

Bearnaise Sauce

Ray Colclasure - Pine Bluff, AR
Southern Living -1986 Annual Recipes

Yield: 1 cup
1/2 cup white wine
1/2 cup tarragon vinegar
1 tablespoon shallots, minced
1 tablespoon dried whole tarragon
1 tablespoon dried whole chervil
3 egg yolks
1 tablespoon water
1 cup butter or margarine, softened
and divided
dash ground red pepper

In a saucepan, combine the wine, vinegar, shallots, tarragon and chervil. Cook over medium heat until the mixture is reduced to two tablespoons. Strain, reserving the liquid.

In the top of a double-boiler, beat the egg yolks and water with a wire whisk. Gradually add the vinegar mixture. Bring the water to a boil. Reduce the heat to low.

Add one-third of the butter, stirring constantly, until the butter melts. Add another one-third of the butter, stirring until the butter melts. Add the remaining butter. Cook, stirring vigorously, until the butter melts and the sauce thickens.

Remove from the heat. Stir in the red pepper.

Serve over beef, lamb, eggs or vegetables.

Per Serving (excluding unknown items): 1909 Calories; 199g Fat (95.5% calories from fat); 11g Protein; 11g Carbohydrate; 0g Dietary Fiber; 1135mg Cholesterol; 1903mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 39 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1909	Vitamin B6 (mg):	.2mg
% Calories from Fat:	95.5%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	2.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.3%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	199g	Folacin (mcg):	83mcg
Saturated Fat (g):	119g	Niacin (mg):	trace
Monounsaturated Fat (g):	59g	Caffeine (mg):	0mg
			80

Polyunsaturated Fat (g):	9g
Cholesterol (mg):	1135mg
Carbohydrate (g):	11g
Dietary Fiber (g):	0g
Protein (g):	11g
Sodium (mg):	1903mg
Potassium (mg):	354mg
Calcium (mg):	144mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	9153IU
Vitamin A (r.e.):	2132 1/2RE

Alcohol (kcal):	0
% Daily Value*	0%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	1909	Calories from Fat: 1822
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% Daily Values*

Total Fat	199g	307%
Saturated Fat	119g	596%
Cholesterol	1135mg	378%
Sodium	1903mg	79%
Total Carbohydrates	11g	4%
Dietary Fiber	0g	0%
Protein	11g	
Vitamin A		183%
Vitamin C		1%
Calcium		14%
Iron		18%

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