

Keto Sauces

By Lisa Bianco-Davis

Mayonnaise, Hollandaise Sauce and Cesar Dressing are classic sauces. They are suitable for the keto diet without any alterations. They were keto before “Keto” was a thing. On this diet we are able to return to many of the foods of our ancestors, before modern so-called “experts told us that fats were harmful. Fats are vital for the functioning of our bodies, particularly our brains which are made of 60% fat.

Fats from animal and vegetable sources provide... the building blocks for cell membranes and a variety of hormones and hormone like substances... In addition, they act as carriers for important fat-soluble vitamins A, D, E and K. Dietary fats are needed for the conversion of carotene to vitamin A, for mineral absorption and for a host of other processes. -The Skinny on Fats by Mary Enig PhD & Sally Fallon

Reasons you might want to make your own sauces:

- 1) You control the ingredients
- 2) They are versatile & delicious

Most commercial sauces (even many organic ones) use low-quality industrial oils. Safflower, corn, sunflower, soybean, cottonseed and canola are products of modern industrial processing. Most have been solvent extracted, heated, deodorized, and winterized.

We recommend fats from a variety of sources including from healthy animals, such as beef fat, tallow, suet, pork fat (lard), bacon drippings, chicken fat (schmaltz), duck fat, butter, cream, egg yolks, salmon, sardines, etc. Vegetable sources of fats and oils include avocado, olive, coconut, palm and the natural oils contained in nuts and seeds. Nut and seed oils fragile and easily damaged by processing, storing and heating. If you do buy these oils, get them in dark bottles, store in the fridge and use cold. Do not cook with fragile oils.

Industrial seed oils are a new addition to the human diet. We recommend avoiding these heavily processed oils.

Avoid:

- Corn Oil
- Cottonseed
- Canola
- Soybean Oil
- Partially hydrogenated fats & oils
- “Vegetable Oil”
- “Salad Oil”
- Partially-hydrogenated brands of lard
- and products made with them

For more information see: eugenewestonaprice.org/fats-oils

Mary's Oil Blend

From *Nourishing Traditions* by Sally Fallon & Mary Enig PhD

- 1/3 cup Olive Oil
- 1/3 cup Coconut Oil
- 1/3 cup Expeller-pressed Sesame Oil

Mix and store in an air-tight container. Use in place of other oils in recipes.

Mayonnaise

Mayonnaise is an emulsion of liquid oil, egg yolk and lemon juice or vinegar.

- 2 large pastured egg yolks
- ½ tsp unrefined salt
- 1-2 TBS vinegar or lemon juice
- ½-1 tsp mustard (optional)
- ¾ to 1 cup oil*

***Choose from high-quality traditional oils:**

- Extra-Virgin Olive Oil
- Mary's Oil Blend
- Cold-pressed sunflower oil
- Melted bacon drippings (“Baconnaise”)
- Melted butter or ghee (for Hollandaise-type flavor)

Directions:

Emersion Blender Method: Put egg yolks, 1 TBS lemon juice or vinegar and salt into a 1 pint wide-mouth glass jar. Blend with an emersion blender until it is well mixed and light yellow. Slowly add oil drop by drop while blender is running. Stop pouring oil every once and a while to allow all the oil to incorporate. Gradually increase to a thin stream of oil. As more oil is incorporated the mayonnaise will thicken. Stop when it is thick to your liking. Taste and add additional lemon juice or salt as needed.

Food Processor Method: Add egg yolks, lemon juice and salt to the bowl of food processor. Blend for 30 seconds, then slowly add oil drop by drop or thin stream while continuing to blend. Many machines have a small hole designed to allow you to drop oil in while the machine is running.

The classic method is making mayonnaise by hand, using a wire whisk or spoon.

