Identify and describe culinary techniques used to thicken sauces

Identify and describe the 5 mother sauces and their ingredients, as well as sauces derived from the sauce

Identify and describe non-mother sauces
History of the Mother Sauces

All sauces in cooking are derived from five basic sauces...

The *Mother Sauces*.

• Traditionally prepared in huge quantities & then separated into smaller portions.

• These smaller portions combined with additional ingredients created over 100’s of variations.
Thickeners in Sauces

A key ingredient in almost all sauces is the **thickener**, adding richness and body.

1. Roux
2. Beurre manié
3. Slurry
4. Liaison
1. Melt fat in the pan and then add flour

2. Stir until the flour is incorporated and then cooked.

The longer you cook it, the darker it will become. The darker the roux, the less thickening power it has. The end result is a thickening and flavoring agent.

**Roux**

1:1 ratio

4 T butter :: ¼ cup flour
Beurre Manié

“Burr- Manyay”

- 1:1 Ratio of Flour:Fat
- Fat is NOT heated before adding to hot liquid.
**Slurry**

Cornstarch mixed with a cold liquid

Used in place of a roux

Add slowly and stir continuously
Liaison

“Lee-ay-zohn”

• Mixture of egg yolks and heavy cream

• Often used to finish some sauces.
Review: Thickeners in Sauces

• Which thickener is made of equal parts cooked flour and a fat, such as clarified butter, oil, or shortening?

• Which thickener is a mixture of egg yolks and heavy cream, often used to finish some sauces?

• Which thickener made of equal parts flour and soft, whole butter and added without cooking the butter?

• Which thickener is made from cornstarch mixed with a cold liquid and can be used instead of roux?
Thickeners add richness and body to the...

**Mother Sauces**

- Béchamel
- Veloute
- Tomato
- Espagnole
- Hollandaise
Bechamel -

Preparation

Whisk scalded milk gradually into a flour butter roux.
Once you have the basic sauce made, you can work with it to fit the taste profile you’re looking for.

**Mustard Sauce:** Whisk the Bechamel Sauce with ¼ cup of prepared mustard at the end.

**Dill Cream Sauce:** Add dry or fresh Dill 1 tsp at a time. Taste after each addition to check for readiness.

**Alfredo Sauce:** Whisk grated parmesan cheese into the finished sauce (off heat) until it melts.
- Use about ¾ cup of cheese per two cups of sauce.
- Pour your cheese sauce over angel hair noodles that are cooked al dente.
**Veloute** - Blonde Sauce

Uses a *slightly darker roux* (the roux is toasted longer to a slight brown color), and a *white stock such as chicken or fish*.

Use the 1:1 ratio = **1 cup liquid (stock) per 1 ounce of roux**
Veloute-Based Sauces

**Mushroom Sauce:** by sautéing mushrooms and stirring them into the finished sauce.

If you want a spicier sauce, add some hot pepper in with the roux and toast it a bit before adding your liquid.

**Herb sauce** by finishing the Veloute sauce with minced fresh herbs to taste. Be careful, the herbs are potent.

If you want some onion flavor, chop up part of an onion and sauté it, same as you’d do for a mushroom sauce.
Espagnole - Brown Sauce

1. Prepared from *vegetables and herb that are cooked in a brown roux*, a *dark stock such as beef*, and then a *tomato purée*.

2. The sauce is left to simmer for around two hours until it reduces to a *thick brown sauce*.

3. The final stage is to *pass the sauce through a sieve*, which will retain all of the vegetables, lumps and unwanted ingredients.
Espagnole-Based Sauces

**Mushroom Sauce:** Espagnole sauce and mushrooms.

**Bordelaise Sauce:** Espagnole sauce with red wine, shallots and herbs.

**Lyonnaise Sauce:** Espagnole sauce with chopped onions, parsley and white wine.
Hollandaise - Butter Sauce

- Hollandaise sauce is an emulsion of butter and lemon juice.
- Egg yolks are used as the emulsifying agent.
- Usually seasoned with salt and cayenne pepper.

Properly made, the sauce is smooth and creamy.

It must be made and served warm, not hot.

The flavor should be rich and buttery, with a mild tang added by the lemon juice and seasonings.
Tomato Sauce - Red Sauce

- Made with *tomatoes, vegetables, seasonings, and vegetable stock.*
- Final product is thick and rich, with a slightly sweet flavor.

*Marinara sauce is a common Italian variation of this mother sauce, made by adding onions, garlic and oregano.*
Other Sauces
(Non-Mother)

- Compound butter
- Coulis
- Salsa
- Jus-lié
Other Sauces
(Non-Mother)

Compound butter
• A mixture of raw butter and various flavoring ingredients, such as herbs, nuts, citrus zest, shallots, ginger, and vegetables.
Other Sauces
(Non-Mother)

Coulis
• Thick puréed sauce
Other Sauces
(Non-Mother)

Salsa

- Cold mixture of fresh herbs, spices, fruits, and/or vegetables.

- It can be used as a sauce for meat, poultry, fish, or shellfish.
Other Sauces
(Non-Mother)

• Jus-lié
  – Sauce made from the juices from cooked meat and brown stock.
Straining a sauce...

- The easiest way to strain sauce is the *wringing* method.
  - Place a clean cheesecloth over a bowl, and pour the sauce through the cheesecloth into the bowl.
Mother Sauce Web-Site

• You work for a local restaurant and have been asked to create an informational web-site describing the following of one of the mother sauces:
  – History of the sauce
  – Sauces derived from the mother sauce
  – Recipes using the sauce
  – Images and videos showing how to make the sauce and how home cooks could make their own