Beurre Blanc Sauce

Description

The classic French Beurre Blanc sauce works nicely with steamed or poached fish, drizzled over chicken or fresh vegetables. Beurre Blanc means white butter in French, so not a low calorie or low fat sauce, but very tasty.

Ingredients

- 1 lb butter, cut into 1 inch cubes
- 1/2 cup white wine vinegar
- 1/2 cup dry white wine
- 4 tbsps heavy cream
- 3 ozs shallots, peeled and minced
- salt and pepper to taste

Instructions

In a heavy sauce pan, combine the shallots, white wine and white wine vinegar. Gently simmer the mixture and reduce until most of the liquid has evaporated. Be careful not to allow any browning in the saucepan. Browning will discolor the sauce. If any browning occurs, wipe of with a damp paper towel.

Add the cream and prepared butter (cubes of butter). Over high heat, whisk the sauce until the butter has completely melted. Season with salt and pepper to taste.

You can adjust afterwards with a few drops of white wine vinegar if the sauce seems a little flat. Or add a little butter if the sauce is a little to acidic.



Summary

Yield: 6
Prep Time: 5 minutes
Category: Sauces
Cuisine: French