



CS German Mustard Sauce

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Categories: Sauces, Source: The Captain's Shack

Servings: 2

Description: A great mustard sauce that is good with eggs benedict, pork or beef tenderloin.

Source: : Note: This German egg dish is coming from the good old times when meat was rare or too expensive. It's called "Verlorene Eier" because the eggs have lost their shell. It used to be a very popular dish in the former DDR (East Germany). It's a good combination, the poached eggs and the mustard sauce, rounded up with boiled or fried potatoes. Authentic German mustard can be found in Boise at Das Alpenhaus Delikatessen on Vista Ave.

Ingredients

1 sm Onion, diced
2 3/4 T unsalted Butter
2 3/4 T All-Purpose Flour
2 1/4 c Water
3 T mild German Mustard
such as Löwen Senf (Lion
Mustard Brand)
2 t fresh Lemon Juice
2 t chopped fresh
Tarragon
4 lg fresh Eggs
4 1/4 c Water
4 T White Wine Vinegar
Celtic Sea Salt, fresh
ground Tellicherry Black
Pepper to taste

Yield: 2 c

Start to Finish Time: 20 minutes

Preparation Time: 10 minutes

Directions

- 1) Chop onion fine. Melt butter, sauté onion until transparent. Add flour, mix very well until you get a slightly yellowish substance. Then add 2 1/4 cups cold water. Bring while mixing to a boil.
- 2) Add mustard, lemon juice and tarragon. Stir to mix. Add Celtic Sea Salt and fresh ground Tellicherry Black Pepper to taste.
- 3) Bring 4 1/4 cups water to a boil, add vinegar and 1 t salt. Crack one egg in a cup. Very carefully let egg slide into the boiling water. Repeat with each egg. Reduce heat and let simmer for 5 min.
- 4) Remove eggs with a slotted spoon and place on a plate. Serve the poached eggs on toasted English Muffins with the sauce and/or boiled potatoes. This sauce would be great with pork or beef tenderloin.

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