

Light-and-Lemony Hollandaise Sauce

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~¼ cup

Ingredients

2 tablespoons unsalted butter
2 large eggs
2 tablespoons lemon juice (about ½ lemon)
¼ teaspoon salt
Water
Pinch cayenne

Directions

1. Melt the butter in a small skillet over low heat. Keep it in the pan to stay warm.
2. Fill a medium saucepan three-quarters full with water. Bring to a boil, then reduce the heat to maintain a simmer.
3. Find a heat-resistant metal mixing bowl that fits in the mouth of the saucepan without touching the water. With the bowl off the heat, add and whisk together the eggs, lemon juice, and salt.
4. Add ⅓ cup water to a microwave-safe bowl or liquid measuring cup. Microwave until very hot, about 1 minute.
5. Place the heat-resistant metal bowl on the mouth of the saucepan over the simmering water to make a double boiler. The bowl shouldn't touch the water. If it does, pour out small amounts of the water until it does not.
6. Whisk constantly, adding the ⅓ cup hot water in a slow but steady stream, until the eggs have thickened to a ribbony, lemon-yellow creamy, and uniform texture.
7. Turn off the heat and add the butter in a slow but steady stream, whisking constantly.
8. Add the cayenne and serve warm.

Recipe Notes

- This sauce goes well over eggs, cooked green vegetables (e.g. asparagus, green beans, broccoli), and seafood.
- Store in the refrigerator for up to 4 days. To reheat, microwave at 50% power until warm, about 1-2 minutes.

Nutrition Facts Per Serving: Calories: 90 | Total Fat: 8 g | Saturated Fat: 5 g
Sodium: 185 mg | Total Carbohydrate: 0.5 g | Dietary Fiber: 0 g | Protein: 3 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs