



Sauce Hollandaise



Hollandaise sauce is made of warmed egg yolks flavored with lemon juice, into which butter is gradually incorporated to make a thick, yellow, creamy sauce. It is probably the most famous of all sauces, and is often the most dreaded, as the egg yolks can curdle and the sauce can turn.

TWO POINTS TO REMEMBER:

1. So the egg yolks will thicken into a smooth cream, they must be heated slowly and gradually. Too sudden heat will make them granular. Over-cooking scrambles them. You may beat them over hot water or over low heat; it makes no difference as long as the process is slow and gentle.
2. Egg yolks will readily absorb a certain quantity of butter when it is fed to them gradually, giving them time to incorporate each addition before another is presented. When too much is added at a time, particularly at first, the sauce will not thicken. And if the total amount of butter is more than the yolks can absorb, the sauce will curdle. About 3 ounces of butter is the usual maximum amount per yolk. But it is safer not to go over 2 ounces or $\frac{1}{4}$ cup.

For 1 to 1 $\frac{1}{2}$ cups hollandaise—serving 4 to 6 people

6 to 8 ounces of butter ($\frac{3}{4}$ to 1 cup or 1 $\frac{1}{2}$ to 2 sticks) A small saucepan	Cut the butter into pieces and melt it in the saucepan over moderate heat. Then set aside.
A 4- to 6-cup, medium-weight, enameled or stainless steel saucepan A wire whip 3 egg yolks	Beat the egg yolks for about 1 minute in the saucepan or until they become thick and sticky.
1 Tb cold water 1 Tb lemon juice Big pinch of salt	Add the water, lemon juice, and salt, and beat for half a minute more.
1 Tb cold butter A pan of cold water (to cool off the bottom of the saucepan if necessary)	Add the tablespoon of cold butter, but do not beat it in. The place the saucepan over very low heat or barley simmering water and stir the egg yolks with wire whip until they slowly thicken into a smooth cream. This will take 1-2 minutes. If they seem to be thickening too quickly or even suggest a lumpy quality, immediately plunge the bottom of the pan in cold water, beating the yolks to cool them. Then continue beating over heat. The egg yolks have thickened enough when you can begin to see the bottom or the pan between strokes, and the mixture forms a light cream on the wires of the whip.

1 Tb cold butter	Immediately remove from heat and beat in the cold butter, which will cool the egg yolks and stop their cooking.
The melted butter	Then beating the egg yolks with a wire whip, pour on the melted butter by droplets or quarter-teaspoonfuls until the sauce begins to thicken into a heavy cream. Then pour the butter a little more rapidly. Omit the milky residue at the bottom of the butter pan.
Salt and white pepper Drops of lemon juice	Season the sauce to taste with salt pepper and lemon juice.