

Hollandaise Sauce III

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Servings: 2

9 tablespoons unsalted butter
4 large egg yolks
1 tablespoon cool water
grated zest from one large lemon
2 tablespoons lemon juice
Kosher salt
freshly cracked pepper

Preparation Time: 50 minutes

Melt the butter in a saucepan over low heat. Remove the pan from the heat and let stand for 5 minutes. Skim the foam from the top and discard.

Slowly pour the clear butter into a liquid measuring cup, discarding the milk solids in the bottom of the pan - you should have 1/2 cup of clarified butter.

In a metal bowl (or the top of a double boiler), combine the egg yolks with the cool water. Whisk until frothy, 1 to 2 minutes. Place the bowl over a pot filled with a few inches of simmering water (do not let the bottom of the bowl touch the water) and cook, whisking, until the eggs are thickened, 5 to 8 minutes. Don't rush this step, because the sauce needs to be based on fluffy cooked eggs. Keep the heat low as well to avoid overheating and scrambling the eggs.

Remove the bowl from the pot and place it on top of a kitchen towel to keep it from tipping over. Little by little, whisk in 1/2 cup of clarified butter. When all of the butter is added, whisk in the lemon zest and juice and a pinch each of Kosher salt and pepper.

Per Serving (excluding unknown items): 580 Calories; 62g Fat (94.5% calories from fat); 6g Protein; 2g Carbohydrate; trace Dietary Fiber; 565mg Cholesterol; 22mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 12 Fat.