

# **Maltaise Sauce**

☼ Vegetarian
⑥ Gluten Free
♠ Low Fod Map

READY IN
SERVINGS

45 min.

6

SAUCE

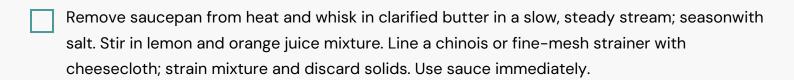
# Ingredients

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

# **Equipment**

0.5 juice of lemon

	bowl
	frying pan
	sauce pan
	knife
	whisk
	pot
	sieve
	cheesecloth
Diı	rections
	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.



### **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: O.12mg, Eriodictyol: O.12mg, Eriodictyol: O.12mg, Eriodictyol: O.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: O.06mg, Luteolin: O.06mg, Luteolin: O.06mg, Luteolin: O.06mg, Luteolin: O.06mg, Kaempferol: O.04mg, Kaempferol: O.04mg, Myricetin: O.05mg, Myricetin: O.05mg, Myricetin: O.05mg, Quercetin: O.15mg, Q

### 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: Og (100%), Alcohol %: O% (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 B1: 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%)