

Hollandaise Sauce



Number of Servings 4

Preparation 5 min.

Cooking 3 min.

Nutrients per serving

Calories	250
Fat	28 g
Saturated	16 g
+ trans	0 g
Sodium	420 mg
Carbohydrate	0 g
Fibre	0 g
Sugars	0 g
Protein	2 g

Ingredients

3	egg yolks	3
1 tbsp	lemon juice	15 mL
	Pinch of salt and cayenne pepper or dry mustard	
½ cup	butter, melted	125 mL

Method

Blender Method: Melt butter until bubbly but not browned; remove from heat. Place egg yolks, lemon juice and seasonings in a blender container. Blend on high; remove lid and add butter in a slow steady stream, blending until smooth and thick, about 30 seconds. Serve warm.

Stovetop Method: In top of double boiler, whisk together all sauce ingredients. Cook over simmering water, stirring constantly until thickened, 10 to 12 minutes.

Microwave Method: In a 4-cup (1 L) glass measure, whisk together egg yolks, lemon juice and spices. Gradually whisk melted butter into egg yolk mixture, beating constantly. Microwave on MEDUIM (50%) for 30 seconds to 1 minute, or until sauce thickens. Whisk halfway through and at end of cooking to produce a smooth sauce. Serve warm. Makes ¾ cup (175 mL) or topping for 8 poached eggs.

Makes ¾ cup (175 mL) or topping for 8 poached eggs.

Variations

Bernaise Sauce: To Hollandaise Sauce, add 1 tbsp (15 mL) each minced parsley and tarragon vinegar, and 1/2 tsp (2 mL) dried tarragon leaves.

Tip

Curdling may occur due to overbeating or adding butter too quickly. To rescue a curdled sauce, try one of the following:

1. Beat another egg yolk in a small bowl. With a whisk or fork, gradually beat in the curdled Hollandaise Sauce.
2. Place 1 tbsp (15 mL) water in a small bowl. With a whisk or fork, beat in a small amount of separated sauce until it becomes smooth. Keep adding sauce slowly, while continuing to beat vigorously.

Hollandaise Sauce may be frozen. To use, thaw in refrigerator. Warm in a double boiler over hot (not boiling) water, stirring constantly. If sauce should separate, use procedure outlined above.

Serve Hollandaise Sauce over eggs, fish, seafood or vegetables such as asparagus and broccoli.

