

The word "sauce" is a French word that means a relish to make our food more appetizing.

Background:

The use of sauces has changed dramatically during the past 25 years or so. Due to the massive amount of information we are constantly exposed to, we have been influenced by various cuisines, cultures and nutritional data in a way that has shaped a new outlook on the food industry. This, combined with the variety of different products we can now purchase, has brought about great changes in our eating habits and has made a huge impact in the way we now view, create and use sauces in the modern kitchen.

The days of heavy cream sauces and thick, rich gravies are slowly being replaced by lighter versions of highly flavored glazes and sauces acting much more as a final seasoning agent than anything else. However, to learn the newer ways of making sauces, one must first have a good grasp of the basics of sauce making to understand where the differences lie. Sauce-making is definitely an art that, once learned, gives endless possibilities to any dish.

Understanding Sauces:

Sauces are defined as liquids that are thickened (usually) and perform these functions:

1. Add moistness to sometimes dry food (e.g. meatloaf, roasted or grilled meats)
2. Flavor and finish seasoning the product
3. Add richness to a dish (e.g. Salmon hollandaise)
4. Enhance the presentation to elevate the dining experience

The basic five sauces are:

1. Béchamel or basic white sauce
2. Velouté or stock based white sauces (chicken, fish, veal)
3. Espagnole or brown sauce
4. Tomato
5. Butter sauces (e.g. Hollandaise sauce)

These are known as the "Mother Sauces". From these major five sauces, literally hundreds of other sauces can be made. These are known as "small sauces" or derivative sauces. With the exception of Hollandaise, most Mother sauces are rarely used on their own and almost always used for other sauce bases.

Sauce Structure:

A sauce normally consists of:

1. A liquid
2. A thickener
3. flavorings & seasonings

Liquids used in the five Mother sauces are:

Milk for Béchamel
White stock (chicken, veal, fish) for Velouté
Brown stock for Espagnole
Tomato for Tomato sauce
Clarified butter for Hollandaise sauce

Thickeners come in many different forms.



Roux: a cooked mixture of equal portions of fat and flour. The fat can be butter, drippings from meats, vegetable oils, etc. depending on the dish being prepared. Roux can be white, blond or brown depending on its required use. **White roux is cooked for a very short time and used in Béchamel.** Blond roux is cooked for a medium amount of time and used in ivory colored Velouté sauces Brown roux is cooked for a considerable time for use in Espagnole sauce or Gumbos

Stir flour into the melted fat and cook to the desired color. Add stock. The stock and the roux should always be different temperatures to prevent lumping. Whip in the stock gradually and stir occasionally to insure smoothness. Strain if necessary.

Whitewash: mixture of flour and cold water, sometimes called a slurry. Add slowly and whip constantly to prevent lumps.

Cornstarch: mixed with a little cold water, thickens quickly. Used the same as whitewash but normally cooks in a couple minutes.

Liason: egg yolks that have been tempered (mixed with hot stock) and then added to the sauce. Whip egg yolks in a bowl, then whip **in a bit of the hot stock so they won't scramble.** Add to the sauce whipping constantly. Cook over low heat.

Point to Remember: All thickeners must come to a boil before they achieve their full holding power. After the sauce reaches a boil, turn down to simmer and cook until no trace of the starch taste remains.

Flavorings

Flavorings begin with the stock that is used to base the sauce on. After that, there are a number of ways to increase and enhance the final product.

Reduction: cooking down the stock to concentrate flavor, very little salt required

Wine: wine can be used to add flavor and can also be

Acids: lemon juice or vinegar used sparingly to accent some sauces

Numerous other flavorings are needed to turn a Mother sauce into the finished product. For instance, a Béchamel by itself is very bland. Add sharp cheddar cheese and you have a very nice cheese sauce. Even a simple tomato sauce becomes Creole Sauce with just a few moderations. So it goes with most Mother sauces.

