



Hollandaise Sauce

A luxuriously rich and creamy egg yolk and butter sauce

Hollandaise is pretty much the forbidden fruit of sauces when it comes to those of us trying to live a healthy lifestyle. Typically, we save up our points and calories to have the full fat version. The traditional sauce is a very thick, butter and egg yolk sauce, much like a warm mayonnaise. It's perfect over fish, vegetables and even potatoes. The most prized use for Hollandaise is, of course, Eggs Benedict, points be damned! Luckily for all of your waistlines, I've come up with a way to reduce the points for a good sized serving of the sauce, with some nifty ingredient swaps and... SCIENCE!

Ingredients:

- 1-1/2 cup water
- 3 Tbsp white wine vinegar (or lemon juice)
- 1 Tbsp white wine
- 1-1/2 tsp cornstarch
- 16 whole black peppercorns
- 2 bay leaves
- 2 Tbsp plus 1 tsp I Can't Believe It's Not Butter Light
- 6 second spray, butter flavored cooking spray ***
- 8 large egg yolks (shout out to my good friend, Cholesterol!)
- 1/8 tsp salt
- (optional) pinch of paprika or cayenne pepper, for garnish

Directions:

1. In a small pot, stir together the water, wine, vinegar (or lemon juice), peppercorns, bay leaves and butter spread. Spray cooking spray into the pot, then bring to a rolling boil for 3 minutes. Turn off heat and set aside.
2. Allow mixture to cool for 20 minutes, then strain the liquid.
3. Return strained liquid to the pot, then stir in the cornstarch till dissolved. Whisk in the egg yolks and heat to a low simmer, stirring constantly as soon as the mixture begins to thicken.
4. Continue stirring on low heat, barely simmering for 5-7 minutes.
5. Turn off heat, season with additional salt, if needed.
6. Pour sauce through a strainer, to remove any cooked bits of egg. Pour strained sauce into a serving dish or spoon over food. Garnish with a pinch of either paprika or cayenne, if desired.

Servings:

Yield: 1-1/2 cups
Servings: 6
Serving Size: 1/4 cup



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

NOTES:

- Everyone has EXTREMELY picky opinion, when it comes to how they like their Hollandaise sauce. This recipe gives you a great low point sauce, so you can add your own tweaks.
- If you want a slightly more "yolk-like" color to your finished sauce, consider adding an 1/8 tsp dash of Turmeric. It will add a earthy hint, but will enhance the color, if that's a big deal to you. Remember, we're stretching 8 egg yolks to 1-1/2 cups.
- The sauce will thicken a little more as it cools due to the cornstarch. If it thickens too much, simply stir in water.
- If you want to be a little bit more Fancy Nancy, go ahead and add a little bit of fresh diced shallots to step 1.
- Yup... you're seeing that right. An entire 1/4 cup of Hollandaise sauce for just 1 point, Baby!!!

