

Asparagus Mousse sauce hollandaise

CUISIMAGES

Ref :
4017

Type :
Vegetables

Preparation :
25 min
Rest:

Cooking :
30 min
At 180°C

Cost :


Difficulty :


Origin :




For 4 persons

- 1 kg of green asparaguses
- 4 tablespoons fresh cream
- 4 eggs
- Salt and pepper

Sauce hollandaise :

- 60 g butter
- 1 egg yolk
- 1 lemon
- ½ teaspoon vinegar
- Salt and white pepper



Prepare asparagus :

- Break ends
- Peel them

Place asparagus in boiling water and cook 10 to 15 min according to their size.



Preheat the oven at 180°C for 15 min with a bain-marie.

Drain asparaguses.

Cut asparagus tips and mix feet.



Filter asparagus puree.

Add fresh cream.



Add eggs, salt and pepper and distribute in ramequins.

Charge with middle height with the bain-marie at 180°C during 25 min. (ensure that it is well cooked by inserting the blade of a knife, it must itself arise clear, if not give to cook a little longer.).



Prepare sauce :

- pour egg yolk in a pan with 1 tablespoon of water, vinegar, salt and pepper. Prepare a bain-marie.
- stir until the sauce thickens, add little cold pieces of butter, out of bain-marie, sprinkle with a little of lemon juice while continuing to mix.



Recommandation
Variante
Wine

Butter must be incorporated by small quantities.

Saumur Champigny