FRENCH · SAUCE

One-Bowl Hollandaise Sauce

20 min · Makes 4 × 2 tbsp · 115 kcal a portion · Video 4:49 · Food Wishes

Vegetarian · Gluten-free ingredients · No nuts listed

A butter and egg-yolk sauce with no flour or sugar: 2 tbsp give about 115 kcal and under 1 g of carbs, so it fits a keto plate spooned over eggs, fish or asparagus.

Diet notes: Keto (0.4 g net carbs a serve); Paleo with a swap: ghee instead of the cold unsalted butter.

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Ingredients 6 · MAKES 4 × 2 TBSP

- [ ] 1 large **egg yolk**
- [ ] 4 tbsp **cold unsalted butter**, cubed
- [ ] 2 tbsp **cold water**
- [ ] 1 tbsp **fresh lemon juice**, plus more to taste
- [ ] a big pinch of **salt**
- [ ] a pinch of **cayenne** (or a few drops of hot sauce)

Allergens found in the listed ingredients: Egg, Milk. 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. Put the egg yolk, cold cubed butter, salt, cayenne, cold water and lemon juice together in a stainless-steel bowl and stir briefly with a whisk. 0:36
2. Set the bowl over low heat (or over a pan of barely simmering water if you're nervous) and whisk almost constantly, holding the bowl with a towel. The butter will slowly melt in. 1:42
3. After a few minutes the sauce turns foamy and starts to thicken. Keep whisking over low heat for 10–15 minutes in all, until it is as thick as you like; too much heat is the only way it fails. 2:20
4. Taste and adjust the salt and lemon. Thin with a little hot water if it gets too thick, and keep it covered somewhere warm until you serve it. 2:54

> **Tip** Makes about ½ cup: Chef John calls it 2 generous portions, we count 4 portions of 2 tbsp. The yolk is cooked gently but may not get fully hot, so use a pasteurised egg for pregnant women, young children or anyone unwell. Scale up easily.

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

One portion (2 tbsp) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
115 kcal	0.8 g	0.5 g	0 g	12 g	100 mg
480 kJ	2% of a day	0.4 g net · 0.1 g sugars	0% of a day	7.6 g saturated	4% of a day
		0% of a day		16% of a day	

Energy from net carbs 1% · protein 3% · fat 96% — fits keto: 0.4 g net carbs, 96% of the energy from fat

Source of (10–19%) Vitamin A 13%

Recipe and video: Food Wishes (@foodwishes) on YouTube — youtube.com/watch?v=sPKWYM8-YgY, published 29 April 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/one-bowl-hollandaise-sauce