Seasonings are much too often confused with flavorings. Since we know now that flavoring is where the stock begins, seasoning is where the stock or sauce finishes. The final procedure in any recipe should be interpreted, whether written or not, to adjust seasoning to taste.

Salt is normally used to bring up the final flavor of sauces. However, with a well reduced stock and careful simmering, it will require very little salt to do the job.

Lemon, lime juice, and vinegars can also be used to enhance flavors already present in the sauce.

Black, white and cayenne pepper may also accent without the use of salt.

Alternate Methods:

Pan Sauces:

These are made simply by thickening the juices left in the pan after sauteing. De-glaze the pan by adding a little water or wine to dissolve the bits of food in the bottom. Then reduce or thicken with one of the above methods.

Purees:

Adding a puree of vegetables to a sauce will thicken without adding fat. Roasting the vegetables will give an added fullness that will enrich your sauce immensely.

Today's Chefs are coming up with more and more creative ways to produce sauces everyday. This trend will continue to provide a re-freshing, new outlook on some of the classic dishes we have come to know.

Béchamel

Yield: 1 qt.

1 qt. Whole Milk	4 oz Pale Roux
1 oz. Onion, minced	1 tsp. Butter
1/2 tsp. Fresh Nutmeg	Salt to taste

Scald the milk in a pot and keep warm. In another pot heat the butter and sweat the onion. Add the roux to the onion. Add half of the scalded milk to the roux and whip until smooth. Add the rest of the milk and whip until smooth. Add the nutmeg. Simmer for 30 minutes over low heat. Strain the sauce through cheesecloth, adjust seasoning and serve.

Veloute

Yield: 1 Quart

1 qt. White Stock	4 oz. Pale Roux
-------------------	-----------------

Heat the stock to a boil. Add the roux and whip until completely smooth. Make sure to whip out any lumps. Simmer for 30 minutes over low heat. Strain the sauce through a cheesecloth, adjust seasoning and serve.

Espagnole

Yield 1/2 gal.

2 1/2 qts. Brown Veal Stock	1/2 lb. Mirepoix
2 Tbsp. Oil	2 oz. Tomato Paste
6 oz. Pale Roux	1 Sachet d'Épices

Heat the oil in a large stock pot. Sauté the onion from the mirepoix until brown. Add the rest of the vegetables and brown. Add the tomato paste and brown the paste. Add the stock and bring to a simmer. Whip the roux into the stock. Add the sachet and simmer for 1 hour. Skim the surface as necessary. Strain the sauce through a cheese cloth and serve of chill.

Demi-glace

Yield: 1 qt.

1 qt. Espagnole	1 qt. Brown Veal Stock
-----------------	------------------------

Place the stock into a pot and reduce by 1/3. Add the Espagnole and reduce to 1 quart. Strain through a cheesecloth and serve or chill.

Hollandaise

Serves 4

2 Egg Yolks	8 oz. Clarified Butter
Dash of Tabasco Sauce	2 tsp. Lemon Juice
Salt & White Pepper to taste	

Place the eggs and lemon juice in a double boiler and whisk until ribbony. Do not over cook. Slowly add the clarified butter to the yolks, whisking constantly. When all of the butter has been incorporated add the Tabasco and season with salt and pepper. Serve.

Béarnaise

Serves 4

1 cup Hollandaise Sauce	1 Tbsp. Tarragon Leaves
1/4 cup Red Wine	1 Tbsp Shallots, minced
Salt & White Pepper to taste	

Place the wine, shallots and tarragon in a pan and reduce until almost completely dry. Add the tarragon reduction to the Hollandaise and serve.

Beurre Blanc

Yield: 4 servings

1/4 cup White Wine	Juice of 1 Lemon
1 Tbsp. Minced Shallot	1/2 lb. Butter room temp.
Salt and White Pepper to taste	

Put the wine, juice and shallot into a sauce pan and reduce to almost dry. Remove from heat and whisk in the butter a little at a time. When the pot loses it's heat return to the burner and turn the heat down to low. The butter should not melt, but form an emulsified sauce. After the butter is incorporated season and serve immediately.

