

3 French Sauces For Your Steak

Enjoy your steak (entrecôte) even more by having one or more of these sauces on the side

These recipes were provided to me when I was at Ecole des Trois Ponts language/cooking school in France. The French use measurements in metric and by weight. The conversion is basically (cl = centilitre):

25 cl = 250 ml = 1 cup

20 cl = 200ml = 8/10 cup

30 grams = 1 ounce

Cooking Tip: you'll get fewer tears if the shallots are cold. After chopping the shallots, place them in cold water for about 5 minutes



1

BÉARNAISE

- 20 cl white wine vinegar
- 30 grams shallots
- 10 grams tarragon
- 4 grams white pepper
- 150 grams butter
- 3 egg yolks

1. Finely chop the shallots and place in a saucepan.
2. Over low heat reduce them with the vinegar, tarragon and crushed white pepper.
3. When there isn't any more liquid, put in the egg yolks. Whip vigorously, adding the clarified butter while whipping.

2

BORDELAISE

- 20 cl red wine
- 30 grams shallots
- 20 cl veal stock
- 40 grams butter

1. Finely chop the shallots and in a saucepan, sauté with 10 grams of butter until they sweat.
2. Add the red wine and reduce by half.
3. Add the veal stock and the rest of the butter.

3

GRAINE DE MOUTARDE

- 20 cl white wine
- 50 grams dijon mustard
- 25 cl cream

1. Add wine to saucepan and over low heat, stir and reduce the wine to half
2. Add the mustard, then the cream.