

Back-to-Basics

How to prepare a Beurre Blanc

Subject	Details:
1. What is a Beurre Blanc? 	<p>Beurre blanc (French: "white butter") is a hot emulsified butter sauce made with a reduction of vinegar and/or white wine and shallots into which cold, whole butter is blended off the heat to prevent separation. The small amounts of lecithin and other emulsifiers naturally found in butter are used to form an oil-in-water emulsion.</p>
2. How to make a Beurre Blanc? 	<p>A good Beurre blanc is rich and buttery, with a neutral flavor that responds well to other seasonings and flavorings, thereby lending itself to the addition of herbs and spices. It should be light and airy yet still liquid, while thick enough to cling to food. A Beurre blanc is prepared by reducing wine, shallots, and herbs, if used, until it is nearly dry. Although not necessary, cream can be added at this point to act as a stabilizer to the sauce. Lemon juice is sometimes used in place of vinegar and stock can be added as well. Cold, one-inch cubes of butter are then gradually incorporated into the sauce as the butter melts and the mixture is whisked. The sauce can separate by either over heating or cooling. If it heats past 58°C, some of the emulsifying proteins will begin to break down and release the butterfat they hold in emulsion. If the sauce cools below 27°C, the butterfat will solidify.</p>
3. Derivatives	<p>The most common derivatives of a Beurre Blanc are:</p> <ul style="list-style-type: none"> • Saffron Beurre Blanc: Saffron added • Orange Beurre Blanc: Orange Juice and Orange Zest added • Citrus Beurre Blanc: Orange-, Lemon- and Lime Zest added



Training Notes:

Introduce <ul style="list-style-type: none">- Yourself, the task, what they will learn and how testing is conducted
Demonstrate When To Start and Materials <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Pot, Whisk, Stove, listed Ingredients
Demonstrate Actions <ul style="list-style-type: none">- Use job rehearsal to demonstrate steps- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
Demonstrate the Result and Task Standards <ul style="list-style-type: none">- Clean utensils
Practice <ul style="list-style-type: none">- TM explains each step of task during practice. Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard
Test for knowledge <p>Q. Why you need to incorporate the cold butter off the heat? A. To avoid a separation of the sauce</p> <p>Q. What happened if the sauce is stored in a cool place? A. The sauce will solidify</p> <p>Q. Name 2 derivates of this sauce? A. Saffron Beurre blanc, Citrus Beurre blanc</p>
Follow-up <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy