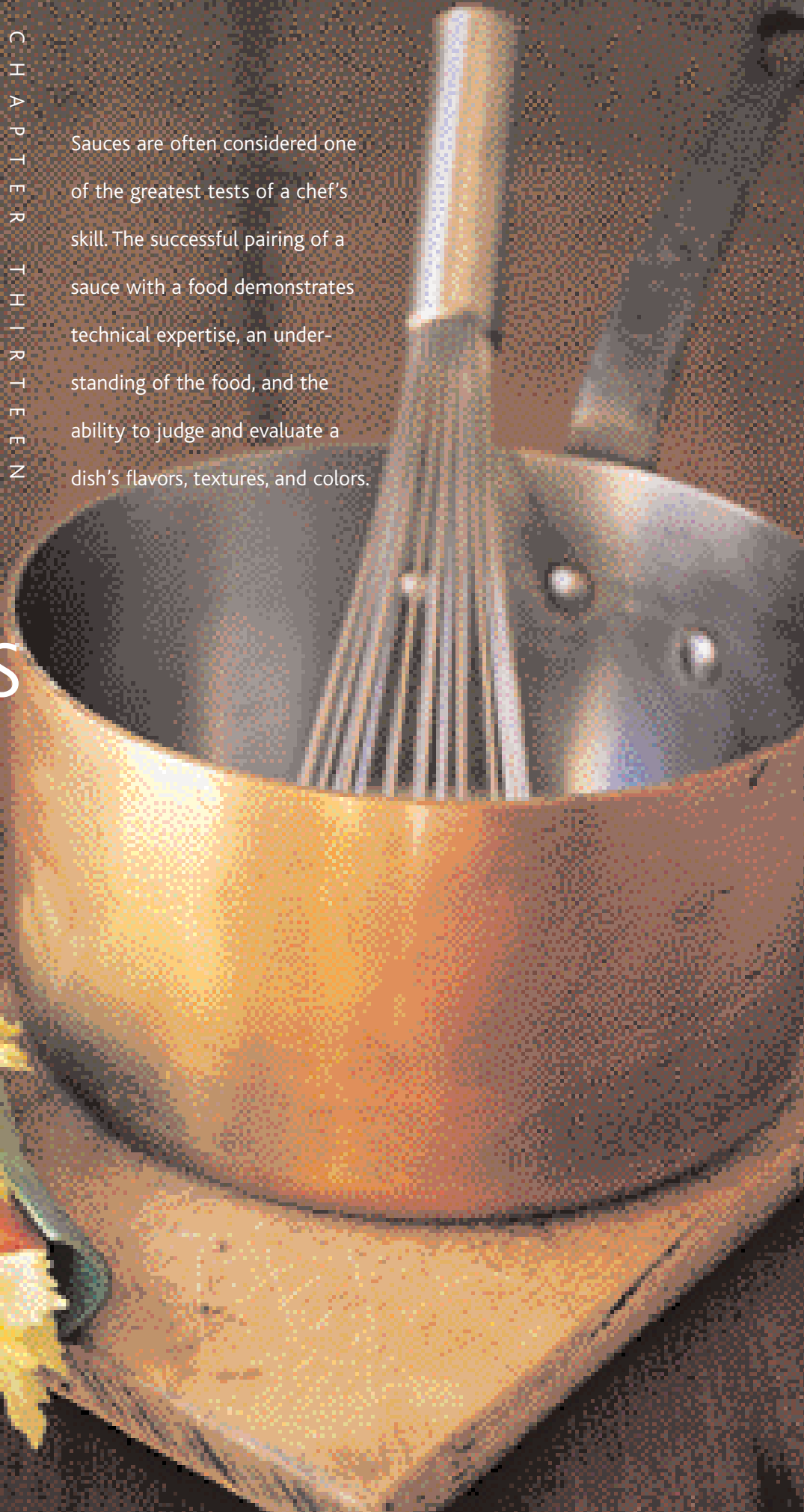


Sauces are often considered one of the greatest tests of a chef's skill. The successful pairing of a sauce with a food demonstrates technical expertise, an understanding of the food, and the ability to judge and evaluate a dish's flavors, textures, and colors.

SAUCES



BROWN SAUCE

At one time the term “brown sauce” was equated exclusively with the classic sauces Espagnole and demiglace. Today it may also indicate jus de veau lié, pan sauces, or reduction-style sauces based on a brown stock.

Espagnole sauce is prepared by bolstering a brown stock with additional aromatics and thickening it with roux. Demiglace is made by combining equal parts of espagnole and brown stock and reducing by half. Jus liés are made by reducing brown stocks (with

added flavorings if desired) and thickening them with a pure starch slurry. Pan sauces and reduction sauces are produced as part of the roasting or sautéing cooking process; thickeners can be either roux, reduction, or pure starch slurries. Regardless of the approach taken, though, the end goal is the same — to make a basic brown sauce that is good enough to be served as is but can also be used as the foundation for several other specific sauces.

INGREDIENTS FOR 1 GALLON/
3.75 LITERS BROWN SAUCE
INCLUDE:

*4½ quarts/4.25 liters Brown Stock
(see page 252)*

*4 pounds/1.8 kilograms
additional bones and trim*

*1 pound/450 grams large-cut
mirepoix, well-browned*

*oil, for browning bones and trim
and mirepoix*

*3 to 4 ounces/85 to 115 grams
tomato paste or purée*

*12 ounces/340 grams roux (see
page 238) or 1 ounce/30 grams
arrowroot or other pure starch*

1 sachet d'épices or bouquet garni



SELECT AND PREPARE THE INGREDIENTS AND EQUIPMENT

THE ULTIMATE SUCCESS of this sauce depends directly on the base stock, usually Brown Veal Stock (page 252). The stock must be of excellent quality with a rich appealing flavor and aroma and well-balanced flavor without any strong notes of mirepoix, herbs, or spices that might overwhelm the finished sauce.

Bones and trim are added to the sauce to improve the flavor of the base stock. If the stock is extremely flavorful, additional bones and trim may not be necessary. If used, cut them into small pieces for better and faster flavor development.

Mirepoix, cut into large dice, may be added to the sauce base; if there is sufficient flavor in the stock, then it may be unnecessary. Mushroom trimmings, herbs, garlic, or shallots may also be added to the sauce as it develops.

Roux (see page 238) may be prepared ahead of time, or it may be prepared as part of the sauce-making process. The thickener of choice for *jus lié* is arrowroot, though another pure starch, such as potato starch or cornstarch, may be used. Arrowroot is preferred because it results in a translucent, glossy sauce.

Jus lié is generally prepared in a saucepan or pot that is wider than it is tall. This is the most effective means of extracting flavors fully and quickly into the finished sauce. You will also need a kitchen spoon, ladle, or skimmer to skim the developing sauce, and tasting spoons, fine strainers, and containers to hold the finished sauce. Additional containers are necessary for both cooling and storing the sauce.

MAKE THE BROWN SAUCE

1. Brown the trim and/or bones and mirepoix.

The flavor of the base stock is usually fortified with well-browned meaty bones and lean trim meat and mirepoix, or a commercial base. Browning these ingredients will enrich the finished sauce and help darken its color. Brown them by roasting in a little oil in a hot oven (425° to 450° F/220° to 230° C) or over medium to high heat on the stovetop in the same pot that will be used to simmer the sauce. Let the bones, trim, and mirepoix reach a deep golden-brown color.



ABOVE *Tomato paste gives depth of flavor and color.*

2. Add the tomato paste and cook out until rust-colored.

Allowing the tomato paste to “cook out” (*pincé*) reduces excessive sweetness, acidity, or bitterness, which might affect the finished sauce. It also encourages the development of the sauce’s overall flavor and aroma. When browning the mirepoix in the oven, add the tomato paste to the roasting pan with the vegetables. If browning the mirepoix on the stovetop, add the paste when the vegetables are nearly browned. (Tomato paste cooks out very quickly on the stovetop. Do not let it burn.) Deglaze the pan and add the deglazing liquid to the sauce.

3. Add the brown stock to the bones and/or trim and mirepoix and simmer for 2 to 4 hours, skimming as necessary throughout the cooking time.

Let the sauce base simmer long enough for the richest possible flavor to develop. Simmering develops flavor in two ways: It extracts flavor from the bones, trim, and mirepoix; and it reduces the volume of liquid, concentrating flavor. (Optional: Add a prepared roux now, if desired, to prepare a sauce Espagnole.)

Skim the surface often throughout simmering time. Pulling the pot off center on the burner encourages impurities to collect on one side of the pot, where they are easier to collect.

Taste the sauce base frequently as it develops and adjust the seasoning as necessary by adding aromatics or seasonings. Remove from the heat once the desired flavor is achieved.

4. Strain the sauce.

Optional: For jus lié, add a pure starch slurry now, if desired, and simmer until thickened either before or after straining. Use a fine-mesh sieve or a double thickness of cheesecloth. It is now ready to finish for service, or it may be rapidly cooled and stored (see page 64).



ABOVE Brown stock, already brought to a simmer to shorten overall cooking time, is added to the bones, trim, and mirepoix. If desired, the chef could add seasonings and aromatics as the stock heats to infuse it with additional flavor.

TOP Use a skimmer to remove scum from the surface.

BOTTOM Add a sachet or other aromatics as flavor develops.

TOP This sauce base will thicken as needed in smaller amounts for service.

BOTTOM Unless the sauce is to be served immediately, all or part of it should be cooled quickly in an ice bath and stored.

5. Finish as desired and hold at 165°F/73°C for service.

Return the sauce to a simmer and make any necessary adjustment to its flavor or consistency. (If the sauce requires thickening, either reduce it by simmering over high heat or add a starch slurry now.)

If the sauce has already been thickened, either with a roux or arrowroot or by reduction, no additional thickener is necessary.

Brown sauces can be finished for service by adding reductions, fortified wines, garnishes, and/or whole butter (see *Finishing a Brown Sauce*, page 261).



ABOVE *Brown sauce will gel and become less translucent once cold. Returning the sauce to a simmer re-establishes its clarity.*

Brown sauces sometimes develop a skin when they are held uncovered. To avoid this, the sauce can be topped with melted whole or clarified butter to make an airtight seal. Alternately, a fitted cover for the bain-marie can be put on top, or a piece of parchment paper or plastic wrap cut to fit the pan can be placed directly on the surface of the sauce.



ABOVE *Add pure starch slurries gradually to avoid over-thickening the sauce. It should be thickened to a light syrup consistency.*

6. Evaluate the quality of the finished brown sauce.

A brown sauce of excellent quality has a full, rich flavor. The initial roasting of bones, trimmings, and/or mirepoix gives the finished sauce a pleasant roasted or caramel aroma, readily discernible when the sauce is heated, and a predominant flavor of roasted meat or vegetables. The aromatics, mirepoix, and tomatoes should not overpower the main flavor. There should be no bitter or burnt flavors, which can be caused by over-reduction or burning the bones, mirepoix, or tomato paste.

Good brown sauces have a deep brown color without any dark specks or debris. The color is affected by the color of the base stock, the amount of tomato paste or purée (too much will give a red cast to the sauce), the amount of caramelization on the trim and mirepoix, proper skimming, the length of simmering time (reduction factor), as well as any finishing or garnishing ingredients.

The texture and, to some extent, the color of a brown sauce depend on the type of thickener used. A roux-thickened brown sauce (Espagnole) is opaque with a thick body. A sauce thickened with puréed mirepoix is also thick and opaque but with a slightly rougher, more rustic texture. A sauce thickened with both roux and reduction (demiglace) is translucent and highly glossy with a noticeable body, although it should never feel tacky in the mouth. A pure starch-thickened sauce (*jus lié*) has a greater degree of clarity than other brown sauces as well as a lighter texture and color.

2 fl oz / 60 mL vegetable oil

4 lb / 1.8 kg lean veal trim

MIREPOIX

8 oz / 225 g medium-dice onions

4 oz / 115 g medium-dice carrot

4 oz / 115 g medium-dice celery

4 oz / 115 g tomato purée

4½ / qt 4.5 L BROWN VEAL STOCK (page 252)

sachet d'épices, containing 2 to 3 parsley stems, ½ tsp/2 mL thyme, ½ tsp/2 mL cracked black peppercorns, 1 bay leaf, and 1 garlic clove

1 oz / 30 g arrowroot or cornstarch, diluted with cold water or stock to make a slurry

salt, as needed

pepper, as needed

JUS DE VEAU LIÉ

- 1 Heat the oil in a *rondeau* over medium heat. Add the trim and mirepoix and sauté, stirring from time to time, until the veal, onions, and carrots have taken on a rich brown color, about 25 to 30 minutes.
- 2 Add the tomato purée and continue to cook over medium heat until it turns a rusty brown color and has a rich sweet aroma, about 1 minute.
- 3 Add the stock and bring to a simmer. Continue to simmer, skimming as necessary, until a good flavor develops, 2 to 4 hours, depending on the size cut used for the trim and mirepoix. Add the sachet, if desired, during the last hour of cooking time.
- 4 Strain this sauce base. It can now be finished, or it may be rapidly cooled and stored for later use (see page 64).
- 5 Return the sauce base to a simmer. Stir the slurry to recombine if necessary and gradually add to the sauce base, adding just enough to achieve a good coating consistency. (*nappé*). The amount of slurry needed depends on the batch itself and its intended use.
- 6 Taste the sauce and adjust the seasoning. Hold at 165°F/67°C for service.

MAKES 1 GALLON/3.75 LITERS

Jus de Volaille Lié Replace the Brown Veal Stock with a Brown Chicken Stock (page 252) and replace the veal bones and trim with an equal weight of chicken bones and trim.

Jus de Canard Lié Replace the Brown Veal Stock with a Brown Duck Stock (page 252) and replace the veal bones and trim with an equal weight of duck bones and trim.

Jus d'Agneau Lié Replace the Brown Veal Stock with Brown Lamb Stock (page 252) and replace the veal bones and trim with an equal weight of lamb bones and trim.

Jus de Gibier Lié Replace the Brown Veal Stock with Brown Game Stock (page 252) and replace the veal bones and trim with an equal weight of venison bones and trim.

FINISHING A BROWN SAUCE

A brown sauce can be served as is or used to prepare derivative brown sauces. The main ways of finishing a

brown sauce to create special sauces are through reductions, garnishes, fortified wines, or finishing with butter

REDUCTIONS

For small amounts of sauce, wine (with or without aromatics) may be used to deglaze the sauté pan or roasting pan or the wine and aromatics may be simmered separately and then added to a large batch of finished sauce, as you might do for banquet service.

GARNISH ITEMS

High-moisture items like mushrooms, shallots, or tomatoes are usually cooked before being added to a sauce. The sauce is then simmered again to return it to the correct consistency and to develop flavors fully. Then, the final seasoning adjustments are made.

FORTIFIED WINES

Port, Madeira, Marsala, or sherry are often blended into the simmering sauce just before serving.

FINISHING WITH BUTTER (*MONTER AU BEURRE*)

This step can be employed to enrich any brown sauce. Cold or room temperature butter is swirled or whisked into the sauce just before serving.

WHITE SAUCE

The white sauce family includes the classic sauces velouté and béchamel, both produced by thickening a liquid with roux.

A classic velouté, which translates from French as “velvety, soft, and smooth to the palate,” is prepared by thickening a white

stock (veal, chicken, or fish) with blond roux. In Escoffier’s time, a béchamel sauce was made by adding cream to a relatively thick velouté sauce. Today, it is made by thickening milk (sometimes infused with aromatics for flavor) with a white roux.

TO PREPARE 1 GALLON/3.75 LITERS OF A WHITE SAUCE, YOU WILL NEED:

1 gallon/3.75 liters flavorful liquid (white stock for velouté, milk for béchamel)

1 sachet d’épices or bouquet garni or other aromatics (white roux, minced onions, or mushroom trimmings, for instance) and seasonings as appropriate

an appropriate amount of roux

FOR A LIGHT CONSISTENCY FOR SOUPS:

add 10 to 12 ounces/285 to 340 grams blond or white roux

FOR MEDIUM CONSISTENCY (FOR MOST SAUCES):

increase the amount of roux to 12 to 14 ounces/340 to 400 grams

FOR HEAVY CONSISTENCY (FOR A BINDER FOR CROQUETTES, FILLINGS, STUFFINGS, OR BAKED PASTA DISHES):

increase the amount of roux to 16 to 18 ounces/450 to 510 grams

SELECT AND PREPARE THE INGREDIENTS AND EQUIPMENT

LIQUIDS USED TO MAKE white sauces include white stocks (veal, chicken, fish, or vegetable) and milk. They may be brought to a simmer separately, and, if desired, infused with aromatics and flavorings to produce a special flavor and/or color in the finished sauce.

