Hollandaise

Choron & Paloise

A demonstration by Mark Dexter

Mark whisks one batch of hollandaise and divides it among three bowls. One stays plain, one gets diced tomato, and one gets chopped mint. Taste them side by side to see what each addition brings.

Make the hollandaise base p. 2

Divide the sauce p. 5

Choron with tomato p. 6

Paloise with mint p. 7

Taste all three p. 8



From front to back, hollandaise, tomato Choron and mint Paloise.

Prepare the butter and vinegar

The butter gives the sauce its richness. The vinegar brings acidity and carries the flavour of the aromatics.



STEP 1 IMG_0865

Melt the clarified butter

Melt the ghee gently in a small pan. Keep it warm and fluid so you can pour it in a thin stream later.



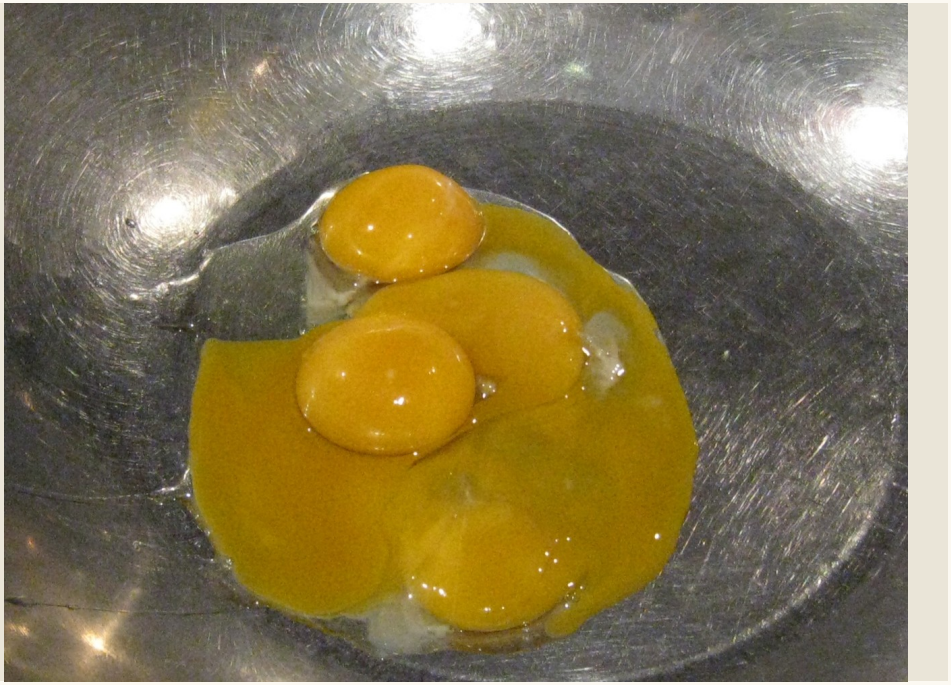
STEP 2 IMG_0877

Make the vinegar reduction

Simmer white wine vinegar with the sliced onion, garlic, peppercorns and herbs. As the vinegar reduces, its flavour concentrates. Set it aside to strain into the sauce later.

Whisk the yolks over gentle heat

A little water and gentle steam give you time to build volume in the yolks.



STEP 3 IMG_0882

Start with the yolks

Place the yolks in a metal bowl and whisk in a splash of water. Pasteurised yolks are a good choice for practising this lightly cooked sauce.

Lightly cooked egg sauces · NSW Food Authority



STEP 4 IMG_0889

Watch the whisk

Set the bowl over barely simmering water, with the base clear of the water. Keep whisking. When the yolks thicken and fall from the whisk in a pale ribbon, lift the bowl off the pan.

Bring the butter and yolks together

An emulsion forms as the whisk disperses the butter into tiny droplets throughout the yolk mixture.



STEP 5

IMG_0893

Add the butter gradually

Whisk in a few drops of warm clarified butter. Once they disappear into the yolks, continue with a thin stream. If butter pools on the surface, pause the pour and keep whisking.



STEP 6

IMG_0899

Look at the tracks

The whisk leaves curved tracks in the thickened sauce. Look for an even gloss, then lift the whisk and see how the sauce falls back into the bowl.

Divide the finished hollandaise

Make the seasoning adjustment while the batch is still together so each portion starts with the same balance.



STEP 7

IMG_0903

Strain in the reduction

Tip a little of the aromatic vinegar through a fine sieve into the bowl. Whisk it through, taste and adjust the seasoning. The sieve catches the herbs and peppercorns.

Follow the tomato finish



STEP 8

IMG_0906

Set out three portions

Spoon the same sauce into three bowls. Keep one plain for tasting. The second will take diced tomato and the third will take chopped mint.

Follow the mint finish

Choron sauce

In the classical Béarnaise family, Choron takes its flavour from tomato. Mark uses fresh tomato in this demonstration.



STEP 9 IMG_0912

Cut a fine dice

Slice the tomato flesh into narrow strips, then cut across them to make small, even dice. The pieces should be small enough to share a spoonful with the sauce.



STEP 10 IMG_0913

Add tomato to one portion

Spoon the diced tomato into the second bowl. Fold it through gently, then taste alongside the plain hollandaise. Look for the little pieces of tomato in each spoonful.

Compare the three bowls

Paloise sauce

Paloise is a minted Béarnaise. In the classical version, mint flavours the reduction and the finish. Here it goes into the third bowl.



STEP 11 IMG_0907

Chop the fresh mint

Chop the mint leaves into small pieces. The cut leaves release their scent and will be easy to distribute through the sauce.



STEP 12 IMG_0908

Add mint to the last portion

Scatter the mint over the third bowl and fold it through. Smell the sauce before you taste it, then compare the mint finish with the tomato version.

Compare the three bowls

Back to the lesson guide

Taste all three

Take a small spoonful of each, starting with the plain base.



The three finished sauces, in tasting order from left to right.

Hollandaise

Taste the butter and the acidity of the reduction. Notice how the sauce coats the spoon.

Choron

Find a piece of tomato in the next spoonful. What changes in the flavour and texture?

Paloise

Smell the mint before tasting. Which flavour stays with you after you swallow?

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Read Mark’s guide to the Béarnaise family

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