

Bechamel Sabayon Sauce

April 13th, 2023

This recipe serves: 6

Prep Time: 00:15

Cook Time: 00:15

A traditional Bechamel sauce is thickened with a roux, using butter and flour. This keto friendly sabayon utilizes egg yolk as the thickening agent, providing a smooth, silky texture that provides a tasty finish to your dish. This Bechamel Sabayon is easy to make, but requires your undivided attention. Boiling will curdle the egg and break the sauce. For best results, stir the mix constantly while cooking over medium-low heat. This will help ensure that all the ingredients melt together, without coming to a boil. To add the yolk, temper it first by adding it to a small bowl, then mixing with a few scoops of the sauce before integrating it back into the saute pan. This basic sauce can be modified in countless ways to finish your meal; Add 2 cups of shredded cheese; Add 1 finely chopped roasted pimento; Add shredded parmesan cheese for an alfredo sauce.

Ingredients:

1 Tablespoon Unsalted Butter

1/2 Cup (120 grams) Cream Cheese

1/2 Cup Heavy Cream

1/4 Cup Chicken Stock

1 Egg Yolk

1/4 Teaspoon Garlic Powder

1 Pinch Salt

Directions:

Place a saucepan over medium-low heat and add in the Butter, Cream Cheese, Heavy Cream, and Chicken Stock.

Cook these ingredients until the Butter melts. This should take about 2 minutes.

Stir constantly and keep the heat low enough to melt the ingredients together without letting it boil.

Remove the saucepan from the heat.

Temper the Egg Yolk by placing the Yolk into a separate bowl, scooping 3 or 4 tablespoons of Sauce from the saucepan into the bowl, then using a wire whisk to fully integrate the Yolk.

Add the tempered Yolk back into the saucepan and again whisk well.

Put the saucepan back on medium-low heat. Stir constantly to ensure that the sauce does not boil.

Continue to stir until the sauce thickens to the desired consistency.

Add the Garlic Powder and Salt. Remove from the heat and serve