FRENCH · SAUCE

Beurre Blanc (French White Wine Butter Sauce)

15 min · Makes 6 × 2 tbsp · 157 kcal a portion · Video 5:38 · Food Wishes

Vegetarian · Gluten-free ingredients · No nuts listed

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A wine and shallot reduction whisked with butter, with no flour or sugar: 2 tbsp give about 155 kcal and under 1 g of carbs, so it fits a keto plate. It is rich (11 g saturated fat), so spoon it sparingly over fish or vegetables.

Diet notes: Keto (0.5 g net carbs a serve).

Ingredients 8 · MAKES 6 × 2 TBSP

- [ ] 120 ml **dry white wine** (such as Sauvignon Blanc), reduced
- [ ] 2 tbsp **white wine vinegar** (or lemon juice), reduced
- [ ] 2 tsp **very finely minced shallot**
- [ ] 2 tbsp **heavy cream**
- [ ] 113 g (1 stick) **cold unsalted butter**, cut in 2.5 cm cubes
- [ ] a pinch of **salt**
- [ ] a pinch of **cayenne**
- [ ] chopped **chives**, to finish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cube the cold butter and keep it cold. Put the wine, vinegar (or lemon juice), shallot and cream in a small pan. 1:04
2. Bring to a simmer over medium-high heat, then lower to medium and watch it until it has reduced by about three-quarters. Don't walk away: the reduction can catch and burn. 1:38
3. Turn the heat to the lowest setting. Whisk or swirl in a couple of butter cubes; when they have almost melted, add 2–3 more. Keep going until all the butter is in and the sauce is thick and glossy. 2:20
4. Take it off the heat and season with a pinch of salt and cayenne. Serve straight away over fish or vegetables, finished with chives. 3:27

> **Tip** Keep it warm, not hot, until serving; if it cools and is reheated it splits. The cream is optional but helps it hold. Chef John calls this 4 portions; we count 6 portions of 2 tbsp.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
157 kcal	0.3 g	0.5 g	0.1 g	17 g	40 mg
660 kJ	1% of a day	0.5 g net · 0.3 g sugars 0% of a day	0% of a day	11 g saturated 22% of a day	2% of a day

Energy from net carbs 1% · protein 1% · fat 98% — fits keto: 0.5 g net carbs, 98% of the energy from fat

Source of (10–19%) Vitamin A 17%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=84zkT4FlaOk, published 7 April 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/beurre-blanc-french-white-wine-butter-sauce