

# Tarragon Sauce III (Sauce Puree' d'Estragon)

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

## **Yield: 1 1/2 cups**

*3 cups freshly picked tarragon leaves,  
stems removed  
1/2 pound spinach, stems removed  
and leaves washed  
1 cup chicken stock  
1/2 teaspoon white peppercorns,  
crushed  
2 tablespoons butter  
salt*

Drop the spinach into boiling salted water. Cook it for 3 minutes, uncovered. Then drain and plunge it into cold water. Drain it again.

Place the tarragon leaves in a sieve and blanch them for 1 minute in boiling salted water. Then refresh the tarragon immediately under cold running water.

In a small casserole, bring the chicken stock to a boil. Add the peppercorns, then the tarragon. Boil rapidly, uncovered, until the liquid barely covers the bottom of the casserole, about 15 minutes. Add the spinach and reheat it.

Pour the spinach and tarragon mixture into a fine sieve set over a bowl. Press down hard on the leaves with a wooden spoon to force them through the sieve. Scrape the bottom of the sieve well with the back of a knife. There should be about 1-1/2 cups of puree'.

In a heavy saucepan, heat the butter. When it begins to brown, quickly whisk in the tarragon-spinach puree'. Hold the pan over the heat just until the sauce has warmed. Do not let it boil. Taste for seasoning (it may need salt).

*This sauce goes particularly well with white meats such as veal and chicken and with eggs.*

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Per Serving (excluding unknown items): 284 Calories; 24g Fat (74.2% calories from fat); 8g Protein; 11g Carbohydrate; 6g Dietary Fiber; 62mg Cholesterol; 2561mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 4 1/2 Fat.

## Per Serving Nutritional Analysis

Calories (kcal):	284
% Calories from Fat:	74.2%
% Calories from Carbohydrates:	15.0%
% Calories from Protein:	10.8%
Total Fat (g):	24g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	11g
Dietary Fiber (g):	6g
Protein (g):	8g
Sodium (mg):	2561mg
Potassium (mg):	1362mg
Calcium (mg):	242mg
Iron (mg):	8mg
Zinc (mg):	1mg
Vitamin C (mg):	64mg
Vitamin A (i.u.):	16110IU
Vitamin A (r.e.):	1738RE

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	1.1mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	445mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	4 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories	284	Calories from Fat: 211
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### % Daily Values\*

<b>Total Fat</b>	24g	37%
Saturated Fat	15g	73%
<b>Cholesterol</b>	62mg	21%
<b>Sodium</b>	2561mg	107%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	6g	25%
<b>Protein</b>	8g	

<b>Vitamin A</b>	322%
<b>Vitamin C</b>	107%
<b>Calcium</b>	24%
<b>Iron</b>	45%

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