

# Dijon Mustard Sauce (La Mousseline Dijonnaise)

*Paul Bouillard (La Gourmandise a Bon Marche)  
The Good Cook Sauces - Time-Life Books*

## **Yield: 3/4 cup**

*1 1/2 tablespoons Dijon mustard  
3 egg yolks  
3 tablespoons fresh lemon juice  
1 teaspoon cold water  
salt  
pepper  
8 tablespoons butter, diced and chilled*

Put the egg yolks, lemon juice, water, salt, a pinch of pepper and the butter into a medium-sized saucepan. Put the pan in a larger pan containing some boiling water.

With a whisk, stir the egg yolks and butter together briskly. The sauce will very quickly become foamy and lightly thickened. At this stage, the sauce is ready.

Add the Dijon mustard, adjust the seasoning, if necessary.

Serve.

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Per Serving (excluding unknown items): 1020 Calories; 108g Fat (93.5% calories from fat); 11g Protein; 6g Carbohydrate; 1g Dietary Fiber; 886mg Cholesterol; 1240mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fruit; 20 1/2 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## **Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	1020	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	93.5%	<b>Vitamin B12 (mcg):</b>	1.7mcg
<b>% Calories from Carbohydrates:</b>	2.4%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	4.0%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	108g	<b>Folacin (mcg):</b>	84mcg
<b>Saturated Fat (g):</b>	62g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	33g	<b>Caffeine (mg):</b>	0mg
		<b>Alcohol (kcal):</b>	0

Polyunsaturated Fat (g):	6g
Cholesterol (mg):	886mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	11g
Sodium (mg):	1240mg
Potassium (mg):	162mg
Calcium (mg):	118mg
Iron (mg):	2mg
Zinc (mg):	2mg
Vitamin C (mg):	21mg
Vitamin A (i.u.):	4446IU
Vitamin A (r.e.):	1150RE

% Daily Values      0 0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	20 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 1020      Calories from Fat: 954

### % Daily Values\*

<b>Total Fat</b>	108g	167%
Saturated Fat	62g	310%
<b>Cholesterol</b>	886mg	295%
<b>Sodium</b>	1240mg	52%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	1g	3%
<b>Protein</b>	11g	
<b>Vitamin A</b>		89%
<b>Vitamin C</b>		35%
<b>Calcium</b>		12%
<b>Iron</b>		13%

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