the bottom of the pan. The clarified butter should be the color of light olive oil; let cool to room temperature.
- Bring a small pot of water to a boil over high heat; prepare an ice-water bath and set aside. Using a paring knife, remove zest from oranges in large strips, reserving oranges.
- Add zest to boiling water; cook until softened, about 1 minute.
- Drain and transfer to ice-water bath to cool.
- Drain and very finely chop; set aside.
- Squeeze juice from oranges into a small saucepan.
- Place saucepan over low heat and cook until juice is reduced by one third.
- Add zest to saucepan and remove from heat; set aside to cool.
- In a medium heavy-bottomed saucepan, mix vinegar with 1/4 cup cold water and crushed peppercorns.
- Place over medium-high heat until liquid is reduced by one third; remove from heat and let cool completely.
- Add egg yolks to cooled reduction and whisk to combine.
- Place saucepan on a heat diffuser over very low heat; whisk, making sure the whisk comes in contact with the bottom of the pan. Gradually increase heat, whisking so the sauce emulsifies progressively and becomes smooth and creamy, 8 to 10 minutes; do not let the temperature of the sauce rise above 150 degrees.

- Remove saucepan from heat and whisk in clarified butter in a slow, steady stream; season with salt. Stir in lemon and orange juice mixture. Line a chinois or fine-mesh strainer with cheesecloth; strain mixture and discard solids. Use sauce immediately.

Nutrition Facts

PROTEIN 2.91% **FAT 91.55%** **CARBS 5.54%**

Properties

Glycemic Index:7.08, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:5.644782576872%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 8.72mg, Hesperetin: 8.72mg, Hesperetin: 8.72mg, Hesperetin: 8.72mg Naringenin: 4.73mg, Naringenin: 4.73mg, Naringenin: 4.73mg, Naringenin: 4.73mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 338.77kcal (16.94%), Fat: 35.24g (54.21%), Saturated Fat: 21.47g (134.18%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.02g (3.35%), Cholesterol: 207.68mg (69.23%), Sodium: 42.37mg (1.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.05%), Vitamin A: 1223.85IU (24.48%), Vitamin C: 17.47mg (21.17%), Selenium: 6.92µg (9.89%), Vitamin E: 1.27mg (8.48%), Vitamin D: 1.21µg (8.05%), Folate: 27.52µg (6.88%), Phosphorus: 59.86mg (5.99%), Vitamin B2: 0.09mg (5.12%), Vitamin B12: 0.29µg (4.81%), Vitamin B5: 0.46mg (4.62%), Calcium: 38.9mg (3.89%), Fiber: 0.96g (3.83%), Vitamin B1: 0.05mg (3.29%), Vitamin B6: 0.06mg (3.06%), Vitamin K: 2.86µg (2.72%), Iron: 0.48mg (2.66%), Manganese: 0.05mg (2.62%), Potassium: 81.54mg (2.33%), Zinc: 0.33mg (2.19%), Copper: 0.04mg (1.85%), Magnesium: 5.42mg (1.35%)