

Bound Butter Sauce (Sauce au Beurre Lie)

F Barthelemy - *Les Menus Expliques de Cuisine Pratique*
The Good Cook Sauces - Time-Life Books

Yield: 1 cup

12 tablespoons butter, cut into small pieces

1/4 cup flour, sifted

1 cup water

3 to 4 tablespoons fresh lemon juice

salt

pepper

Place two tablespoon of the butter in a saucepan. Add the flour and mix the ingredients with a wooden spoon to form a smooth paste.

Gradually stir in the water and two tablespoons of the lemon juice. Then season the butter mixture to taste with salt and pepper.

Place the saucepan over medium heat and stir the butter mixture constantly. When the mixture comes to a boil, remove it from the heat and stir it vigorously while adding the remaining butter, a few pieces at a time.

The sauce will become creamy. Finish by beating in one to two more tablespoon of lemon juice to taste.

This delicate sauce is suitable for boiled or steamed vegetables or for poached fish, shellfish or poultry.

Per Serving (excluding unknown items): 1516 Calories; 138g Fat (76.7% calories from fat); 7g Protein; 87g Carbohydrate; 4g Dietary Fiber; 373mg Cholesterol; 1420mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Fruit; 27 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1516	Vitamin B6 (mg):	.4mg
% Calories from Fat:	76.7%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	21.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	138g	Folacin (mcg):	107mcg
Saturated Fat (g):	86g	Niacin (mg):	3mg
Monounsaturated Fat (g):	40g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	5g
Cholesterol (mg):	373mg
Carbohydrate (g):	87g
Dietary Fiber (g):	4g
Protein (g):	7g
Sodium (mg):	1420mg
Potassium (mg):	985mg
Calcium (mg):	101mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	337mg
Vitamin A (i.u.):	5348IU
Vitamin A (r.e.):	1302 1/2RE

Alcohol (kcal):
% Deficit: 0 0%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	0
Vegetable:	0
Fruit:	4 1/2
Non-Fat Milk:	0
Fat:	27 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1516 Calories from Fat: 1163

% Daily Values*

Total Fat	138g	213%
Saturated Fat	86g	430%
Cholesterol	373mg	124%
Sodium	1420mg	59%
Total Carbohydrates	87g	29%
Dietary Fiber	4g	15%
Protein	7g	
Vitamin A		107%
Vitamin C		561%
Calcium		10%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.