Blond roux is the traditional thickener for veloutés; blond or white roux may be used for a bechamel (the darker the roux,

the more golden the sauce will be). Roux may be prepared in advance, or produced by cooking fat and flour together with the aromatics. The amount of roux (see page 238) determines the thickness of a white sauce.

Additional mirepoix, mushroom trimmings, or members of the onion family are sometimes added, either to bolster the flavor of the sauce or to create a specific

flavor profile. Cut them into small dice or slice them thin to encourage rapid flavor release into the sauce.

White sauces scorch easily if they are not tended, and can take on a grayish cast if prepared in an aluminum pan. Choose a heavy-gauge nonaluminum pot with a perfectly flat bottom for the best results. Simmer white sauces on a flattop for gentle, even heat, or use a heat diffuser if available.

MAKE THE WHITE SAUCE

1. Sweat the appropriate aromatics in fat.

Vegetables are occasionally allowed to sweat to make a flavor base for a white sauce. Any meat trimmings included should be gently cooked with them.



ABOVE Cook aromatic ingredients, such as mushrooms, onions, and shallots, gently in clarified butter or oil until they soften and become translucent. Since the finished sauce should have a pale color, there should be no browning.

2. (Optional) Add flour and cook, stirring frequently.

A roux may be cooked in the pot, as part of the sauce-making process, by adding flour to the oil and aromatics in the pot. Add more oil or butter as needed to produce a roux. Let the roux cook for about 4 to 5 minutes



ABOVE Add a measured amount of flour to the vegetables and oil in the pot.

or to a light blond color. Some recipes call for a prepared roux to be added to the aromatics to soften. In other recipes, the liquid is added to the aromatics and brought to a simmer; then a prepared roux is whisked into the simmering liquid.



ABOVE Stir the flour into the fat and vegetables until it is evenly blended. Let the roux cook over low heat for several minutes to remove the raw flavor from the flour and reach the desired color. For velouté, a blond roux is desirable.

3. Add the liquid to the roux gradually. Add a sachet d'épices or bouquet garni, if desired.

Many chefs add cool or room-temperature stock or milk to the roux. Others prefer to bring the liquid to a simmer separately, which allows them to adjust the liquid's

seasoning with salt, pepper, or other aromatic ingredients. If the liquid is preheated, it should be removed from the heat so that its temperature drops slightly, making it cooler than the hot roux.

Add the liquid in stages, whisking until very smooth between additions.

4. Add other seasoning or aromatics and simmer for 30 minutes to 1 hour, stirring frequently and tasting throughout cooking time.

Very rich stocks may not require additional aromatics. If desired, either infuse the liquid with them when preheating or add a sachet or bouquet garni once the sauce returns to a simmer.

A simmering time of at least 30 minutes is long enough to cook away any raw flavor from the roux, but many chefs recommend simmering for 1 hour for the best flavor development.

Using a wooden spoon, stir the sauce occasionally while simmering. Make sure that the spoon scrapes the bottom and corners of the pot to prevent scorching. Scorching is of more concern with béchamel than with velouté because the milk solids tend to settle. Use a flattop or heat diffuser, if available.

Taste the sauce frequently as it develops, adjusting the seasoning as necessary. To test the texture, hold a small amount of the sauce on your tongue and press it against the roof of your mouth. If the sauce is properly cooked, there will be no tacky, gluey, or gritty sensation.



TOP Add a small amount of stock.

BOTTOM Whisk until there are no more lumps of roux before adding more stock.

TOP Continue adding stock, whisking constantly, until fully incorporated.

BOTTOM Add a sachet during the final 15 to 20 minutes of simmering to add the aroma of herbs and spices to the sauce.

5. Strain the sauce.

As the sauce simmers, it almost inevitably develops a thick skin on its surface as well as a heavy, gluey layer on the bottom and sides of the pot. Straining the sauce removes any lumps and develops a very smooth texture. The sauce is ready to use now, or it may be cooled and stored for later use.



ABOVE For a truly velvety texture, use the wringing method to strain the sauce through a double thickness of rinsed cheesecloth.

6. Finish as desired and hold at 165°F (73°C) for service.

Return the sauce to a simmer over low heat, stirring frequently. Make any necessary adjustments to the consistency (thicken by simmering a little more or by adding a bit more roux or slurry; thin by adding more of the appropriate base liquid); and add any finishing ingredients.

For white sauce derivative sauces, the base sauce may be flavored with a reduction or essence and garnished. White sauces are also often finished with cream.

White sauces may develop a skin if held uncovered. To avoid this, some chefs like to top the sauce with melted whole or clarified butter to make an airtight seal; others prefer to use a fitted cover on the bain-marie or place a piece of parchment paper or plastic wrap cut to fit directly on the surface of the sauce.



ABOVE Add a small amount of stock or water to film the pan before reheating velouté. This helps the sauce soften readily and avoids scorching.

7. Evaluate the quality of the finished white sauce.

An excellent white sauce meets several criteria. The flavor reflects the liquid used in its preparation: white veal, chicken, or fish stock or milk. It has a pale color, with absolutely no hint of gray. Although a white sauce will never be transparent, it should be translucent, lustrous, and have a definite sheen. A good white sauce is perfectly smooth, with noticeable body and no hint of graininess. It is thick enough to coat the back of a spoon yet still easy to pour from a ladle.

4½ qt / 4.25 L CHICKEN STOCK (page 248)

6 fl oz / 180 mL clarified butter or vegetable oil

WHITE MIREPOIX

2 oz / 60 g small-dice onions

2 oz / 60 g small-dice leek

2 oz / 60 g small-dice celery

2 oz / 60 g small-dice parsnips

8 oz / 225 g all-purpose flour

sachet d'épices, containing 2 to 3 parsley stems, ½ tsp/2 mL thyme, ½ tsp/2 mL cracked black peppercorns, 1 bay leaf, and 1 garlic clove

salt, as needed

ground white pepper, as needed

CHICKEN VELOUTÉ

- 1 Heat the butter in a saucepan over medium heat. Add the white mirepoix and cook, stirring from time to time, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. They may take on a light golden color but should not be allowed to brown.
- 2 Add the flour and stir well to combine. Cook over low to medium heat, stirring frequently, until a pale or blond roux forms, about 12 minutes.
- 3 Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring to a full boil, then lower the heat to establish a simmer. (Use a heat diffuser, if desired, to avoid scorching.) Add the sachet, if desired, and continue to simmer, skimming as necessary, until a good flavor and consistency develop and the starchy feel and taste of the flour have cooked away, 45 minutes to 1 hour.
- 4 Strain the sauce through a fine sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture. The sauce can now be finished, or it may be cooled and stored for later use (see page 64).
- 5 Return the sauce to a simmer. Taste and adjust with salt and pepper. Finish the sauce as desired.

MAKES 3½ QUARTS/3.3 LITERS

NOTES

To make a very rich sauce, simmer the stock with addition trim to fortify the flavor. Use 4 lb/1.8 kg chicken trim, wing tips, or backs in a 1-gallon/3.85 liter batch.

Ordinary Velouté Replace the Chicken Stock with White Veal Stock (page 249) and replace the chicken trim, if desired, with an equal weight of veal trim.

Fish Velouté Replace the Chicken Stock with Fish Stock or Fumet (page 253) and replace the chicken trim, if desired, with an equal weight of lean fish trim.

Shrimp Velouté Replace the Chicken Stock with Shellfish Stock (page 253) and replace the chicken trim, if desired, with an equal weight of shrimp shells.

Vegetable Velouté Replace the Chicken Stock with Vegetable Stock (page 254). Use 2 lb/900 g mirepoix or white mirepoix rather than 8 oz/225 g, and add up to 1 lb/450 g additional vegetables (celery, mushrooms, leeks, etc.) to produce a specific flavor. For a completely meatless version, use oil rather than butter.

TOMATO SAUCE



Tomato sauces of all sorts, from simply seasoned fresh tomato sauces to complex and highly seasoned versions, are featured in cuisines around the world.

