

GARLIC BUTTER SAUCE

Time: 10 minutes

Serves: 4

Ingredients:

100g butter
5g garlic - very finely chopped or grated
0.5g dried parsley
1 egg yolk
5g cold water
5g white wine vinegar
1.5g kosher salt

Preparation:

Place the butter, garlic and parsley in a small saucepan and place on high heat. Gently stir constantly until butter melts, then stop foaming. Remove from heat and pour into a measuring cup with spout.

Place remaining ingredients in a tall, narrow cup or jar with a bottom diameter just big enough for the head of a stick blender.

With the stick blender running in the bottom of the jar, very slowly drizzle in the butter. An emulsion will form. Drizzle the remaining butter while continuing to run the blender.

Serve immediately or keep warm for up to an hour.

Nutritional Information Per Serving:

Calories: 193
Fat: 21g
Carbs: 0.2g
Fibre: 0g
Protein: 0.9g