

# Bearnaise Sauce (Sauce Bearnaise)

Irene Labarre (*La Cuisine Des Trois B*)  
*The Good Cook Sauces - Time-Life Books*

**Yield: 1 1/4 cups**

*1 cup white wine vinegar  
5 or 6 shallots, very finely chopped  
1 tablespoon fresh tarragon, coarsely chopped  
1 tablespoon mixed fresh parsley,  
chervil and chives, coarsely chopped  
4 egg yolks  
1/2 pound butter, cut into small pieces*

Boil the vinegar, shallots, tarragon and mixed herbs in a small saucepan until the liquid has reduced to about three tablespoons. Strain the liquid through a fine-meshed sieve set over a small pan.

Stir the egg yolks into the strained liquid and place the pan into a larger pan of warm water set over gentle heat. Stir the mixture with a wooden spoon.

Add the pieces of butter, a few at a time, stirring constantly in the same direction. After all of the butter has been blended in, remove the sauce from the heat.

Pour the sauce into a warmed sauceboat to serve.

*This tangy sauce is suitable for grilled meats or fish and for grilled or braised artichoke bottoms.*

*Should the sauce curdle while the pieces of butter are being blended into it, here is a method of rescuing it. Put half a teaspoon of cold fresh lemon juice into a chilled bowl, then pour the sauce very slowly into the bowl while stirring and beating it constantly with a wooden spoon. The sauce should regain its emulsified consistency.*

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Per Serving (excluding unknown items): 1936 Calories; 205g Fat (92.3% calories from fat); 14g Protein; 24g Carbohydrate; 0g Dietary Fiber; 1348mg Cholesterol; 1912mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 39 1/2 Fat; 1 Other Carbohydrates.

Sauces and Condiments

**Per Serving Nutritional Analysis**

Calories (kcal):	1936	Vitamin B6 (mg):	.4mg
% Calories from Fat:	92.3%	Vitamin B12 (mcg):	2.3mcg
% Calories from Carbohydrates:	4.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	205g	Folacin (mcg):	120mcg
Saturated Fat (g):	121g	Niacin (mg):	trace
			0mg

**Monounsaturated Fat (g):** 61g  
**Polyunsaturated Fat (g):** 10g  
**Cholesterol (mg):** 1348mg  
**Carbohydrate (g):** 24g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 14g  
**Sodium (mg):** 1912mg  
**Potassium (mg):** 541mg  
**Calcium (mg):** 183mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 14493IU  
**Vitamin A (r.e.):** 2733RE

**Caffeine (mg):**  
**Alcohol (kcal):** 0  
**% Refuse:** 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1  
**Vegetable:** 1 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 39 1/2  
**Other Carbohydrates:** 1

## Nutrition Facts

### Amount Per Serving

**Calories** 1936 **Calories from Fat:** 1787

### % Daily Values\*

<b>Total Fat</b>	205g	315%
Saturated Fat	121g	605%
<b>Cholesterol</b>	1348mg	449%
<b>Sodium</b>	1912mg	80%
<b>Total Carbohydrates</b>	24g	8%
Dietary Fiber	0g	0%
<b>Protein</b>	14g	
<b>Vitamin A</b>		290%
<b>Vitamin C</b>		7%
<b>Calcium</b>		18%
<b>Iron</b>		26%

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