FRENCH · SAUCE

Classic Béarnaise Sauce with Tarragon and Chervil

30 min · Makes 8 × 2 tbsp · 129 kcal a portion · Video 8:09 · French Cooking Academy

Vegetarian · Gluten-free ingredients · Nut-free

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Egg yolks whisked with clarified butter and fresh herbs, with no flour or sugar: 2 tbsp give about 130 kcal and 1 g of net carbs, almost all the energy from fat, so it suits a keto plate. It is rich (8 g saturated fat), so a spoonful goes a long way.

Diet notes: Keto (1 g net carbs a serve).

Ingredients

10 · MAKES 8 × 2 TBSP

- [ ] 30 ml (2 tbsp) **white wine**, reduced
- [ ] 45 ml (3 tbsp) **white wine vinegar**, reduced
- [ ] 1 **French shallot**, finely chopped
- [ ] 1 tbsp chopped **fresh tarragon**, plus a little more to finish
- [ ] 1 tbsp chopped **fresh chervil**, plus a little more to finish
- [ ] 1 tsp **black peppercorns**, crushed
- [ ] 2 large **egg yolks**
- [ ] 1 tbsp **cold water**
- [ ] 100 g **warm clarified butter**
- [ ] a pinch of **salt**, to taste

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Put the wine, vinegar, shallot, 1 tbsp each of chopped tarragon and chervil and the crushed peppercorns in a small pan. Simmer gently until only about 1 tbsp of liquid is left. 1:22
2. Take the pan off the heat and let this reduction cool until cold, so the yolks won't scramble when they go in. 3:13
3. Add the egg yolks and the cold water. Whisk over very low heat, lifting the pan off whenever it gets too hot to hold, until pale, thick and foamy and you can see the base of the pan as you whisk. 3:40
4. Off the heat, whisk in the warm clarified butter a few drops at a time, then in a thin stream once it starts to thicken. Add a pinch of salt about halfway through. 5:58
5. Stir in the last of the chopped tarragon and chervil and serve warm with steak, fish or vegetables. 6:40

> **Tip** Ghee works as the clarified butter. No chervil? Use a little parsley with extra tarragon. The yolks are only gently cooked, so use pasteurised eggs for pregnant women, young children or anyone unwell. Makes about 240 ml.

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

One portion (2 tbsp) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
129 kcal	0.9 g	1.3 g	0.3 g	14 g	50 mg
540 kJ	2% of a day	1 g net · 0.4 g sugars	1% of a day	8.2 g saturated	2% of a day
		0% of a day		17% of a day	

Energy from net carbs 3% · protein 3% · fat 94% — fits keto: 1 g net carbs, 94% of the energy from fat

Source of (10–19%) Vitamin A 14% · Vitamin K 14%

Recipe and video: French Cooking Academy (@FrenchCookingAcademy) on YouTube — youtube.com/watch?v=UO-cE9PGb5Y, published 23 September 2015. 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/classic-bearnaise-sauce-tarragon-chervil