

Sauces



Béarnaise sauce

1 portion

1 shallot
A few white peppercorns
3 dessert spoons white wine vinegar
1 dl dry white wine
2 dessert spoons fresh tarragon or
1 tablespoon dried tarragon
1 small bay leaf
Salt
1 tablespoon lemon juice
4 fresh egg yolks
125 g soft butter

Place the finely-diced shallot, the crushed peppercorns, the vinegar, 2 dessert spoons of water, the white wine, tarragon, salt and lemon juice in a pan and boil until the liquid reduces down to the amount of 4 tablespoons. Sieve off this liquid and pour the sauce into a small pot and place in a water bath and beat the sauce together with the egg yolks. Slowly add in the soft butter until you have a thick sauce. This sauce is a must with Chateaubriand fillet steak and roast beef.



Pesto

For 4 persons

2 sprigs of basil
3-4 cloves of garlic
½ sprig of parsley
1 dl olive oil
100 g parmesan
50 g pine nuts
Salt, pepper

Dry-roast the pine nuts in a hot frying pan with no oil. In the processor, grind the basil, garlic, parsley, half of the pine nuts, the parmesan and the oil and add seasoning.

The perfect accompaniment to spaghetti, tagliatelle, penne and gnocchi.





Mayonnaise with egg

1 portion

2.5 dl oil
1 Tbs lemon juice
1 Ts vinegar
1 Tbs mustard
1 egg
Salt, pepper

Mayonnaise without egg (light)

1 portion

1 Tbs mustard
Salt
Pepper
1 Tbs lemon juice
1 Ts vinegar
2 dl oil
2 dl 15% fat cream

Mayonnaise with egg

Place all ingredients in a narrow container. Mix using the bamix® with the whisk on the first setting and then after a few seconds slowly lift it.

Mayonnaise without egg (light)

Place all ingredients in a narrow container. Mix using the bamix® with the whisk inserted and running on the first setting, lift it 3 to 4 times.

This mayonnaise can be made in any quantity you wish. It forms the basis of dips and sauces and will keep in the fridge for 2 to 3 weeks.