Tomato sauce is a generic term used to describe any sauce that is based mainly on tomatoes. Tomato sauces can be made several ways. They may be raw, or they may be cooked, anywhere from ten minutes to

several hours. In some versions, olive oil is used as the only cooking fat. For others, rendered salt pork or bacon is required. Some recipes call for roasted veal or pork bones; others are made strictly from tomatoes and the desired vegetables. Some tomato sauces are puréed until smooth; others are left chunky. Escoffier's tomato sauce relied on roux as a thickener.

SELECT AND PREPARE THE INGREDIENTS AND EQUIPMENT

GOOD TOMATO SAUCE can be made from fresh or canned tomatoes. When fresh tomatoes are at their peak, it may be a good idea to use them exclusively. At other times of the year, good-quality canned tomatoes are a better choice. Plum tomatoes, sometimes referred to as Romas, are generally preferred for tomato sauces because they have a high ratio of flesh to skin and seeds. Fresh tomatoes may be skinned and seeded for sauce, or they may be simply rinsed, cored, and quartered or

chopped. Canned tomatoes come peeled and whole, puréed, or a combination of the two. Tomato paste is sometimes added to the sauce as well.

There are dozens of choices for additional flavoring ingredients. Some recipes call for a standard mirepoix as the aromatic vegetable component. Others rely more simply on garlic and onions. Still others call for the inclusion of a ham bone or other smoked pork bones. Let your recipe or your palate be your guide.

Choose a heavy-gauge pot that is made of nonreactive materials such as stainless steel or anodized aluminum because tomatoes have a high acid content. The gauge of the pot is also important. Because of the high sugar content of some tomatoes, you will need to establish an even heat without hot spots so the sauce will not scorch.

If the sauce is to be puréed, a food mill is typically used. For a very smooth texture, you may wish to use a blender, food processor, or immersion blender.

TO MAKE 1 GALLON/3.75 LITERS OF TOMATO SAUCE, YOU WILL NEED:

10 to 12 pounds/4.5 to 5.5 kilograms fresh tomatoes or 9 pounds/4 kilograms canned tomatoes or 2 No. 10 cans

4 to 6 ounces/120 to 180 milliliters oil or other cooking fat

12 ounces/340 grams minced onions and/or 1 ounce/30 grams garlic

salt and pepper to taste

YOU MAY ALSO NEED, DEPENDING UPON YOUR FORMULA OR INTENDED USE, ONE OR MORE OF THE FOLLOWING INGREDIENTS OR PREPARATIONS:

tomato purée and/or paste

carrots or mirepoix

fresh and/or dried herbs

smoked meats

stock

thickeners (roux or pure starch slurries)



MAKE THE TOMATO SAUCE

1. Sweat or sauté the aromatic vegetables.

The gentle release of flavor from the aromatic vegetables into the fat helps the flavor to permeate the sauce better. The way the vegetables are cooked influences the flavor of the finished sauce: The vegetables are usually sweated in a fat until they become tender, but for a more complex roasted flavor, they may be sautéed until lightly browned.

2. Add the tomatoes and any remaining ingredients and simmer until the flavor is fully developed, stirring frequently, skimming, and tasting throughout cooking time.

Cooking time varies, depending on the ingredients, but in general, the less cooking time, the better for any sauce based on fruits or vegetables. Extended cooking diminishes their fresh flavors. Most tomato sauces should be cooked just long enough for the flavors to meld together. If a tomato sauce that is not going to be

puréed is too watery, strain and reduce the excess liquid separately to avoid overcooking.

Stir tomato sauce frequently throughout preparation, and check the flavor occasionally. If it becomes necessary to correct a harsh or bitter flavor, sweat a small amount of chopped onions and carrot and add them to the sauce. If the flavor is weak, add a small amount of reduced tomato paste or purée. Too sweet a sauce may be corrected by adding stock or water or more tomatoes.



ABOVE Cook the onions until tender and properly done (here, the chef has chosen to allow them to brown slightly) before adding the tomatoes.



ABOVE For this recipe, tomato purée is added for additional body.



ABOVE As the rings on the pot's side show, tomato sauces reduce as they cook, concentrating the flavor and improving the texture.

3. Purée the sauce, if desired.

Use a food mill, food processor, blender, or immersion blender to purée the sauce. If using a food processor or blender, a small amount of oil added during puréeing will emulsify the sauce, creating a lighter yet thicker consistency.



ABOVE Puréeing the sauce through a food mill removes any skin or seeds that were not removed from the tomatoes before cooking the sauce.

4. Finish as desired.

Check the balance and seasoning of the sauce and make any necessary adjustments to its flavor and consistency by adding salt, pepper, fresh herbs, or other ingredients as indicated by the recipe. At this point, the sauce is ready to be served, or it may be finished for service as desired (see recipes), or it may be cooled and stored (see page 64).



ABOVE If desired, add fresh herbs, according to recipe or intended use. Here, a chiffonade of fresh basil is added. Taste the sauce and adjust the salt level as it simmers.

5. Evaluate the quality of the finished tomato sauce.

Tomato sauces are opaque and slightly coarse, with a concentrated flavor of tomatoes and without any trace of bitterness, excess acidity, or sweetness. Ingredients selected to flavor the sauce should provide only subtle underpinnings. Tomato sauces should pour easily.



TOP This sauce was puréed using the coarse openings on a food mill for a pleasing, rustic texture.

BOTTOM This unpuréed sauce has good body but can be ladled easily over pasta.

4 to 6 fl oz / 120 to 180 mL olive oil

8 oz / 225 g diced onions

4 garlic cloves, minced or sliced very thin

7 lb / 3.15 kg fresh plum tomatoes, rinsed, cored, and chopped

20 fl oz / 600 mL tomato purée

½ cup torn or chopped basil leaves

salt, as needed

pepper, as needed

TOMATO SAUCE

- 1 Heat the olive oil in a *rondeau*, or wide shallow pot, over medium heat. Add the onions and cook, stirring occasionally, until they take on a light golden color, about 12 to 15 minutes.
- 2 Add the garlic and continue to sauté, stirring frequently, until there is a pleasing garlic aroma, about 1 minute.
- 3 Add the tomatoes and tomato purée. Bring the sauce to a simmer and cook over low heat, stirring from time to time, for about 45 minutes (exact cooking time depends on the quality of the tomatoes and their natural moisture content) until a good saucelike consistency develops.
- 4 Add the basil and simmer for 2 to 3 minutes more, to infuse the sauce with the aroma of basil. Taste the sauce and adjust with salt and pepper if necessary.
- 5 The sauce is ready to finish now. It may be puréed through a food mill fitted with a coarse disk, or broken up with a whisk to make a rough purée, or left chunky.
- 6 The sauce is ready to serve now, or it may be finished as desired (see Notes) or cooled and stored (see page 64).

MAKES 1 GALLON/3.75 LITERS

NOTES

This recipe calls for a combination of plum tomatoes and tomato purée. However, good-quality fresh tomatoes may be used exclusively. Opinions differ about peeling and seeding the tomatoes, but they must be rinsed and cored. If the tomatoes are not peeled and seeded, purée the sauce through a food mill fitted with a coarse disk.

With canned tomatoes, it may be necessary to drain off some of the liquid, if there is too much. Some chefs purée whole canned tomatoes in a food mill before preparing the sauce.

Adding carrots with the onions can help compensate for tomatoes with an acidic flavor. If the sauce does not seem to be developing the desired sweetness, sauté some carrots separately and add them to the sauce as it simmers.

Vegetables, such as mushrooms, leeks, or celery, may be added along with the onions to create a ragù.

Fresh herbs, including oregano, basil, marjoram, or thyme, may be added both early in the cooking process and at the end of cooking time. Some chefs prefer to add some of the herbs along with the garlic and the rest at the end of the cooking time, which layers the flavor of the herbs.

Add dried herbs, such as oregano, basil, thyme, or marjoram, as well as spices and seeds (crushed red pepper, fennel seed, etc.) along with the garlic to allow them to open their flavors and infuse the sauce.

Add ground or diced raw meat, poultry, fish, or shellfish, as well as cured meats such as bacon or ham, along with the onions to produce a specific flavor in the finished sauce.

Add cooked shellfish, cooked vegetables or meats, additional herbs, wines, vinegars, grated cheese, or extra-virgin olive oil to the sauce as finishing ingredients.

Tighten the sauce so that it will not separate as it sits (sometimes called weeping) by adding a little arrow-root or cornstarch slurry. This is a helpful technique for banquet or volume service situations.

