FRENCH · SAUCE

Beurre Monté (Two-Ingredient Butter Sauce)

6 min · Makes 5 × 2 tbsp · 162 kcal a portion · Video 8:07 · America's Test Kitchen

Carnivore · Vegetarian · Gluten-free ingredients · Nut-free

Just butter and water: whisking cold butter into a little simmering water rebuilds the emulsion, so the sauce clings to scallops, fish, steak or eggs instead of pooling like melted butter. Two tablespoons is about 160 kcal of almost pure fat, so use it as a finishing sauce.

Diet notes: Keto (0 g net carbs a serve).

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Ingredients

3 · MAKES 5 × 2 TBSP

- [ ] 8 tbsp (113 g) **unsalted butter**, cut into 8 pieces and chilled
- [ ] 3 tbsp (45 g) **water**
- [ ] **salt**, to taste (about ¼ tsp, our estimate)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Cut the cold butter into 8 pieces and keep it in the fridge until needed. 3:21
2. Bring the water to a simmer in a small saucepan over medium-high heat, then turn it down to a very gentle simmer. 3:29
3. Add one piece of butter and whisk constantly until it melts into the water, 20–30 seconds. 3:35
4. Whisk in the rest of the butter one piece at a time, letting each disappear before adding the next, until the sauce is glossy and looks like thin gravy — 3–4 minutes in all. 3:51
5. Season with salt. Serve straight away, or cover and hold on the lowest heat for up to 4 hours, whisking hard before serving. Don't let it simmer or cool — it splits and can't be reheated. 3:58

> **Tip** Keep the water at a bare simmer and add the butter slowly, or it breaks. The batch is about 155 g (ATK says about 120 ml), so 5 serves of 2 tbsp is our estimate. ATK's variations whisk in mustard and other flavourings; plain is carnivore.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
162 kcal 680 kJ	0.2 g 0% of a day	0 g 0 g net · 0 g sugars 0% of a day	0 g 0% of a day	18 g 12 g saturated 23% of a day	120 mg 5% of a day

Energy from net carbs 0% · protein 0% · fat 100% — fits keto: 0 g net carbs, 100% of the energy from fat

Source of (10–19%) Vitamin A 17%

Recipe and video: America's Test Kitchen (@AmericasTestKitchen) on YouTube — youtube.com/watch?v=tn94d4ms8FI, published 9 May 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/atk-beurre-monte-butter-sauce