

# Caper Sauce II

Sara B. B. Stamm - *Yankee Magazine's Favorite New England Recipes*  
*The Good Cook Sauces - Time-Life Books*

## Yield: 1 1/2 cups

3 tablespoons capers, rinsed and drained  
 2 tablespoons butter  
 2 tablespoons flour  
 1 cup chicken stock  
 1 teaspoon dry mustard  
 1 teaspoon Worcestershire sauce  
 1 1/2 tablespoons fresh lemon juice  
 1 egg yolk  
 1/2 cup cream

In a saucepan over low heat, melt the butter. Stir in the flour. Gradually add the chicken stock. Add the mustard, Worcestershire and lemon juice. Stir until the mixture is thick and smooth.

Remove the pan from the heat. Add the egg yolk, cream and capers. Stir until the sauce is smooth.

Serve the sauce at once.

*This spicy sauce is suitable for either lamb or fish*

Per Serving (excluding unknown items): 652 Calories; 59g Fat (81.7% calories from fat); 9g Protein; 20g Carbohydrate; 1g Dietary Fiber; 379mg Cholesterol; 2715mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 11 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	652
% Calories from Fat:	81.7%
% Calories from Carbohydrates:	12.7%
% Calories from Protein:	5.6%
Total Fat (g):	59g
Saturated Fat (g):	35g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	379mg
Carbohydrate (g):	20g
Dietary Fiber (g):	1g
Protein (g):	9g
	2715mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	37mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

## Food Exchanges

Grain (Starch):	1
Lean Meat:	1/2
	0
	1

**Sodium (mg):**  
**Potassium (mg):** 352mg  
**Calcium (mg):** 154mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 21mg  
**Vitamin A (i.u.):** 2331IU  
**Vitamin A (r.e.):** 591 1/2RE

**Vegetable:**  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 11 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 652                      Calories from Fat: 533

### % Daily Values\*

<b>Total Fat</b>	59g	90%
Saturated Fat	35g	173%
<b>Cholesterol</b>	379mg	126%
<b>Sodium</b>	2715mg	113%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	1g	2%
<b>Protein</b>	9g	
<b>Vitamin A</b>		47%
<b>Vitamin C</b>		34%
<b>Calcium</b>		15%
<b>Iron</b>		18%

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