

## HOW TO MAKE BEURRE BLANC SAUCE



### Introduction

This French butter sauce is indeed very rich, but it is not designed for being eaten in large amounts. The sauce is very rich and sharp and goes well with fish. Traditionally it is made with **vinegar**, but I prefer it with white wine and by reducing a larger amount of wine you also get an acidic flavour but on a much milder note that is more suitable for fish. **I also like to leave in the shallots and by cooking them a little longer as done when wine is used, they break up during blending and help thicken the sauce.**

The sauce needs to be made fresh and cannot be stored in the fridge neither can it be frozen. The sauce can be kept warm for several hours but since it is an emulsion you must keep it neither too hot nor too cold and ideally this is done in a water bath filled with very hot tap water. You can whisk the butter in by hand but if done with a stick blender on a low circulation it becomes much creamier and homogenized.

### Classic Beurre Blanc

If you want a smoother result strain the sauce after whisking in the butter

### Ingredients

1. 3-4 large shallots or 1 onion, peeled
2. cup of white wine
3. 6-8 tablespoons butter
4. Salt pepper to taste
5. 1 tablespoon chopped herbs such as parsley, tarragon, chives or coriander



### **Method**

1. Chop the shallots or onion finely. Place the wine and onion into a saucepan, bring to boil and on a high heat reduce the wine by two thirds. Reduce the heat to a minimum.
2. Cut the butter into small cubes. Whisk the butter cubes little by little into the wine reduction. Season with salt and add the herbs (if used) and serve

### **Mustard Beurre Blanc**

#### **Recipe Requirements**

Estimated Preparation Time	5 - 7 minutes
Completion Time	15 - 20 minutes
Skill Level	
Serving Size	4 Serves
Equipment	

#### **Ingredients**

- 1) 2 large shallots or ½ onion, peeled
- 2) 1 cup white wine
- 3) 2 tablespoons seeded mustard (the mustard to use should have whole seeds that are fully intact and not crushed at all as such slightly crushed mustard seeds would overpower the sauce with their strong flavour. Mustards where the seeds are fully intact being generally found in supermarkets from large producers and are perfect for this sauce)
- 4) 6-8 tablespoons butter
- 5) Salt and pepper, to taste
- 6) 1 tablespoon chopped herbs such as parsley, tarragon, chives or coriander

### **Method**

- 1) Chop the shallots or onion finely. Place the wine and onion into a saucepan, bring to boil and on a high heat reduce the wine by two thirds. Reduce the heat to a minimum.
- 2) Cut the butter into small cubes. Whisk the butter cubes little by little into the wine reduction. Add mustard and remove from the heat. Season with salt and add the herbs and serve

### **Tomato and Toasted Cumin Beurre Blanc**

#### **Introduction**

This sauce has a nice middle eastern taste and goes well with fish that is served on quinoa or couscous.

#### **Recipe Requirements**

Estimated Preparation Time	5 - 7 minutes
Completion Time	15 - 20 minutes
Skill Level	
Serving Size	4 Serves
Equipment	



### **Ingredients**

- 1) ½ onion or 2-3 large shallots, peeled
- 2) 1 cup white wine
- 3) ½ tablespoon toasted cumin
- 4) 6-7 very ripe and acidic tasting cherry tomatoes
- 5) 6-8 tablespoons butter
- 6) Salt pepper to taste
- 7) 1 tablespoon chopped herbs such as coriander parsley, tarragon, chives or coriander

### **Method**

- 1) Chop the shallots or onion finely. Place the wine and onion into a saucepan, bring to boil and on a high heat reduce the wine by two thirds. While the wine reduces place the cumin into a small pan and toast slightly until a nice aroma develops and add to the reducing sauce for at least 1-2 minutes. Reduce the heat to a minimum. Cut the butter into small cubes and whisk the butter cubes little by little into the wine reduction. Add the cherry tomatoes and blend again. Strain through a fine sieve and season with salt and add the herbs and serve



## **Red Wine Beurre Blanc**

### **Recipe Requirements**

Estimated Preparation Time	5 - 7 minutes
Completion Time	15 - 20 minutes
Skill Level	
Serving Size	4 Serves
Equipment	

### **Ingredients**

- 1) ½ onion or 2-3 large shallots, peeled
- 2) 2 cup red wine
- 3) ½ cup port
- 4) 4-6 tablespoons butter
- 5) Salt pepper

### **Method**

- 1) Chop the shallots or onion finely.
- 2) Place the wine and onion into a saucepan, bring to boil and on a high heat reduce the wine by two thirds.
- 3) Reduce the heat to a minimum.
- 4) Cut the butter into small cubes.
- 5) Whisk the butter cubes little by little into the wine reduction.
- 6) Season with salt and serve



## **Saffron and Star Anise Beurre Blanc**

### **Ingredients**

- 1) ½ onion or 2-3 large shallots peeled
- 2) 5-star anise
- 3) 2 pinches saffron
- 4) 1 cup white wine
- 5) 6-8 tablespoons butter
- 6) Salt pepper to taste

### **Method**

- 1) Chop the shallots or onion finely. Place the star anise and saffron wine and onion into a saucepan, bring to boil and on a high heat reduce the wine by two thirds. Reduce the heat to a minimum. Cut the butter into small cubes. Whisk the butter cubes little by little into the wine reduction. Strain through a sieve and season with salt and serve