

SAUCE BEARNAISE

Prepared by: Kimi O'Dell Nelson, July 2016

Source: Le Guide Culinaire by Escoffier

Place 7 oz (7/8 cup) each of white wine and tarragon vinegar in a small pan with 4 tablespoons chopped shallots, 2/3 ounce chopped tarragon leaves, 1/3 ounce chopped chervil, 5 grams crushed peppercorns, and a pinch of salt. Reduce by 2/3 and allow to cool. (*I strained it here*).

Add 6 egg yolks to the reduction and prepare the sauce over a gentle heat (I used a double boiler) by whisking in 1 lb. 2 oz of ordinary or melted butter. The Cohesion and emulsification of the sauce is effected by the progressive cooking of the egg yolks which depends to a great extent on its preparation over a slow heat.

When the butter has been completely incorporated, pass the sauce through a fine strainer; correct the seasoning, add a little cayenne and finish by mixing in 1 tablespoon chopped tarragon & ½ tablespoon chopped chervil.

Sauce Bearnaise which is rather like a mayonnaise but made with butter, cannot be served very hot as this will result in the sauce separating. It should be served lukewarm. If it does become too warm and separate, it can be reconstituted by whisking in a few drops of cold water (or an egg yolk).

