



Sauce Béarnaise

Source: Bob and Robin Young

Cooking: 35 min **Total:** 1 hr **Prep:** 25 min

Yield: ~ 1 cup **PDF:** Bearnise-Sauce.pdf

Notes: "The béarnaise is similar to the hollandaise sauce with a reduction of white wine, vinegar, pepper, shallots, tarragon and chervil a whipped butter sauce. From the

ingredients butter, egg yolks and the reduction gives an emulsion. In contrast to the hollandaise sauce where the flavor is kept relatively neutral, the taste of the wine and the herbs is much spicier. In some classic recipes additionally nutmeg is added and a small amount of parsley." [<http://www.koch-welten.de/bearnaise.htm>]

Description: One of the classic sauces. Great with beef, fish or asparagus.

Ingredients:

7 oz unsalted Butter, melted

¼ c very finely chopped Shallots

5 tablespoons finely chopped fresh Tarragon or 2½ T dried Tarragon Leaves

½ c White Wine, a chardonnay is good

¼ c White Wine Vinegar or Champagne Vinegar

1 t Dijon Mustard

3 egg yolks

salt and pepper

Directions:

Melt butter in a microwave for about 15 seconds. Do not boil! Just melt. Set aside.

Place shallots, tarragon, vinegar and wine on medium heat and boil until reduced to about 3 tablespoons of liquid. Cool.

Set up a double boiler arrangement with a Pyrex bowl and a saucepan. Place the egg yolks in the bowl and whisk in the cooled reduced vinegar. Place bowl in pan of simmering water. Add mustard and cook, 130° F maximum, whisking continually, until mixture thickens - about five minutes.

Remove from heat and very slowly whisk in melted butter. Whisk in salt and pepper to taste. Adjust as necessary. There should be a tarragon layer of flavor, but not overpowering. Use dried tarragon leaves to adjust, but only a little at a time.