



Savoury Sabayon

REF:

Serves 6

Cuisine: French

Preparation Time: 5 Minutes

Cooking Time: 10 Minutes

Ingredients:

3 tbsp Water
3 Egg yolks
340g Clarified unsalted butter, warmed
1.5 Lemons – juice only (or limes for oriental style eg: fish cakes)
Pinch Cayenne pepper
1 tsp Salt

Method:

1. Put the water and the egg yolks into a stainless steel bowl (retains the heat and stops splitting better than glass) over a pan of simmering water, making sure that the base of the bowl is not touching the water. Whisk until voluminous and creamy
2. Remove the bowl from the pan and gradually whisk in the clarified butter until thick. Whisk in the lemon juice, cayenne pepper and the salt.
3. This sauce is best used as soon as it is made but if made in advance, it will hold for up to two hours if kept covered in a warm place, such as over a pan of warm water. To hold, put cling film on the surface to prevent skin forming, then over the pan.

Clarified Butter:

Place unsalted butter in a saucepan and melt it over a low heat, without stirring. Once the butter has melted, it will have separated into three layers. Skim off and discard the foamy layer of milk solids floating on top. The clear yellow butter beneath is the clarified butter. Carefully pour it off into a container, leaving the milky liquid behind. Keep covered and refrigerated or frozen. It can be refrigerated for several weeks or frozen almost indefinitely as long as its in an air-tight container to avoid absorbing freezer odours.

To Serve:

Chef's Notes:

Good with poached fish, asparagus, ravioli amuse bouche etc...

Sweet version – add a bit of cream and liquer to suit eg: Calvados for apple dishes etc.