

Orange Sauce (Sauce Costelloise)

*Jean and Pierre Troisgros (The Nouvelle Cuisine of Jean and Pierre Troisgros)
The Good Cook Sauces - Time-Life Books*

Yield: 2 1/2 cups

peel of two oranges, thinly pared and finely chopped

1/2 cup olive oil

1/2 cup peanut oil

1/3 cup walnut oil

1/3 cup red wine vinegar

1/4 teaspoon white peppercorns, coarsely crushed

3 tablespoons cold water

3 egg yolks

coarse salt

Mix the three oils in a saucepan. Warm them slightly over low heat. Do not let them become hot.

Drop the orange peel into a large amount of boiling water and blanch it for 5 minutes. Drain the peel in a fine sieve, then refresh it in a bowl of cold water and drain it again.

In a heavy one-quart saucepan, preferably unlined copper, reduce the vinegar with the crushed peppercorns over medium heat. When the vinegar barely coats the bottom of the pan, remove it from the stove and add the cold water, followed by the egg yolks. Give the yolks a vigorous stir, using a wire whisk, and set the pan over very low heat.

Stirring continuously, incorporate the warm oil in droplets, a few at a time. When all of the oil has been incorporated, mix in the orange peel and add salt to taste.

If the sauce must be prepared in advance, keep it warm in a double boiler over warm, not hot, water.

This sauce has a consistency like mayonnaise and may be used for vegetables (particularly asparagus and broccoli), poached fish and chicken.

Per Serving (excluding unknown items): 2739 Calories; 303g Fat (97.8% calories from fat); 8g Protein; 7g Carbohydrate; 0g Dietary Fiber; 638mg Cholesterol; 24mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 60 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	2739
% Calories from Fat:	97.8%
% Calories from Carbohydrates:	0.9%
% Calories from Protein:	1.2%
Total Fat (g):	303g
Saturated Fat (g):	44g
Monounsaturated Fat (g):	152g
Polyunsaturated Fat (g):	91g
Cholesterol (mg):	638mg
Carbohydrate (g):	7g
Dietary Fiber (g):	0g
Protein (g):	8g
Sodium (mg):	24mg
Potassium (mg):	127mg
Calcium (mg):	78mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	969IU
Vitamin A (r.e.):	291RE

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	73mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	60
Other Carbohydrates:	1/2

Nutrition Facts

Amount Per Serving

Calories	2739	Calories from Fat: 2680
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% Daily Values*

Total Fat	303g	467%
Saturated Fat	44g	221%
Cholesterol	638mg	213%
Sodium	24mg	1%
Total Carbohydrates	7g	2%
Dietary Fiber	0g	0%
Protein	8g	

Vitamin A	19%
Vitamin C	1%
Calcium	8%
Iron	16%

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