

Bavarian Sauce (Sauce Bavaroise)

Alexandre Dumas (Le Grand Dictionnaire de Cuisine)
The Good Cook Sauces - Time-Life Books

Yield: 1 1/4 cups

1/4 cup white wine vinegar
3 or 4 egg yolks
8 tablespoons butter, cubed
one-inch piece fresh horseradish, sliced
salt
freshly ground nutmeg
7 tablespoons crayfish butter

Place the vinegar in a nonreactive saucepan and boil it until it is reduced to half of its original volume. Remove the saucepan from the heat. Let the vinegar cool, then add three or four egg yolks (depending on the strength of the vinegar), two tablespoons of butter and the horseradish. Beat them all together. Add a little salt and nutmeg. Stir the sauce over low heat until it thickens slightly.

Sieve the sauce into a clean saucepan. Add the remaining butter. Set the pan over low heat and beat the sauce until it is foamy. Do not allow it to boil.

Finally, beat in the crayfish butter.

A sauce for fish.

Per Serving (excluding unknown items): 1000 Calories; 107g Fat (94.6% calories from fat); 9g Protein; 4g Carbohydrate; 0g Dietary Fiber; 886mg Cholesterol; 959mg Sodium. Exchanges: 1 Lean Meat; 20 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1000	Vitamin B6 (mg):	.2mg
% Calories from Fat:	94.6%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	1.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.6%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	107g	Folacin (mcg):	76mcg
Saturated Fat (g):	62g	Niacin (mg):	trace
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	886mg
Carbohydrate (g):	4g
Dietary Fiber (g):	0g
Protein (g):	9g
Sodium (mg):	959mg
Potassium (mg):	136mg
Calcium (mg):	99mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	4436IU
Vitamin A (r.e.):	1149 1/2RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	20 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories	1000	Calories from Fat: 946
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% Daily Values*

Total Fat	107g	165%
Saturated Fat	62g	310%
Cholesterol	886mg	295%
Sodium	959mg	40%
Total Carbohydrates	4g	1%
Dietary Fiber	0g	0%
Protein	9g	
Vitamin A		89%
Vitamin C		0%
Calcium		10%
Iron		13%

* Percent Daily Values are based on a 2000 calorie diet.