HOLLANDAISE SAUCE



Since the largest part of a hollandaise is butter, the success or failure of the sauce depends not only on skillfully combining egg yolks, water, acid, and butter into a rich, smooth sauce, but also on the quality of the butter itself.

Hollandaise sauce is prepared by emulsifying melted or clarified butter and water (in the form of an acidic reduction and/or lemon juice) with partially cooked egg yolks. A number of similar warm egg emulsion

sauces, as this group of sauces is sometimes known, can be prepared by varying the ingredients in the reduction or by adding different finishing and garnishing ingredients such as tarragon (as pictured above). The group includes béarnaise, Choron, and mousseline sauces. Hollandaise can also be combined with whipped cream and/or velouté to prepare a glaçage, which is used to coat a dish that is then lightly browned just before service under a salamander or broiler.

SELECT AND PREPARE THE INGREDIENTS AND EQUIPMENT

MELTED WHOLE BUTTER or clarified butter may be used in a hollandaise. Some chefs like melted whole butter for the rich, creamy butter flavor it imparts to the sauce, which is best for most meat, fish, vegetable, and egg dishes. Others prefer clarified butter, for a stiffer, more stable sauce, which is of particular advantage if the sauce is to be used in a glaçage. Whatever the approach, the butter must be quite warm (about 145°F/63°C) but not too hot for the sauce to come together successfully.

In general, the ratio of egg to butter is 1 egg yolk to every 2 to 3 ounces of butter. As the volume of sauce increases, the amount of butter that can be emulsified with 1 egg yolk also increases. A hollandaise made with 20 yolks, for instance, can usually tolerate more than 3 ounces of butter per yolk.

Pasteurized egg yolks may be used for hollandaise, if desired. However, the method outlined here cooks the yolks enough that any salmonella bacteria present, which is the major concern with eggs, are destroyed.

An acidic ingredient is included in hollandaise both for flavor and for the effect it has on the protein in the egg yolks (see page 52). The acidic ingredient, which can be either a vinegar reduction or lemon juice, also provides the water necessary to form an emulsion. Whether to use a reduction or lemon juice is determined by the desired flavor of the finished sauce. A reduction will impart a more complex flavor, particularly if lemon juice is also used as a final seasoning.

TO MAKE A 10-PORTION
(2 FLUID OUNCES/
60 MILLILITERS PER PORTION)
BATCH OF HOLLANDAISE
SAUCE YOU WILL NEED:

*4 egg yolks or an equivalent
quantity of pasteurized egg yolks
(3½ ounces/100 grams)*

*12 fluid ounces/340 milliliters
melted whole butter or clarified
butter*

*a reduction made from white wine
or cider vinegar, minced shallots,
and peppercorns*

*a small amount of water to refresh
and cool the reduction*

*lemon juice, salt, and pepper to
taste*



MAKE THE HOLLANDAISE SAUCE

1. Make the reduction.

A standard reduction for hollandaise consists of dry white wine, white wine vinegar, minced shallots, and cracked peppercorns, cooked over direct heat until nearly dry. Cool and moisten the reduction with a small amount of water, then strain the reduction into a stainless-steel bowl.



ABOVE Cook the ingredients for the reduction over moderate heat until the liquid is almost completely cooked away (à sec).

2. Add the egg yolks to the reduction and whisk over barely simmering water until thickened and warm (145°F/63°C).

Be sure that the water is just barely simmering with no visible signs of surface action, just plenty of steam rising from the surface.

If the yolks seem to be getting too hot and coagulating slightly around the sides and bottom of the



TOP Add the egg yolks to the strained reduction. The bowl is set over a pan of simmering, not boiling, water.

BOTTOM Whisk the eggs into the reduction over simmering water. As they become warm, they cook into a sabayon.

bowl, remove from the heat. Set the bowl on a cool surface and whisk until the mixture has cooled very slightly. Continue cooking over simmering water.

When the yolks have tripled in volume and fall in ribbons into the bowl, remove them from the simmering water. Do not overcook the yolks or they will lose their ability to emulsify the sauce.



ABOVE The yolks increase in volume as they cook. When they are properly cooked you can see “trails” left as the whisk drags through the yolks.

3. Gradually whisk in the warm butter.

Stabilize the bowl by setting it on a towel or in a pot that has been draped with a towel to keep the bowl from slipping.

Add the butter slowly in a thin stream, whisking constantly as it is incorporated. The sauce will begin to thicken as more butter is blended in. If the sauce becomes too thick, add a bit of water or lemon juice. This makes it possible to finish adding the correct amount of butter without breaking the sauce.

If the sauce does start to break, try adding a small amount of water and whisking until the sauce is smooth before adding more butter. If

that doesn't work, cook another egg yolk over simmering water until thickened, as directed in step 2, and then gradually whisk in the broken hollandaise. Note, however, that a sauce restored in this manner will not have the same volume as a sauce that did not have to be rescued, and it will not hold as well.

If the sauce becomes too hot, the egg yolks will begin to scramble. To correct this problem, remove the sauce from the heat and add a small amount of cool water. Whisk the sauce until it is smooth and, if necessary, strain it to remove any bits of overcooked yolk.

4. Season to taste.

Add seasonings such as lemon juice, salt, pepper, and cayenne, as desired, when the sauce is nearly finished. Lemon juice will lighten the sauce's flavor and texture, but do not let it become a dominant taste. Add just enough to lift the flavor. If the sauce is too thick, add a little warm water to regain the desired light texture.

Certain ingredients may be added to produce a specific sauce at this point. Add meat glaze (*glace de viande*), tomato purée, essences or juices, or other semi-liquid or liquid ingredients to the sauce gradually to avoid thinning it too much. Including flavoring ingredients may mean that other seasonings and flavorings need to be adjusted once more.

Some hollandaise-style sauces are finished with minced herbs. Herbs should be properly rinsed and dried, then cut into uniform mince or chiffonade with a very sharp knife to retain the most color and flavor. Fine-dice tomato or citrus suprêmes may also be added to certain hollandaise-style sauces; these garnishes should be properly cut and allowed to drain, so that excess-moisture does not thin the sauce.



ABOVE Twist a clean side towel into a circle to hold the bowl steady, or drape the towel over an empty pot and set the bowl into the pot. It is helpful to have a second person ladle the butter into the bowl.



ABOVE Continue adding butter and whisking until the sauce is thickened and all the butter is incorporated. If the sauce becomes too thick and the butter does not blend in easily, add a little warm water to loosen the sauce enough to absorb the remaining butter.

5. Evaluate the quality of the finished hollandaise.

The predominant flavor and aroma of a good hollandaise sauce is that of butter. The egg yolks contribute a great deal of flavor as well. The reduction ingredients give the sauce a balanced taste, as do the lemon juice and any additional seasonings. Hollandaise should be a lemon-yellow color with a satiny smooth texture. (A grainy texture indicates that the egg yolks have overcooked and begun to scramble.) The sauce should have a luster and not appear oily. The consistency should be light and pourable.



ABOVE *Some chefs like to use a spoon, rather than a ladle, to apply hollandaise to a dish, because it is easier to control where the sauce goes.*

6. Serve immediately or hold at or near 145°F/63°C for no more than 2 hours.

Most kitchens have one or two spots that are the perfect temperature for holding hollandaise, usually above the stove or ovens or near (but not directly under) heat lamps. Holding hollandaise presents an unusual challenge, however. The sauce must be held below 150°F/65°C to keep the yolks from curdling, but at this temperature the sauce hovers just above the danger zone for bacterial growth. The acid from the reduction and/or lemon juice helps keep some bacteria at bay, but the sauce should still never be held longer than 2 hours.

Some kitchens prepare batches of hollandaise to be finished to order with the appropriate flavorings and garnishes. Be sure that the containers used are perfectly clean. Stainless-steel bain-maries, ceramic containers, or vacuum bottles with wide necks are good choices. Keep all spoons and ladles used to serve the sauce meticulously clean, and never reintroduce a tasting spoon, bare fingers, or other sources of cross contamination into the sauce.



