

Dill Hollandaise Sauce



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

3 large egg yolks
1 tbsp cold water
1 tbsp lemon juice
¼ cup of melted butter
1/8 tsp salt
2 Tbsp fresh dill finely chopped
or 2 tsp dried
1 tsp dried tarragon
1 tsp dried parsley

This sauce is perfect for eggs benedict or fabulous over steamed vegetables or potatoes.

Directions

This is a double boiler method to gently cook the sauce. You will need a stainless-steel bowl that fits over a saucepan with an inch or two of water gently simmering. Be sure the bottom of the bowl does not touch the water. Vigorously whisk the egg yolks, lemon juice and water in the bowl until thickened and light in color. Then place over the barely simmering water and continue to whisk. The goal is not to scramble the eggs. Add in the melted butter and continue whisking as the sauce thickens, carefully remove from heat, watch for steam. Add herbs and salt. Keep warm until ready to use.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 6

97 kc

10g

5.7g

125mg

110mg

0.6g

0.1g

1.6gm