



Healthdor

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Au Jus [♦]

Au Jus is a savory sauce made from the drippings of roasted meat. It is typically served with beef dishes and adds a rich, flavorful element to the meal. The sauce is often used as a dip for sandwiches or poured over the meat for added moisture and flavor.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

2 c	beef drippings
2 c	beef broth
2 tbsp	worcestershire sauce
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Collect the drippings from a roasted beef dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a saucepan, combine the beef drippings, beef broth, Worcestershire sauce, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 25 mins

Step 3

Stove

Simmer the mixture over medium heat for 20-25 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Remove from heat and let it cool slightly before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 20 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Events

Picnic

Course

Drinks

Sauces & Dressings

Cooking Method

Steaming

Simmering

Serving

Cooking

Meal Type

Lunch

Dinner

Difficulty Level

Easy

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