TOP *Mousseline Sauce (page 279).*

MIDDLE *Choron Sauce (page 290).*

BOTTOM *Béarnaise Sauce (page 289).*

1 tbsp / 15 mL chopped shallots
½ tsp / 3 mL cracked peppercorns
2 fl oz / 60 mL white wine or cider vinegar
2 fl oz / 60 mL water, or as needed
3½ oz / 100 g egg yolks, fresh or pasteurized (about 4)
12 fl oz / 360 mL melted or clarified butter, kept warm (145°F/63°C)
2 tsp / 10 mL strained lemon juice
salt
ground white pepper
pinch of cayenne (optional)

HOLLANDAISE SAUCE

- 1 Combine the shallots, peppercorns, and vinegar in a small pan and reduce over medium heat until nearly dry (*à sec*).
- 2 Add the water to the reduction and strain into a stainless-steel bowl.
- 3 Add the egg yolks and set over simmering water. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk.
- 4 Remove the cooked egg yolks from the simmering water and set on a clean side towel to keep the bowl from slipping. Gradually ladle in the hot melted butter in a thin stream, whisking constantly. As the butter is blended into the egg yolks, the sauce will thicken. If it becomes too tight and the butter is not blending in easily, you may need to add a little water or lemon juice to loosen the yolks enough to absorb the remaining butter.
- 5 Taste the sauce and add lemon juice, salt, pepper, and cayenne, if desired, as needed. The sauce is ready to serve at this point, or it may be finished as desired. The sauce can be held for no longer than 2 hours at 145°F/63°C. This can be accomplished by holding the sauce in hot (not simmering or boiling) water or in an insulated bottle.

MAKES 20 FLUID OUNCES/600 MILLILITERS

Mousseline Sauce Prepare a hollandaise sauce as directed above. Whip 5 fl oz/150 mL heavy cream to medium peaks and fold into the batch of hollandaise, or fold whipped cream into individual portions at the time of service.

Maltaise Sauce Prepare a hollandaise sauce as directed above, with the following change: Add 2 fl oz/60 mL blood orange juice to the reduction. Finish the hollandaise with 2 tsp/10 mL of grated or julienned blood orange zest and 1½ fl oz/45 mL blood orange juice.

BEURRE BLANC

Beurre blanc, a warm butter sauce, is said to have been first created by Mme. Clémence, a renowned French chef, as an accompaniment to the salmon and other freshwater fish that abounded in the Loire River.

Traditionally, beurre blanc is prepared as an integral part of the shallow-poaching process with the cooking liquid (*cuisson*)

used for the reduction. Another common practice is to prepare a reduction separately and make the beurre blanc in a larger batch so it can be used as a grand sauce is used, to prepare derivative sauces. As with hollandaise, beurre blanc derivatives are prepared by either varying the ingredients in the reduction or altering the garnish ingredients. Beurre rouge, for instance, is made by using red wine in the reduction.

TO MAKE 1 QUART/1 LITER
OF BEURRE BLANC YOU
WILL NEED:

1½ lb/680 grams butter

*a reduction made from 8 fluid
ounces/240 milliliters dry white
wine, 3 fluid ounces/90 milliliters
vinegar, shallots, and peppercorns*

heavy cream (optional)

salt

ground white pepper

lemon juice

SELECT AND PREPARE THE INGREDIENTS AND EQUIPMENT

THE QUALITY OF THE BUTTER is critical to the success of a beurre blanc. Unsalted butter is best because salt can always be added to taste later on. Check the butter carefully for a rich, sweet, creamy texture and aroma. Cube the butter and keep it cool or at room temperature.

A standard reduction for a beurre blanc is made from dry white wine and shallots. (When prepared as part of a shallow-poached dish, the cooking liquid is cooked down to become the reduction, see page 500.) Other ingredients often used in the reduction include vinegar or citrus juice; chopped herbs including tarragon, basil,

chives, or chervil; cracked peppercorns; and sometimes garlic or ginger, lemongrass, saffron, and other flavoring ingredients.

A small amount of reduced heavy cream is occasionally added to stabilize the emulsion. If cream is used, reduce it by half separately. Carefully simmer the cream until it thickens and has a rich, ivory-yellow color. The more the cream is reduced, the greater its stabilizing effect. The more stable the sauce, the longer it will last during service. However, the flavor of cream will dominate the fresh taste of the butter.

Be sure that the pan is of a nonreactive metal. Bi-metal pans, such as copper or

anodized aluminum lined with stainless steel, are excellent choices for this sauce.

A whisk may be used to incorporate the butter into the sauce, but many chefs prefer to allow the motion of the pan swirling over the burner or flattop to incorporate the butter. Straining is optional for this sauce, but if you choose to strain either the reduction or the finished sauce, you will need a sieve. Once the sauce is prepared, it may be kept warm in the container used to prepare it, or it may be transferred to a clean bain-marie, ceramic vessel, or wide-necked vacuum bottle.

MAKE THE BEURRE BLANC

1. Prepare the reduction.

This initial reduction of acid, shallots, and peppercorns (or other aromatics as required by recipe) gives the sauce much of its flavor. Combine the reduction ingredients and reduce over fairly brisk heat to a syrupy consistency (*à sec*). If preparing the sauce as an integral part of a shallow-poached dish, simply reduce the *cuisson* (see page 500).



ABOVE A nonreactive pan (stainless steel or anodized aluminum, for example) wider than it is tall, gives the chef control over the sauce as it develops. The chef has opted to add a little reduced cream to stabilize the finished sauce.

2. Gradually incorporate the chilled butter into the reduction.

Reduce the heat to low. Add the butter a little at a time and blend it in with a fork or a whisk or by keeping the pan in constant motion. The action is similar to that used in finishing a sauce with butter (*monter au beurre*).

If the sauce looks oily rather than creamy or if it appears to be separating, it has gotten too hot. Immediately pull the pan off the heat and set it on a cool surface. Continue to add the chilled butter a little at a time, whisking until the mixture regains the proper creamy appearance. Then continue to incorporate the remainder of the butter over low heat.

If the butter takes a very long time to become incorporated into the sauce, increase the heat under the pan very slightly.



ABOVE Keep the butter a little cooler than room temperature. Some chefs prefer to have the butter slightly softened, but this requires extra vigilance to be sure that the sauce won't break as it is prepared. Melted or runny butter rarely produces a good sauce.



TOP Temperature control is the key to preparing this sauce. The chef has the pan half on and half off the flat-top to help control the cooking speed and avoid breaking the sauce.



BOTTOM The butter is fully incorporated at this point, and the chef has removed it from the heat.

3. Make the necessary final adjustments to flavor.

Adjust the seasoning. If you did not strain the reduction earlier, you now have the option of straining the sauce. If you do choose to strain, work quickly to keep the sauce warm.

4. Serve immediately or keep warm.

To prepare a large batch of beurre blanc and hold it through a service period, use the same holding techniques described for hollandaise (see page 278). The sauce may deteriorate over time, however, and must be monitored for quality.

5. Evaluate the quality of the finished beurre blanc.

The flavor of beurre blanc is that of whole butter, with piquant accents from the reduction. The finishing and/or garnishing ingredients also influence the flavor. If cream is included, it should not have a dominant flavor. A good beurre blanc is creamy in color, although garnishes of herbs, purées, and other ingredients may change the color. The sauce should have a distinct sheen. The body should be light. If the sauce is too thin, it probably does not contain enough butter. Conversely, a beurre blanc that is too thick includes too much butter or cream. The texture should be frothy, and the sauce should not leave an oily or greasy feeling in the mouth.



ABOVE *The beurre blanc may be strained at this point, or the reduction ingredients can also be left in the sauce for texture and garnish.*

ABOVE *Emulsion sauces are difficult to hold. Be sure that the beurre blanc is kept warm, not hot. Here, the finished sauce is held in a doubled bain-marie in a hot-water bath to keep the temperature as consistent as possible.*

2 tbsp / 30 mL minced shallots
6 to 8 black peppercorns
8 fl oz / 240 mL dry white wine
2 fl oz / 60 mL lemon juice
3 fl oz / 90 mL cider vinegar or white wine
8 fl oz / 240 mL reduced heavy cream (optional; see Notes)
1½ lb / 680 g cubed butter, cool or at room temperature
salt, as needed
ground white pepper, as needed
1 tbsp lemon zest, grated or minced (optional)

BEURRE BLANC

- 1 Combine the shallots, peppercorns, wine, lemon juice, and vinegar in a saucepan. Reduce over medium-high heat until nearly dry (*à sec*).
- 2 Add the reduced heavy cream, if using, and simmer the sauce for 2 to 3 minutes to reduce slightly.
- 3 Add the butter a few pieces at a time, whisking constantly to blend the butter into the reduction. The heat should be quite low as you work. Continue adding butter until the full amount has been incorporated.
- 4 Taste the beurre blanc and adjust with salt and pepper. Finish the sauce by adding the lemon zest. Hold this sauce as you would a hollandaise (see page 278).

