

Sauce-Building Technique Study Guide – page 1

Seven Steps to Building a Sauce

1. Determine viscosity
2. Temper roux
3. Add liquid element
4. Bring to a boil, dépoillage, and simmer
5. Simmer for desired period of time
6. Strain
7. Add auxiliary elements

Mother Sauce - Béchamel

1. White roux
2. Milk
3. Onion clouté or piqué/spice

Béchamel Derivatives

Sauce Mornay (Béchamel w/cheese)

1. Gruyere or Swiss cheese
2. Parmesan cheese
3. Heavy cream

Sauce Soubise (Béchamel w/sweated onions)

1. Sweated onions
2. Heavy cream

Sauce Raifort (Béchamel w/horseradish)

1. White wine
2. Horseradish
3. Heavy cream
4. Cayenne pepper

Mother Sauce - Velouté

1. White stock
2. Blanc (white) or blond (blonde) roux

Velouté Derivatives

Sauce Allemande

1. Lemon juice
2. Egg yolks/heavy cream (liaison finale)

Sauce Forestière Blanc (white mushroom)

1. Mushrooms and mushroom essence
2. Lemon juice

Sauce Suprême

1. Heavy cream

Sauce Normande

1. Fish velouté
2. Fish fumet
3. Mushroom essence
4. Heavy cream
5. Hint of lemon juice

White Tarragon Sauce

1. White wine
2. Tarragon and shallot reduction
3. Heavy cream

Mother Sauce - Espagnole

Brown stock thickened with brown roux that's made with rendered bacon fat.

1. Brown stock
2. Brown roux
3. Bacon fat (rendered)/cooked mirepoix/tomato product

Mother Sauce - Tomato

Sauté mirepoix, singer (pronounced-sangé) with flour, add equal parts chicken stock, tomatoes, add herbs and pork product. Cook to a boil; simmer till vegetables are tender, then purée and serve.

1. Tomatoes
2. Liquid
3. Pork product

Mother Sauce - Hollandaise

1 egg yolk = 4 oz clarified butter

1. Clarified butter
2. Egg yolks
3. Reduction(s) – acidic reduction consists of white vinegar, white wine and aromatics.

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Demi Glaze - treated as a Mother

1. 50% