

Béarnaise Sauce

Swick

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

Step 1: Making the Gastride

- 1/4 cup dry white wine
- 1/4 cup white wine vinegar
- 1 small shallot
- 3 to 4 sprigs fresh tarragon
- 1 tsp black peppercorns

To make the gastride, finely mince the shallot. Using the bottom of a pot or pan, roughly crush the peppercorns.

Place the minced shallots, crushed peppercorns, white wine, white wine vinegar and fresh tarragon into a small pan. Bring to a simmer and reduce by half.

Set aside and let cool completely.

Step 2: Preparing the Sabayon

- 2 large egg yolks
- 2 tbsp cold water

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.

Step 3: Making the Béarnaise Sauce

- 2 cups clarified butter
- kosher salt (to taste)
- cayenne pepper (to taste)
- 1 to 2 tbsp fresh tarragon to finish

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.

Once done, add the lemon juice or gastride (see attached drill-down) to taste and adjust the consistency of the sauce, if needed. Season to taste with salt and cayenne pepper. Stir in freshly chopped tarragon and serve.