

Unit Objectives

- Students will be able to:
 - Identify the functions of sauces
 - Recognize and classify mother sauces
 - Prepare mother sauces
 - Use thickening agents properly



Sauces

- A flavorful, thickened liquid used to enhance food:
 - Adds moisture & flavor
 - Adds intensity to the dish
 - Improves appearance / color
 - Should complement the food
 - Stimulate the appetite



Sauce Quality Factors

- Color
- Opacity
- Luster
- Taste
- Texture
- Consistency

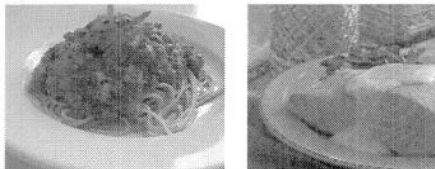


Mother/Leading Sauces

Sauce	Liquid	Thickener	Color
Béchamel	Milk	White roux	
Espagnole	Brown Stock	Brown roux	Brown
Tomato	Tomatoes	Tomato paste	Red
Hollandaise	Clarified Butter	Egg yolk	Yellow
Velouté	White Stock	Blond roux	Amber

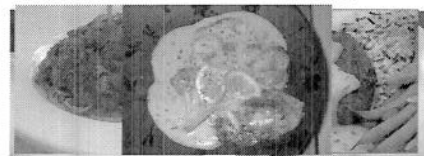
Compound Sauces

- Compound sauces are leading sauces with other ingredients & flavors added to it



Compound Sauces

- Béchamel → Cheddar cheese
- Espagnole → Mushroom
- Tomato → Meat Sauce
- Hollandaise → Bearnaise
- Veloute → Cream



Hollandaise

Hollandaise will separate:

- Butter is added too fast
- Butter is too hot
- Egg yolk to butter ratio is incorrect
(5 egg yolks to 1 lb. of clarified butter)
- Sauce gets too cold
- Sauce gets too hot
- Served on top of very hot product



Thickening Agents

- Roux
 - Equal parts by weight of fat and flour cooked together used to thicken liquids
- Butter
- Bread or AP flour
- Sift flour



Thickening Agents

- Roux
 - White
 - Blond
 - Brown
- Incorporating roux into a liquid
 - Cool stock into a warm roux
 - Room temperature roux into a hot stock



Roux types

- **White Roux** - Least amount of cooking time (3 –5 minutes) Example: **Béchamel Sauce**
- **Blond Roux** - Takes on a light golden color (5 –6 minutes) Example: **Veloute Sauce**
- **Brown Roux** - Nutty Aroma / dark brown color (15 - 20 minutes) Example: **Espagnole Sauce**

Thickening Agents

Cornstarch:

- Equal parts cold liquid to cornstarch
- Blended mixture is called a slurry
- Add slurry to hot liquid
- Thickens immediately



5 MOTHER SAUCES

Béchamel Sauce (white roux)

$\frac{1}{2}$ quart milk

$\frac{1}{4}$ onion, piquet

2 tbsp butter

2 tbsp flour

salt, pepper, nutmeg to taste

In a saucepan, heat the milk and onion piquet; simmer for 10 minutes. Heat medium saucepan over medium low heat. Add butter, when melted, add flour. Stir until flour taste is gone, about 2 to 3 minutes. Remove the onion piquet from the milk. Add the roux to the milk and whisk vigorously dissolving all the roux. Simmer sauce for 10 minutes. Season béchamel with salt, white pepper, and nutmeg to taste. Strain through a fine chinois.

Tomato Sauce

2 to 3 tbsp olive oil

4 oz. onions, small dice

2 cloves garlic, minced

1 $\frac{1}{2}$ cups vegetable stock

1 $\frac{1}{2}$ lbs. tomatoes in juice

1 oz. tomato paste

1 bay leaf

pinch of red pepper flakes

salt, pepper, basil, oregano, thyme to taste

Heat a thin layer of olive oil in a heavy sauce pan. Add the onions and garlic and cook until onions are translucent. Add the tomatoes, vegetable stock, tomato paste, bay leaf and red pepper flakes. Bring sauce to a boil; lower heat and simmer for 15 minutes. Add seasonings and simmer for an additional 5 minutes. Remove bay leaf and puree sauce with an immersion blender.

Veloute Sauce (blond roux)

4 cups chicken stock

4 tbsp butter

4 tbsp flour

salt, white pepper to taste

Add butter to sauce pan. When melted, add flour. Cook, stirring often till golden brown. Slowly add chicken stock to flour mixture. Mix until all roux is dissolved. Simmer sauce for 20 to 30 minutes or until thickened, skim as needed. Season with salt and pepper. Strain sauce through a fine chinois.

Espagnole Sauce (brown roux)

4 cups beef stock
4 tbsp butter
4 tbsp flour
2-3 tbsp olive oil
4 oz. onions, medium dice
2 oz. carrots, medium dice
2 oz. celery, medium dice
2 oz. tomato puree

Bouquet garni

1 tsp black peppercorns
1 bay leaf
 $\frac{1}{4}$ tsp dried thyme leaves
small handful parsley stems

In a saucepan over medium heat, place about 2-3 tbsp olive oil. Add onions, carrots, and celery' sauté until golden brown. Add the tomato puree and cook for 5 minutes to remove the acidity. While they are sautéing, do the next step. In a saucepan, add butter and melt. When melted, add flour. Cook until brown. Slowly stir in beef stock to avoid lumps. Stir well. Add the bouquet garni, wrapped in cheesecloth. Simmer for 1 hour, until thickened. Skim as needed. Strain espagnole sauce through a fine chinois.

Hollandaise Sauce

3 egg yolks
2 tbsp water
8 oz. clarified butter
lemon juice, salt, cayenne pepper to taste

Mix egg yolks and water in a small stainless bowl. Place egg mixture over a double boiler and using a piano whip, whisk constantly until the eggs leave a trail through the whip. Remove eggs from the double boiler. Stirring constantly, gradually add the clarified butter. Season to taste with lemon juice, salt and cayenne pepper.

MOTHER SAUCES TASTING CHART

SAUCE	TASTE OF SAUCE	IDEAS TO SERVE SAUCE WITH	HERBS/SPICES THAT CAN BE ADDED
ESPAGNOLE SAUCE			
BECHAMEL SAUCE			
VELOUTE SAUCE			
TOMATO SAUCE			
HOLLANDAISE SAUCE			