

Blender Hollandaise Sauce

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

Yield: 2 cups

6 egg yolks

1/4 cup fresh lemon juice

1/2 pound butter

1/2 teaspoon salt

dash red pepper

In a blender, beat the egg yolks and lemon juice until frothy (about 3 seconds).

In a microwave or stovetop pan, melt the butter (do not brown).

With the blender running, remove the cover and drizzle the butter over the eggs in a steady stream. Add the salt and red pepper. Total time for blending the sauce should be about 33 to 35 seconds.

Serve at once or keep warm by immersing the blender bowl in warm, not boiling, water.

(Margarine may be used in place of butter. This recipe may be cut in half.)

Per Serving (excluding unknown items): 1999 Calories; 215g Fat (94.9% calories from fat); 19g Protein; 7g Carbohydrate; trace Dietary Fiber; 1773mg Cholesterol; 2984mg Sodium. Exchanges: Lean Meat; 1/2 Fruit; 41 Fat.