

Maltese Sauce

Swick

Makes 1 1/2 cups | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Making the Gastride

- 1/2 cup fresh blood orange juice
- zest of 1 blood orange

Juice the blood orange(s) and zest. Place the juice and the zest into a small saucepan and reduce over medium heat by at least half or until you reach about 2 tablespoons. Cool and strain. Set aside.

Step 2: Making the Hollandaise

- 2 large egg yolks
- 2 tbsp cold water
- 2 cups clarified butter

Before making the sabayon, melt the clarified butter and keep it between 130-140 degrees Fahrenheit (55-60 degrees Celsius).

In a stainless-steel bowl, whisk the egg yolks and cold water together until they triple in volume.

Transfer the bowl over a bain marie that contains barely simmering water. Cook the sabayon, about 1 to 3 minutes, until it doubles in volume and you reach the ribbon stage. Once cooked, remove the sabayon from the heat and whisk for about 20 seconds to prevent the eggs from overcooking.

Discard the simmering water from the bain marie and place a damp cloth over the pot. Place the bowl with the sabayon over top. Make sure the butter is between 130-140 degrees Fahrenheit (55-60 degrees Celsius). While constantly whisking, add the butter to the sabayon in a steady stream. Add enough butter until you achieve a somewhat thick consistency. You will not need all of the butter, but it is better to have more on hand than too little.

Step 3: Making the Maltese Sauce

- sea salt (to taste)
- cayenne pepper (to taste)

Once the butter has been added, add the blood orange reduction to taste (be careful not to thin the sauce down too much). Season to taste with salt and cayenne pepper and serve.