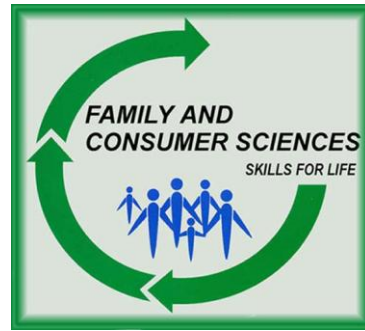


2009 Family & Consumer Sciences Summer Conference



Sauces

Presented by:

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***Brigham Young University
Provo, Utah***

2009 Family & Consumer Sciences Summer Conference

Sauces

Objectives: By the end of this class, students will be able to:

- list the different qualities of a sauce.
- identify the traditional mother sauces.
- define compound sauce.
- prepare mother and compound sauces.

Class Sequence:

- Class discussion on sauce qualities and categories
- Chef demonstration on clarifying butter and hollandaise sauce
- Review recipes and production
- Prepare and evaluate sauces
- Lunch
- Sanitation and class review



ESPAGNOLE SAUCE

Amount

1/2 gal.

2 oz.

3 oz.

8 oz.

4 oz.

4 oz.

4 oz.

Ingredient

beef stock/broth

brown roux

bacon, small dice

onions, medium dice

carrots, medium dice

celery, medium dice

tomato puree

Bouquet garni:

2 tsp.

1 each

1/2 tsp.

1/2 handful

black peppercorns

bay leaf

dried thyme leaves

parsley stems

METHOD OF PRODUCTION

1. In a sauce pan, bring beef stock to a boil. Lower heat and add roux and whisk vigorously to dissolve all of the roux. Bring mixture back to a simmer.
2. In a small stock pot, render the bacon until the bacon is golden brown. Remove bacon and set aside.
3. Add the onions, carrots, and celery; saute until browned. Add the tomato puree and cook for 5 minutes to remove the acidity.
4. Add the thickened stock to the vegetable mixture and stir well.
5. Add the bouquet garni to the sauce. Simmer for 1 hour. Skim as needed.
6. Strain espagnole sauce through a fine chinois.

BECHAMEL SAUCE

Amount

1 qt.
1/2 each
2 oz.
to taste
to taste
to taste

Ingredient

milk
onion, piquet
white roux
salt
white pepper
nutmeg

METHOD OF PRODUCTION

1. In a sauce pan, heat the milk and onion piquet; simmer for 10 minutes.
2. Remove the onion piquet from the milk.
3. Add the roux to the milk and whisk vigorously dissolving all the roux.
4. Simmer sauce for 10 minutes.
5. Season béchamel with salt, white pepper, and nutmeg.
6. Strain through a fine chinois.

CHEDDAR CHEESE SAUCE

Amount

1 qt.
10 oz.
1/2 cup
2 tsp.
1 tsp.
1.5 tsp.

Ingredient

béchamel, thin consistency
cheddar cheese, grated
Parmesan cheese
Worcestershire sauce
Tabasco sauce
dry mustard

METHOD OF PRODUCTION

1. Heat béchamel in a medium sauce pan.
2. Add remaining ingredients and mix thoroughly.
3. If sauce is too thick, temper warm milk into sauce.
4. Adjust seasonings if necessary.

VELOUTE SAUCE

Amount

1 qt.
2 oz.
to taste
to taste

Ingredient

chicken stock
blond roux
salt
white pepper

METHOD OF PRODUCTION

1. Bring chicken stock to a boil.
2. Lower heat and add roux; stir vigorously until all roux is dissolved.
3. Simmer veloute for 10 minutes.
4. Season with salt and white pepper. Strain sauce through a fine chinois.

VELOUTE CHARTRUESE

Amount

1 Tbsp.
2 oz.
1 each
½ oz.
to taste
to taste
1 pt.
2 oz.

Ingredient

butter
mushrooms, sliced
tomato, small dice
baby spinach, chiffonade
salt
black pepper
chicken veloute, hot, thin consistency
heavy cream

METHOD OF PRODUCTION

1. Melt butter in a medium saute pan. Add mushrooms and cook until tender.
2. Add tomatoes and cook for 1 minute. Add spinach and cook until spinach is wilted.
3. Season with salt and black pepper. Mix well and add mixture to hot veloute sauce.
4. Add cream to veloute. Stir and adjust seasonings if necessary.

TOMATO SAUCE

Amount

as needed
8 oz.
4 cloves
3 lbs.
1 ½ pts.
2 oz.
1 each
1/4 tsp.
to taste
to taste

Ingredient

olive oil
onions, small dice
garlic, minced
tomatoes in juice
vegetable stock/broth
tomato paste
bay leaf
red pepper flakes
salt
black pepper, basil, oregano, thyme

METHOD OF PRODUCTION

1. Heat a thin layer of olive oil in a heavy sauce pan. Add the onions and garlic and cook until onions are translucent.
2. 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.
3. Add seasonings and simmer for an additional 5 minutes.
4. Remove bay leaf and puree sauce with an immersion blender.

MEAT SAUCE

Amount

1 Tbsp.
5 oz.
3 oz.
1 tsp.
½ lb.
½ cup
24 fl. oz.
1 each
to taste
to taste

Ingredient

olive oil
onion, brunoise
carrot, grated
garlic, minced
ground beef
red wine
tomato sauce
bay leaf
salt, black pepper
basil, oregano

METHOD OF PRODUCTION

1. Heat oil in medium saucepan. Add onions, carrot, and garlic: sauté until onions are tender.
2. Add ground beef. Season mixture with salt and black pepper. Cook until beef is done and drain grease through a strainer.
3. Place meat mixture back into the saucepan. Add red wine and tomato sauce and mix well. Bring sauce to a boil and lower to a simmer. Simmer for 15 minutes.
4. Add seasonings and simmer for an additional 5 minutes. Adjust seasonings if necessary. Remove bay leaves before serving.

HOLLANDAISE SAUCE

Amount

3 each
2 Tbsp.
8 oz.
to taste
to taste
to taste

Ingredient

egg yolks
water
clarified butter
lemon juice
salt
cayenne pepper

METHOD OF PRODUCTION

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

Compound Sauce:

- Add Dijon mustard and tarragon to finished hollandaise – serve with grilled salmon or chicken
- Replace the lemon juice with orange juice – add minced orange zest to finished hollandaise – serve with steamed asparagus