MAKES 1 QUART/1 LITER

NOTE

Reduce cream by half before measuring.

THE PURPOSE OF SAUCES

Most sauces have more than one function in a dish. A sauce that adds a counterpoint flavor, for example, may also introduce textural and visual appeal. Sauces generally serve one or more of the following purposes.

INTRODUCE COMPLEMENTARY OR COUNTERPOINT FLAVORS

Sauces that are classically paired with particular foods illustrate this function. *Suprême* sauce is made by reducing a chicken velouté with chicken stock and finishing it with cream. This ivory-colored sauce has a deep chicken flavor and a velvety texture. When served with chicken, the color and flavor of the sauce complement the delicate meat and help intensify its flavor. The cream in the sauce rounds out the flavors.

Charcutière sauce is made with mustard and cornichons. This sauce is pungent and flavorful. When served with pork, the sharpness of the sauce introduces a counterpoint flavor, cutting the meat's richness and providing a contrast that is pleasing but not startling to the palate. The sauce brings out the pork's flavor but might overwhelm a more delicate meat like veal.

ADD MOISTURE OR SUCCULENCE

A sauce can add moisture to naturally lean foods (e.g., poultry, fish), or when using cooking techniques that tend to have a drying effect, such as grilling or sautéing. Grilled foods are frequently served with a warm butter emulsion sauce like *béarnaise* or with compound butter or with salsa or chutney. *Beurre blanc* is often served with shallow-poached lean white fish to add a bit of succulence to the dish.

ADD VISUAL INTEREST

A sauce can enhance a dish's appearance by adding luster and sheen. Lightly coating a sautéed medallion of lamb with a *jus lié* creates a glossy finish on the lamb, giving the entire plate more eye appeal. Pooling a red pepper coulis beneath a grilled swordfish steak gives the dish a degree of visual excitement by adding an element of color.

ENHANCE FLAVORS

A sauce that includes a flavor complementary to a food brings out the flavor of that food. The mild sweetness of poultry is heightened by a sauce flavored with tarragon. The rich flavor of beef is highlighted by a pungent sauce made with green peppercorns, which deepen and enrich the overall taste.

ADJUST TEXTURE

Many sauces include a garnish that adds texture to the finished dish. Chicken Chasseur is enhanced by a sauce finished with tomatoes and mushrooms. A dish that has a distinct texture, such as pan-fried soft-shelled crab, is enhanced by a smooth sauce.

SAUCE PAIRING

Certain classic sauce combinations endure because the composition is well balanced in all areas: taste, texture, and eye appeal. When choosing an appropriate sauce, it should be:

- **SUITABLE FOR THE STYLE OF SERVICE.** In a banquet setting or in any situation where large quantities of food must be served rapidly and at the peak of flavor, choose a sauce that may be prepared in advance and held in large quantities at the correct temperature without affecting quality.

In an à la carte kitchen, sauces prepared à la minute are more appropriate.

- **MATCHED TO THE MAIN INGREDIENT'S COOKING TECHNIQUE.** Pair a cooking technique that produces flavorful drippings (*fond*), such as roasting or sautéing, with a sauce that makes use of those drippings.

Similarly, *beurre blanc* is suitable for foods that have been shallow-poached because the cooking liquid (*cuisson*) can become a part of the sauce.

- **APPROPRIATE FOR THE FLAVOR OF THE FOOD WITH WHICH IT IS PAIRED.** Dover sole is perfectly complemented by a delicate cream sauce. The same sauce would be overwhelmed by the flavor of grilled tuna.

Lamb has its own strong flavor that can stand up to a sauce flavored by rosemary. The same sauce would completely overpower a delicate fish.

GUIDELINES FOR PLATING SAUCES

- **MAINTAIN THE TEMPERATURE OF THE SAUCE.** Check the temperature of the sauce, of the food being sauced, and of the plate. Be sure that hot sauces are extremely hot, warm emulsions sauces are as warm as possible without danger of breaking, and cold sauces remain cold until they come in contact with hot foods.
- **CONSIDER THE TEXTURE OF THE FOOD BEING SERVED.** Pool the sauce beneath the food, spreading it in a layer directly on the plate if the food has a crisp or otherwise interesting texture.

Spoon or ladle the sauce evenly over the top of the food if it could benefit from a little cover or if the sauce has visual appeal.

- **SERVE AN APPROPRIATE PORTION OF SAUCE.** There should be enough sauce for every bite of the sauced food but not so much that the dish looks swamped. Not only does this disturb the balance between the items on the plate, it makes it difficult for the waiter to carry the food from the kitchen to the guest's table without at least some of the sauce running onto the rim, or worse, over the edge of the plate.

RECIPES

SAUCE ESPAGNOLE

makes 1 gallon/3.75 liters

3 fl oz/90 mL vegetable oil

MIREPOIX

8 oz/225 g medium-dice onions

4 oz/115 g medium-dice carrots

4 oz/115 g medium-dice celery

2 fl oz/60 mL tomato paste

1½ gal/5.75 L **BROWN VEAL STOCK** (page 252), hot

12 oz/340 g brown roux (see page 238)

sachet d'épices, containing 2 to 3 parsley stems, ½ tsp/2 mL dried thyme, ½ tsp/2 mL cracked black peppercorns, 1 bay leaf, and 1 garlic clove

- 1 Heat the oil and brown the onions. Add the remainder of the mirepoix and continue to brown.
- 2 Add the tomato paste and cook for several minutes until it turns a rusty brown.
- 3 Add the stock and bring to a simmer.
- 4 Whip the roux into the stock. Return to a simmer and add the sachet.
- 5 Simmer for about 1 hour, skimming the surface as necessary.
- 6 Strain through a double thickness of rinsed cheesecloth. The sauce is ready to use now, or it may be cooled and stored for later use.

DEMIGLACE

makes 2 quarts/2 liters

2 qt/2 L **BROWN VEAL STOCK** (page 252)

2 qt/2 L **SAUCE ESPAGNOLE** (above)

- 1 Combine the stock and the espagnole in a heavy-gauge pot and simmer over low to moderate heat until reduced by half. Skim the sauce frequently as it simmers.
- 2 Strain the sauce. The sauce is ready to serve now, or it may be cooled and stored for later service (see page 64).

BROWN SAUCE DERIVATIVES (Classically Based on Demi-Glace)

SAUCE	FLAVORINGS
BERCY	Shallots, pepper, white wine, butter, dice of poached marrow, parsley
BORDELAISE	Red wine reduction, glàçe de viande, poached marrow
CHARCUTIÈRE	Robert sauce (below) with julienne of cornichons
CHASSEUR	Mushrooms, shallots, white wine, tomato concassé
CHATEAUBRIAND	Shallots, thyme, bay leaves, mushroom trimmings, white wine, butter, tarragon, parsley
DIABLE	White wine reduction, pepper mignonette, shallots, cayenne
DIANE	Poivrade sauce (below) with cream
ESTRAGON	Tarragon
FINANCIÈRE	Madère sauce (below) with truffle essence
FINES-HERBES	White wine, fines herbes, lemon juice
LYONNAISE	Onions fried in butter, white wine, and vinegar
MADÈRE	Madeira wine
MOSCOVITE	Poivrade sauce (below) with an infusion of juniper berries, toasted sliced almonds, plumped currants, marsala wine
PÉRIGUEUX	Truffle essence, chopped truffles, madeira wine
PÉRIGOURDINE	Foie gras puree, sliced truffles
PIQUANTE	Reduction of white wine, vinegar, shallots; garnished with cornichons, chervil, tarragon, pepper
POIVRADE	Reduction of white wine, peppercorns, butter
PORTO	Port with shallots, thyme, lemon and orange juice and zest, cayenne
ROBERT	White wine, onions, mustard, butter
ROMAINE	Pale caramel dissolved with vinegar (gastrique), garnished with grilled pine nuts, plumped raisins and currants
SOLFÉRINO	Shallots, maître d'hôtel butter, tomato essence, cayenne, lemon
ZINGARA	Tomatoes, mushroom julienne, truffles, ham, tongue, cayenne, madeira wine

BÉCHAMEL SAUCE

makes 3 1/2 quarts/3.5 liters

1 fl oz/30 mL oil or clarified butter
2 oz/60 g minced onions
6 oz/170 g white roux (see page 238)
2 1/2 qt/2.5 L milk
salt, as needed
ground white pepper, as needed
grated nutmeg (optional), as needed

- 1 Heat the oil or butter and add the onions. Sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent, with no color, 6 to 8 minutes.
- 2 Add the roux to the onions and cook until the roux is very hot, about 2 minutes.
- 3 Add the milk to the pan gradually, whisking or stirring to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
- 4 Adjust the seasoning to taste with salt, pepper, and nutmeg.
- 5 Strain through a double thickness of rinsed cheesecloth.
- 6 The sauce is ready to use now, or it may be cooled and stored for later use (see page 64).

