



Nutrition Facts	
Per serving	
Calories 250	%DV*
Fat 27g	35%
Saturated 16g	80%
+ Trans 1.5g	
Carbohydrates 0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 2g	
Cholesterol 205mg	
Sodium 190mg	8%
Potassium 23mg	0%
Calcium 23mg	2%
Iron 1mg	6%
*5% or less is a little, 15% or more is a lot.	

Hollandaise Sauce

Hollandaise sauce demonstrates the use of eggs as an emulsifying agent. What prevents curdling from occurring?

Prep time: 5 minutes

Cooking time: 5 minutes

Yields: 4 servings of 2 tbsp (30 ml) each

Ingredients

½ cup (125 ml) butter

3 egg yolks

1 tbsp (15 ml) lemon juice

Salt, cayenne pepper and dry mustard to taste

Instructions

1. Microwave butter for 50 to 60 seconds on high in a 2-cup (500 ml) glass measuring cup, until melted.
2. Whisk together egg yolks, lemon juice and seasonings in a 4-cup (1 L) glass measuring cup.
3. Whisk melted butter gradually into egg yolk mixture, beating constantly.
4. Microwave on medium for 20 to 30 seconds, until sauce thickens. Whisk halfway through and at the end of cooking to produce a smooth sauce. Serve warm.



Watch a video that demonstrates how to make a Béchamel sauce at www.dairygoodness.ca/recipes/bechamel-sauce.

Adapted from Egg Farmers of Alberta Hollandaise Sauce