

## **Hollandaise Sauce**

1 cup butter/ghee/ ghee coconut oil blend.

4 egg yolks

1-2 tbsp fresh lemon juice

1 tbsp cold water

Dash sea salt and pepper

Dash Cayenne pepper/chipotle pepper/sweet Hungarian paprika/garlic powder

Warm the butter until melted but not hot. Separate the egg yolks from the whites. I use my hands by cracking an egg over a bowl. I open the egg in my hand and allow the whites to fall through my fingers as I hold the yolks.

Using a small saucepan place an inch or two of water and using a low heat bring the water up to simmer. While this is getting up to simmering temp, whisk your eggs yolks and tablespoon of cold water until they are "foamy".

Place your glass bowl on top of the simmering saucepan; the water should not touch the bowl, which is acting like a double boiler (the steam is heating the bowl...not the water). Continue stirring the mixture until it starts to thicken and then immediately remove from heat.

Now, start drizzling a little (1/2 tablespoon or so) butter/ghee/coconut ghee into this mixture as you continue to whisk. Slowly add more ghee as the mixture continues to thicken, you can add a larger amount of ghee as this process goes on.

When all of the ghee is in, add your lemon and any or all the spices, continue to whisk until all of the ingredients are well blended. If the sauce is too thick for your tastes add a little warm water while whisking until desired thickness is achieved.