Mornay Sauce Combine the finished béchamel with 8 oz/115 g each of grated gruyère and Parmesan. Finish with up to 2 oz/60 g whole butter, if desired.

Cream Sauce Add 1 pt/480 mL heated heavy cream to the finished béchamel. Simmer to a good flavor and consistency.

Cheddar Sauce Combine the finished béchamel with 1 lb/450 g of grated sharp cheddar.



TOP LEFT Oignon piqué, an onion studded with cloves and a piece of bay leaf, can be added to give extra depth of flavor to a béchamel. Or use sweated minced onions, a clove or two, a piece of bay leaf, and a sprig of fresh thyme instead.

BOTTOM LEFT Béchamel calls for milk and/or cream, rather than the stocks used for velouté.

TOP RIGHT This béchamel is ready to use as a binder for croquettes, to finish creamed vegetable dishes, or as an ingredient in dishes like vegetable lasagne or croquettes.

BOTTOM RIGHT Béchamel can be finished with a variety of cheeses. Here, grated Gruyère is added to prepare a Mornay sauce.

TOMATO COULIS

makes 2 quarts/2 liters

2 fl oz/60 mL olive oil
8 oz/225 g minced onions
1/2 oz/15 g minced garlic
8 fl oz/240 mL tomato purée
12 fl oz/360 mL red wine
2½ lb/1.15 kg plum tomato concassé
1 qt/1 L **CHICKEN STOCK** (page 248)
2 basil sprigs
1 thyme sprig
1 bay leaf
salt, as needed
pepper, as needed

- 1 Heat the olive oil and sauté the onions until they are translucent, about 6 to 8 minutes. Add the garlic and sauté it briefly. Add the tomato purée and cook for several minutes, until it turns a rusty brown.
- 2 Add the red wine, tomatoes, stock, basil, thyme, and bay leaf. Simmer for about 45 minutes. Remove and discard the herbs.
- 3 Pass through a food mill fitted with the coarse disk. Adjust the consistency if necessary.
- 4 Taste and season the sauce with salt and pepper. The sauce is ready to use now or it may be cooled and stored for later use (see page 64). Cool the sauce and hold it under refrigeration.

SUPRÊME SAUCE

makes ¾ quarts/1.75 liters

2 qt/2 L **CHICKEN VELOUTÉ** (page 266)
1 pt/480 mL heavy cream, heated
1 lb/450 g sliced mushrooms (optional)
salt, as needed
ground white pepper, as needed
3 oz/85 g butter (optional)

- 1 Combine the velouté and heavy cream. (Add the mushrooms at this point, if desired.) Simmer, stirring and skimming the surface frequently, until the sauce coats the back of a spoon.
- 2 Strain the sauce and adjust the seasoning to taste with salt and pepper.
- 3 Finish the sauce with butter, if desired.

BÉARNAISE SAUCE

makes 20 fluid ounces/600 milliliters

1 tbsp/15 mL chopped shallots
½ tsp/3 mL cracked black peppercorns
1 tbsp dried tarragon
2 tarragon stems, chopped
2 fl oz/60 mL tarragon vinegar
1 fl oz/30 mL dry white wine
2 fl oz/60 mL water
6 egg yolks
1 pint/480 mL melted or clarified butter, warmed to 145°F/63°C
2 tbsp/30 mL chopped tarragon
1 tbsp/15 mL chopped chervil
salt, as needed

- 1 Combine the shallots, peppercorns, dried tarragon, tarragon stems, and vinegar. Reduce until nearly dry.
- 2 Add the wine and water to the reduction and strain into a stainless-steel bowl.
- 3 Whip the egg yolks together with the reduction and place over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk (165°F/73°C).
- 4 Add the butter in a thin stream, whipping constantly, until all of the butter is added and the sauce is thickened.
- 5 Add the chopped tarragon and chervil and adjust the seasoning to taste with salt. The sauce is ready to serve now. It may be held warm (145°F/63°C) for up to 2 hours.

Paloise Sauce (Mint Sauce) Replace the tarragon stems in the reduction with mint stems; replace the tarragon vinegar with cider vinegar; and replace the chopped tarragon and chervil with 3 tbsp/15 mL of chopped mint leaves.

BÉARNAISE REDUCTION

IF A KITCHEN PREPARES BÉARNAISE OR SIMILAR WARM BUTTER SAUCES OFTEN, LARGER BATCHES OF REDUCTION MAY BE PREPARED IN ADVANCE TO MAKE IT EASIER TO PREPARE SMALLER BATCHES OF THE SAUCE DURING SERVICE.

makes about 4 fluid ounces/120 milliliters

1 tbsp/15 ml chopped shallots
12 cracked black peppercorns
¾ oz/20 g tarragon, chopped
6 fl oz/180 mL tarragon vinegar
4 fl oz/120 mL dry white wine
2 fl oz/60 mL water

- 1 Combine the shallots, peppercorns, tarragon, vinegar, and wine in a saucepan. Bring to a simmer, then reduce until nearly dry.
- 2 Add the water to the reduction. The reduction may be used to prepare a sauce or it may be cooled and stored for later use.

CHORON SAUCE

makes 1 quart/1 liter

2 tbsp/30 mL chopped shallots
12 black peppercorns
3 tbsp/45 mL dried tarragon
2 fresh tarragon stems, chopped
6 fl oz/180 mL cider vinegar, or as needed
1 fl oz/30 mL dry white wine
2 fl oz/60 mL water, or as needed
8 oz/225 g egg yolks (about 9)
27 oz/800 g clarified butter, warm (about 165°F/73°C)
lemon juice, as needed
1½ oz/45 g tomato purée
salt, as needed
pepper, as needed
cayenne pepper, as needed (optional)

- 1 Combine the shallots, peppercorns, dried tarragon, fresh tarragon, and vinegar in a small pan and reduce over medium heat until nearly dry.
- 2 Add the wine and water to the reduction and strain into a stainless-steel bowl.

- 3 Whip the egg yolks with the reduction and place over simmering water. Cook, whisking constantly, until the yolks triple in volume and form ribbons when they fall from the whisk (165°F/73°C).
- 4 Add the butter by the ladleful, whisking constantly, until all of the butter is added and the sauce is thickened. Adjust the sauce if necessary with lemon juice, vinegar, or water.
- 5 Stir in the tomato puree and taste the sauce. Add lemon juice, salt, pepper, and cayenne, if desired, as needed.
- 6 The sauce is ready to serve, or it may be held warm (165°F/73°C) for up to 2 hours.

BARBECUE SAUCE

makes 24 fluid ounces/720 milliliters

2 oz/60 mL oil or clarified butter
6 oz/180 g minced red onion
2 cloves garlic, minced to a paste
10 oz/300 mL orange juice concentrate
8 oz/240 mL **WHITE BEEF STOCK** (page 249)
6 oz/180 mL ketchup
4 oz/120 mL Heinz "57" sauce
4 oz/120 mL Worcestershire sauce
½ tsp/1 g celery seeds
½ tsp/1 g chopped chervil
salt, as needed
pepper, as needed

- 1 Heat the oil or butter in a 5-quart saucepot. Add onions and sauté over low to moderate heat, stirring frequently, until the onions are tender and translucent, with no color, about 6 to 8 minutes.
- 2 Add the garlic and sauté until an aroma is apparent, about 1 minute.
- 3 Add the remaining ingredients and simmer over low heat for 15 minutes, stirring occasionally and skimming as needed.
- 4 Taste the sauce and adjust the seasoning with salt and pepper if necessary. The sauce is ready to use now, or it may be properly cooled and stored for later use.