



# CIA Basic Hollandaise

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Categories: Sauces

Description: One of the basic Mother sauces.

Yield: 1 c

Preparation Time: 10 minutes

Start to Finish Time: 25 minutes

Serving Ideas: Eggs Benedict, asparagus

## Ingredients

3 lg Egg Yolks, lightly beaten

1 1/2 stick unsalted Butter, melted until foamy, foam skimmed

1 T fresh Lemon Juice

1 1/4 t Dijon Mustard

1 pinch Cayenne

1 pinch Celtic Sea Salt

## Directions

1) Put the egg yolks in a medium, stainless-steel bowl set over (not in!) a pot of simmering water. Whisk the yolks until pale yellow and fluffy. Do not exceed 130° F. Slowly add the melted butter, a few tablespoons at a time, and whisk until thickened.

2) Remove from the heat, whisk in the lemon juice, Dijon mustard, cayenne and season with salt to taste.

3) Turn off the heat under the water and set the hollandaise back on the pot to keep warm while you poach the eggs.