Marinara

Serves 4

2 lbs. San Marzano Tomatoes, crushed and seeded	
2 Tbsp. Extra Virgin Olive Oil	1/4 cup Onion, fine dice
1 Tbsp. Garlic, minced	1 Tbsp. Basil, chiffanade
2 tsp. Oregano, chiffanade	1 large Bay Leaf
Sugar if needed	Salt and Pepper to taste

Heat the oil in a sauce pot. Sauté the onions until they are opaque. Add the garlic and the fresh herbs and stir for one minute. Add the tomatoes and the bay leaf and season with salt and pepper. Simmer over low heat for two hours. Adjust seasonings. If the sauce is too bitter add some sugar. Remove from the heat and serve or refrigerate.

Mayonnaise

Yield: 3 Cups

2 Egg Yolks	1 1/2 cups Oil
1 tsp. Dry Mustard	1 tsp. Lemon juice
1 tsp. Garlic, minced	2-3 dashes Tabasco Sauce
Salt and White Pepper to taste	

In a food processor blend together the egg yolks, mustard, garlic and lemon juice. Add the oil in a very slow but steady stream until it is entirely incorporated. Stir in the Tabasco and season with salt and pepper. If your emulsion breaks you can save what you have by emptying and cleaning your bowl, and starting again with just one egg yolk and then adding the broken mayonnaise in a slow but steady stream.

Basic Aioli

6 Garlic Cloves, chopped	2 Egg Yolks, room temp.
1/2 cup Olive Oil	1/2 cup Vegetable Oil
pinch Cayenne	1 Tbsp. Water

Process the garlic and salt in a food processor until fine. Transfer to the bowl of a heavy duty mixer Add the egg yolks and cayenne and mix briefly to combine. With the mixer at high speed, slowly dribble in oils, about an 1/8 of a teaspoon at a time. When the mixture thickens, increase to 1/4 teaspoon at a time. At this point the aioli will be very thick. Add the water and beat just enough to smooth out the mixture.

Basil Pesto

Makes 4 oz.

4 oz. Basil Leaves, fresh 1 tsp. Minced Garlic
1 oz. Pine Nuts 1 oz. Olive Oil
1 Tbsp. Parmesan Cheese Salt and Pepper to taste

Place all ingredients into a food processor and grind until semi-smooth. Adjust oil as necessary.

Sundried Tomato Pesto

Yield: 8 oz.

6 oz. Sundries Tomatoes 2 oz. Fresh Basil Leaves
1 oz. Pine Nuts 1 tsp. Minced Garlic
1 1/2 oz. Olive Oil Salt and Pepper to taste

Place all ingredients into a food processor and grind until semi-smooth. Adjust oil as necessary. Chill overnight before serving.

Roasted Red Pepper Coulis

Serves 4

2 Red Peppers 1 cup Chicken Stock
1/4 cup Dry White Wine 1/2 cup Heavy Cream
2 tsp. Garlic 1 tsp. Oil
Salt & Pepper to taste

Cut the peppers in half and coat with the oil. Roast in a 425° oven for 15-20 minutes or until dark brown. Peel the peppers and put into a food processor with the garlic and puree until smooth. Put the puree into a pot with the stock and the wine and reduce by half. Add the cream and reduce until nappé. Season with salt and pepper and serve.

Cheese Sauce

Yield: 3 Cups

1 3/4 cups Milk 2 Tbsp. Butter
6 oz. Cheddar, shredded 2 Tbsp. Flour
2 oz. Parmesan, shredded 6 oz. Swiss, chopped
4 oz. Shallots, sliced thin 1 tsp. Nutmeg
Salt & Pepper to taste

Melt butter in a sauce pan and sauté shallots until they are opaque. Stir in flour and cook for 10 min over medium-low heat. Heat the milk in a separate pan and whip into the flour a little at a time. Over low heat add 1/4 of the cheese into the sauce, stirring constantly until the cheese has melted. When all of the cheese has been incorporated add the spices and serve.

