

Building Your Own Dishes using a Mother Sauce (Mother Sauces the Possibilities are Endless)

We are going to look at the foundation of a Béchamel and Veloute Sauce and the possibilities it has to be versatile and blend with a variety of different foods.

An important factor of building a good mother sauce, or any dish is to be familiar with flavor profiles and what can go together, and what might not work together. Ask yourself, "How can you take familiar flavors and make into a dish I would enjoy."

For those not familiar with fresh herbs and different spices, build your own chart that describes the spice or herb and then what you think food would combine well with that herb/spice.

Below is a list of websites that have different charts on herbs/spices that you can reference. (I just googled spice charts and these are a few I came up with that have a variety of spices/herbs listed). Penzeys is a great reference for spices and has a large variety available.

Links to websites for spices/herbs:

<http://www.spiceadvice.com/newsa/usage/chart.html>

http://www.chef-menus.com/herb_and_spice_chart.html

http://www.foodandnutrition.com/appendix/spice_chart.htm

<http://adventuresinspice.com/usechart/usechart.html>

<http://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

<http://www.penzeys.com/cgi-bin/penzeys/shophome.html>

COOKING COMBINATIONS USING SPICES/HERBS

Look at the spices on the table and fill in the following chart, make sure to use descriptive words to describe the spices, not just good and nice.

[illegible]

Recipes for the Mother sauce class.

Broccoli and Cheese Soup with Chicken

Broccoli

3 cups broccoli florets

2 tbsp olive oil

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ tsp pepper

Béchamel sauce

$\frac{1}{2}$ onion, small dice

1 clove garlic, minced

4 tbsp butter

4 tbsp flour

3 cups milk

pinch of nutmeg

4 oz Velveeta cheese, cut into large dice

1 $\frac{1}{2}$ cups grated cheddar cheese

Chicken

1 cooked chicken breast, cut up into large dice

Place broccoli in a large bowl and toss with oil and salt and pepper. Place on a parchment lined cookie sheet and bake in a 400 degree oven for 15 minutes, just until it starts to char. Set aside.

Make the béchamel sauce by melting the butter in a large sauce pan, or stock pot. Once melted, add the onions, cook until soft and translucent, add the garlic and cook until garlic is soft, about 2 minutes. Add the flour and stir to make a paste, cook for about 1 minute. Add the milk and stir with a wire whisk. Cook on a medium heat stirring until it becomes thick. Add the cheeses and stir until melted. Add the chicken and broccoli and let simmer until chicken is heated.

Chicken Stock for a Veloute sauce

Sauté bones with meat until nice and dark in color. Add your mirepoix of onion, carrot and celery. Add your chicken stock in 2 small batches to bring up the fond (brown bits on the bottom of the pan), add other seasonings such as thyme, bay leaf and peppercorns. Add the rest of your stock and let simmer for about 20 to 30 minutes.