

Bernaise Sauce

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 3/4 cup

3 egg yolks

1 tablespoon fresh lemon juice

1 tablespoon dry white wine

1/2 cup firm butter (no margarine)

1 tablespoon onion, finely chopped

1/2 teaspoon dried tarragon

1/4 teaspoon dried chervil leaves

In a 1-1/2 quart saucepan, vigorously stir the egg yolks, lemon juice, and wine. Add 1/4 cup of butter and heat over very low heat, stirring constantly, until the butter melts.

Add the remaining butter and continue to stir vigorously until the butter melts and the sauce thickens (keep the heat low or the sauce will curdle).

Add the onions, tarragon and chervil. Blend.

Serve hot or cold.

(A wire whip is an ideal kitchen tool when making this sauce. Any remaining sauce may be refrigerated. To serve: stir in a small amount of hot water.)

Per Serving (excluding unknown items): 196 Calories; 15g Fat (74.8% calories from fat); 9g Protein; 3g Carbohydrate; trace Dietary Fiber; 638mg Cholesterol; 23mg Sodium. Exchanges: 1 Meat; 0 Vegetable; 0 Fruit; 2