



Bearnaise Sauce

A Classic French Herbed Wine Sauce For Meat Eaters

A classic French sauce gets a low point makeover in this lightened version of one of the most classic French “mother” sauces. Typically, it is made with an emulsion of egg yolk, white wine, vinegar, herbs and looooots of butter. This sauce is Hollandaise’s sophisticated wine drinking older brother.

Ingredients:

- 5 Tbsp white wine vinegar
- 1 Tbsp white wine, chardonnay
- 1 cup water
- 1 small onion, chopped
- 6-8 second spray, butter flavored cooking spray ***
- 1 bay leaf
- a few sprigs each of fresh parsley and tarragon
- 1/4 tsp cracked black pepper
- 1-1/2 Tbsp I Can't Believe It's Not Butter, Light
- 1-1/2 tsp cornstarch, dissolved in a little bit of water, set aside
- 3 large egg yolks
- 1 Tbsp finely chopped fresh parsley
- 1 Tbsp finely chopped fresh tarragon

Serving Info.:

Yields: 2 cups
Servings: 8
Serving Size: 1/4 cups



- last checked 11/15/22 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Directions:

1. Combine the white wine, vinegar, water, chopped onion, bay leaf, pepper, butter spray, butter spread and the sprigs of fresh herbs in a small stock pot and heat until boiling. Lower the heat to medium/low and keep at a low simmer for 5 minutes.
2. Pour the mixture through a wire strainer and into a bowl, to remove all of the vegetables and herbs. Set the bowl of strained liquid aside and allow to cool for 30 minutes.
3. After cooling for 30 minutes, return the mixture to your sauce pot and whisk in the egg yolks and dissolved cornstarch. Turn on the stove to medium and heat until the sauce begins to warm and thicken, about 5 minutes, stirring with a rubber spatula.
4. Once the sauce comes to a low simmer, reduce the heat to barely simmering and allow to continue cooking for 3 minutes, continue stirring.
5. Pour the thickened sauce into a bowl and stir in the chopped fresh parsley and tarragon. Can be served as a hot or cold sauce.

