

Steak & Bearnaise Sauce

prep time: 10 minutes

cooking time: 20 minutes

serves: 4 to 6



Ingredients:

Bèarnaise Sauce:

- 1/4 cup chopped fresh tarragon leaves (if you don't have fresh leaves the dried ones work well)
- 2 shallots, minced
- 1/4 cup tarragon vinegar
- 1/4 cup dry white wine
- 3 egg yolks
- 1/2 pound (2 sticks) unsalted butter cut into cubes
- Salt
- Coarsely ground black pepper

Steak:

You can use any piece of beef cut you like, such as fillet (tenderloin), rib eye or sirloin. Fry the steak on the barbecue or in a pan and eat it with this delicious French based sauce.

Method:

Make the Bèarnaise reduction first. In a small saucepan, combine the tarragon, shallots, vinegar and wine over medium-high heat. Bring to a simmer and cook until reduced by half. Remove from heat and set aside to cool. When the reduction has cooled, strain it through a fine sieve into a small bowl or jug.

The egg yolks must be cooked over gentle, even heat because they will curdle if the temperature is too high.

Quarter fill a saucepan with water and bring it to a simmer. Place a heatproof bowl on top of the saucepan so you will have a snug fit. Remember the water should not boil as the eggs will curdle and do not let the bowl directly touch the water.

Add the egg yolks to the heatproof bowl before you put it on the saucepan and whisk them. Now put the eggs on the saucepan (with barely simmering water) and continue whisking constantly for 5-7 minutes or until a ribbon trail forms and holds its shape for about 15 seconds when the whisk is lifted. The heatproof bowl should not be too hot to handle at any stage.

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When the egg yolks have reached the desired consistency take them off the heat and add the butter one cube at a time. If the butter doesn't melt you may want to keep it on the saucepan with the water.

Now you can add the Bèarnaise reduction and pepper. Taste the sauce and add salt according to taste.

Serve with your steak. Delicious!

