

Paloise Sauce

Author: Chef Eric



The mint flavor of the Paloise sauce is simply magic - great with grilled fish and grilled white meats. The sauce is originally from my hometown, Pau, the city where King Henry IV was born and where his castle still stands. If you go to Pau, you must visit the Chateau of Henry IV.

Ingredients

1 cup warm clarified butter (½ pound)
 3 shallots
 6 mint sprigs or 1 cup of fresh mint leaves
 10 mint leaves finely chopped
 1 teaspoon whole peppercorn
 3 tablespoons white wine vinegar
 3 tablespoons dry white wine
 3 egg yolks
 1 tablespoon cold water
 Salt and freshly ground black pepper
 A pinch of cayenne pepper

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| Preparation Time | 30 min | Difficulty | Normal |
| Portions | 6 servings | Yield | |
| Country/Region | | | |
| Vegetarian | No | | |

Preparation

Clarify the butter: To clarify butter, first melt unsalted butter slowly in a Bain Marie pan. Simmer over low heat, without stirring, until the milk solids have separated and sink to the bottom. Other impurities will rise to the surface, while the butterfat in the middle layer becomes very clear.

Remove the pan from the heat and skim off the foam with a skimmer. Then, carefully ladle the clarified butterfat into a separate container. Be careful to leave the solids behind. Put the Bain Marie on very low heat to keep it warm.

Make the reduction: Chop the shallots in a small blender, clean the sides and process again. Crush the peppercorns in the bottom of a pan. Add 1 cup chopped mint leaves, and transfer to a clean saucepan. Then, cover with white wine and white wine vinegar. Crush in mignonette and the peppercorns, and add to the saucepan. Stir and bring to a boil on medium heat. Reduce the Paloise reduction until it's almost dry and let it cool.

Make the sabayon: Place the egg yolks in a bowl with 1 tablespoon cold water. Add the cool reduction to the yolk and water mixture, and place in a double boiler. Whisk and place over simmering water on medium heat. With an electric mixer, whisk on medium speed for at least 5 minutes. Make sure that the water is only simmering, not boiling. Keep whisking until the sabayon becomes thick, or reaches what is called ribbon stage.

When ribbon stage has been reached, remove from heat. Slowly pour the clarified butter into the mixture, whisking continuously. Add chopped fresh mint and season with salt, cayenne and black pepper. Taste and rectify seasoning if desired.

Serve immediately in saucer with your favorite grilled fish.

Notes

No Description available