Tips from *Mastering the Art of French Cooking* by Julia Child:

- **Temperature:** Mayonnaise is easiest to make when all ingredients are at normal room temperature. Warm the mixing bowl in hot water to take the chill off the egg yolks. Heat the oil to tepid if it is cold.
- **Egg Yolk:** Always beat the egg yolks for a minute or two before adding anything to them. As soon as they are thick and sticky, they are ready to absorb the oil.
- **Adding the Oil:** The oil must be added very slowly at first, in droplets, until the emulsion process begins and the sauce thickens into a heavy cream. After this, the oil may be incorporated more rapidly.
- **Remedy for turned mayonnaise:** Warm a mixing bowl in hot water. Dry it. Add 1 teaspoon of prepared mustard and 1| tablespoon of sauce. Beat with a wire whip for several seconds until they cream and thicken together. Beat in the rest of the sauce by teaspoons, thickening each addition before adding the next. This always works. Just be sure you add the turned sauce a little bit at a time, particularly at first.

Variations:

- 1) Use 1 whole egg plus 1 yolk instead of 2 yolks
- 2) Aioli: Add 2-4 garlic cloves
- 3) Add 3 to 4 TBS fresh herbs, such as tarragon, basil, chervil, chives, parsley and oregano
- 4) Find other variations in: *Mastering the Art of French Cooking* by Julia Child, *Joy of Cooking* by Irma S. Rombauer and *Nourishing Traditions* by Sally Fallon & Mary Enig PhD.

Hollandaise

- 3-5 large pastured egg yolks
- ½ tsp unrefined salt
- 1 TBS lemon juice
- 1/2 cup butter or ghee (clarified butter)

Directions:

Whip the egg yolks until thick and sticky. Warm the yolks in a metal bowl over hot water. Gradually add butter one piece at a time while continuing to mix. Beat until each piece is incorporated before adding the next.

Variations:

- 1) Béarnaise Sauce - Replace lemon juice with a reduction of 2 TBS white wine vinegar, 2 TBS white wine, 2 TBS shallots, 1 TBS fresh tarragon (or 1 tsp dried). Cook until reduced to 1 TBS. Strain before use. Follow recipe as above, use vinegar reduction in place of lemon juice.
- 2) Sauce Chantilly - (for fish, soufflés, asparagus) Fold ½ cup unsweetened whipped cream to finished Hollandaise just before serving – *Mastering the Art of French Cooking* by Julia Child

Caesar Dressing

- 1 large pastured egg yolk
- About 1 teaspoon smooth or grainy Dijon-style mustard
- 2 tablespoons plus 1 teaspoon raw wine vinegar
- 1 glove garlic, crushed
- 1/2 cup extra-virgin olive oil or Mary's Oil Blend
- 2 anchovy filets (or 1 tsp anchovy paste)
- 1 TBS grated Parmesan cheese
- 2 teaspoons expeller-expressed flax oil (optional)

Place all ingredients in food processor and blend until smooth. To serve, toss with romaine lettuce and top with additional parmesan cheese.

Coconut Peanut Sauce

- 2 TBS coconut oil or red palm oil
- 1 ½ tsp 5-Spice powder
- 1-2 cloves garlic
- 2 tsp grated fresh ginger
- ½ to 1 can (13.5 oz) coconut cream or coconut milk
- 2 TBS naturally fermented soy sauce
- 1 tsp Fish Sauce (optional)
- 1/3 to ½ cup organic peanut butter
- red chili paste to taste

Directions:

Melt coconut oil or red palm oil in pan. Add spices and cook until fragrant. Add coconut cream, soy sauce and optional fish sauce, heat thoroughly while stirring. Add peanut butter and stir to incorporate. Taste and season with extra flavorings if desired.

Serve warm over cooked meat (such as chicken or shrimp) and steamed or roasted vegetables (such as cauli-rice, broccoli or cauliflower).

If sauce separates into thick gloppy sauce and oil layer, you can fix it by adding additional coconut milk, cream or water. Add one spoonful at a time and stir until incorporated. Keep adding liquid until sauce becomes smooth again.

Variations:

Add any of the following: diced jalapeño pepper, onion, yellow curry powder or chili powder.