

# SAUTÉED BROCCOLI with MOCK BÉARNAISE SAUCE

Serves 4 to 6.

By Dennis W. Viau; modified from a classic béarnaise sauce.

Béarnaise is made with vinegar—not one of my favorite ingredients. It's okay on salad, but the acidic tartness doesn't appeal to me. I wanted to make a sauce for sautéed broccoli, but avoid the vinegar. I substituted with fresh squeezed lemon juice. It's similar to a classic Hollandaise, but it uses all the other béarnaise ingredients. See Note at end.



## **Ingredients:**

### ***For the Sauce:***

- ¼ cup (60ml) fresh squeezed lemon juice
- ¼ cup (60ml) dry white wine or vermouth
- 1 tablespoon minced shallots or green onions
- 2 tablespoons minced fresh tarragon, stems okay
- Pinch of salt
- ⅛ teaspoon freshly ground black pepper
- 2 tablespoons of cold butter
- 3 egg yolks, preferably from large or extra-large eggs
- ½ to ⅔ cup (120 to 160ml) melted butter, warm but not hot
- 1 tablespoon chopped fresh tarragon, leaves only

### ***For the Broccoli:***

- 1 tablespoon clarified butter
- 1 tablespoon pure (not extra virgin) olive oil
- 1 pound (450g) fresh broccoli florettes

## **Directions:**

Combine the lemon juice, white wine (or vermouth), minced shallots, 2 tablespoons of chopped tarragon (you can include the stems, as they will be strained out later), salt, and pepper in a small saucepan over medium heat. Bring to a boil and simmer until the liquid is nearly evaporated. Strain into a bowl and whisk in the cold butter. If the butter does not melt completely, warm slightly over a flame and continue stirring.

In a separate bowl whisk the egg yolks until they begin to thicken a little. Slowly stream yolks into the strained liquid, whisking constantly until blended.

Heat water to boiling in a larger saucepan. Reduce to simmer. Hold the smaller saucepan over the boiling liquid as you stir the egg yolk mixture with a spoon or spatula. Watch closely. Stir until the yolk mixture starts to thicken, but do not overcook. Overcooking will result in scrambled eggs, which would need to be discarded. Only thicken the mixture and then remove from the heat.

With the egg yolks still warm, drizzle the melted butter, a little at a time, into the yolk mixture, whisking vigorously to thoroughly incorporate the butter each time before adding more. Continue until all the melted butter is incorporated. Taste and adjust for salt. Cover and set aside.

Heat the clarified butter and olive oil in a large skillet over medium-heat. When hot, add the broccoli florettes. Stir and turn with a spatula until cooked crisp-tender, 4 to 5 minutes. Plate and spoon the mock béarnaise sauce over the top. Serve immediately. This side dish works well with beef dishes.

The **Step By Step** guide begins on the following page.

## STEP-BY-STEP

1



This is my *mise en place* for the mock béarnaise sauce with which I will garnish my sautéed broccoli. Although the glass in front looks like it might contain beer, this is butter I melted in the microwave. I am using shallots (between the vermouth and the copper pepper mill), but you can substitute green onions. Try to find fresh tarragon. The flavor is worth the effort.

2



I am fortunate to have a neighbor with a lemon tree. (I am also fortunate to live in Southern California where lemon trees are easy to grow.) She doesn't use her lemons; so I am free to pick them whenever I want.

**3**

Mince the shallots (or green onions) fairly fine. These will yield flavor to the sauce and then be filtered out in a later step.

**4**

Also mince the fresh tarragon. You can leave in the stems, as they will be filtered out later.

5



Combine the lemon juice, white wine (or vermouth), shallots (or green onions), tarragon, pepper, and a pinch of salt in a small saucepan. Bring to a boil over medium heat.

6



Reduce the heat to medium-low and simmer the mixture to reduce it until most of the liquid has evaporated.

7



Assemble a strainer over a small bowl or small pan (I am using a pan that is slightly smaller than the white one used above because these will make up a double boiler later). Have two tablespoons of cold butter ready.

8



Strain the concentrated liquid, discarding the solids, and then add the cold butter. Stir to melt the butter. If all the butter fails to melt, this will be okay if there are small pieces as seen above. If there are large pieces, heat the pan a little over a low flame to warm the mixture. Don't get it hot or it might cook the yolks in the next step.

9



In a medium bowl whisk the egg yolks until they are creamy and begin to thicken a little. While pouring the yolks into the strained liquid, whisk the mixture constantly to fully incorporate the egg yolks.

10



In a slightly larger pan, heat water to a boil. Lower the smaller pan into the larger one and hold it a little above the boiling water while you stir the egg yolk mixture constantly. As soon as the mixture starts to thicken, remove it from the heat immediately\*. If any lumps appear, whisk the mixture vigorously to break them up.

Quickly start incorporating the melted butter, adding a little at a time and whisking until each addition of butter is fully blended into the mixture. Continue until all the melted butter is used.

\*Note: If you heat this liquid too high, the yolks will cook, giving you a scrambled egg mixture. This cannot be used. Discard and start again.

11



Heat the butter and oil in a large skillet until hot. Then add the broccoli florettes. Stir and turn until cooked. The broccoli should be tender with a slight crispness, *al dente*, and you will likely see a little browning around the edges.

12



Plate the cooked broccoli and garnish with the mock béarnaise sauce. Serve immediately.

**13**

I served this broccoli as a side for a grilled beef tenderloin for which I made a mushroom sauce. Both were delicious.

## Conclusion

A friend of mine suggested I come up with recipes to make “icky green” (his words) vegetables taste good. He already likes my Brussels sprouts; so he was confident I would be up to the challenge.

## Notes

For a classic béarnaise sauce, use white wine vinegar or tarragon vinegar in place of the lemon juice. This sauce is often paired with beef.