

Hollandaise Sauce

INGREDIENTS

- 2 egg yolks
- 2 tablespoons cold water
- 1/4 tsp salt
- 1 stick unsalted butter, melted
- 2 tablespoons fresh lemon juice
- 1/4 tsp hot sauce
- 1/4 tsp Worcestershire sauce, optional
- Pinch of white or black pepper

DIRECTIONS

1. Fill a large saucepan with 2 inches of water and bring to a simmer. Set a medium heatproof bowl on top (but not in), as a double boiler. In the bowl, whisk the egg yolks with the cold water and salt until warm to the touch.
2. Slowly drizzle in half of the melted butter in a thin stream, whisking constantly until incorporated. Continue to whisk in the remaining melted butter until the sauce is thick and emulsified.
3. Whisk in the lemon juice, hot sauce, Worcestershire and white pepper. Taste and adjust seasoning. Serve warm.

Turn your hollandaise into a Maltaise sauce by replacing the lemon juice with blood orange juice. In addition, add 1/2 to 1 teaspoon finely grated blood orange zest to the sauce.

Consuming raw or undercooked animal foods may increase your risk of contracting a foodborne illness, especially if you have certain medical conditions.

TIPS FOR HOLLANDIASE

Add the butter very slowly. You don't want to see pools of butter forming.

Keep heat low or the eggs will scramble or the emulsion will break.

If the emulsion breaks, try whisking in 1 egg yolk mixed with a teaspoon of water

If the sauce lacks body, the egg yolks may not have been beaten long enough in the initial step of whisking before adding butter.



Poached eggs

INGREDIENTS

- 1-2 eggs
- 2 TBL vinegar

DIRECTIONS

1. Fill a skillet or large pot of water with about 1-2 inches of water. Bring water and vinegar to a boil then reduce heat to low.
2. Add the eggs and cook about 2-3 minutes. Remove the eggs with a slotted spoon and place on paper towel to remove excess water.
3. If you're making poached eggs to serve at a later time: transfer the cooked poached egg to an ice water bath and refrigerate. When ready to serve, submerge cold poached eggs in simmering water for 20-30 seconds, until heated through.

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