Bordelaise Sauce

Yield 1 qt.

1 cup Dry Red Wine 2 oz. Shallots, chopped
1/4 tsp. Peppercorns, crushed 1/2 Bay Leaf
1 pinch Thyme 1 qt. Demi-Glace
2 oz. Butter

Place the wine in a saucepan and reduce by 3/4. Add, shallots, peppercorns, bay leaf, thyme and demi-glace. Simmer for 15 to 20 minutes and strain. Swirl in 2 ounces of butter. Use as a sauce over your meat of choice.

Cocktail Sauce

Yield: 2 cups

2 cups Chili Sauce 2 Tbsp. Horseradish
Juice of 1/2 Lemon 2 tsp. Garlic, minced
1 tsp. Onion, minced Salt and Pepper to taste

Combine ingredients in a bowl. You can either increase or decrease the heat by adjusting the amount of horseradish. Refrigerate overnight and serve.

Tomato Salsa

Yield: 3 Cups

2 large Tomatoes, small dice
2 Tbsp. Green Peppers, fine diced
2 Tbsp. Red Onion, fine diced
1 Tbsp. Anaheim Peppers, minced
1 Tbsp. Jalapeno Peppers, minced
Juice of 2 Limes
Juice of 1 Lemon
2 Tbsp. Fresh Cilantro, chiffanade
1 tsp. Turmeric
Salt to taste
1 Tbsp. Habanero Peppers, minced (Optional for EXTREME HEAT)

Mix all ingredients in a bowl and refrigerate overnight.

Remoulade Sauce

Serves 8

1 Large Rib Celery, Chopped 2 Green Onions, Chopped
1 Garlic Clove, Chopped 1 Tbsp Parsley, Chopped
2 Tbsp Creole Mustard 2 Tbsp Paprika
1/4 Cup Red Wine Vinegar 1 Tbsp Fresh Lemon Juice
1 tsp Worcestershire Sauce 1 Tbsp Prepared Horseradish
2 tsp Hot Sauce 2 Tbsp Chili Sauce
1/2 tsp Cayenne or to taste 1 oz. Extra Virgin Olive Oil
1/4 Cup Vegetable Oil Salt & Pepper To Taste

Combine all of the ingredients except the oils in a food processor, process until smooth. With the motor still running, slowly drizzle in the oils. The emulsion should be fairly thick. Adjust the seasonings and refrigerate overnight.

Crème Anglaise

Yield: 1 Gallon

6 Egg Yolk 1/2 cup Sugar
2 cups Half-and-half **1 Pinch Fleur d' Sel**
1 Vanilla bean split/scraped - (or 2 tsp. vanilla extract)

Place egg yolks and sugar in bowl of electric mixer and beat on high speed until mixture is pale and forms ribbons (approximately 10 minutes). In meantime, place half-and-half, salt, and split vanilla bean in a heavy-bottom pot. Bring cream to a boil and remove from stove. Pour half of boiled cream over egg mixture while beating on low speed. Then pour egg mixture back into cream and return to stove. On low heat, stirring constantly with a wooden spoon, heat until mixture lightly thickens (mixture should coat the back of a wooden spoon; be careful not to let the egg scramble). Remove from Stove, Strain and chill.

Caramel Cream Sauce

Yield: 2 cups

1 lb. Granulated Sugar 1 qt. Heavy Cream
2 tsp. Vanilla

In a large heavy bottomed pot melt the sugar. Stir the sugar constantly to remove any lumps. Continue stirring until the caramel is a deep brown color. Add half the cream to the pot. Be careful, the cream is going to boil vigorously and will come up in the pot. When the boiling slows add the rest of the cream and whip until the caramel has completely dissolved in the cream. Check the consistency and reduce until thick if necessary. Add the vanilla and serve.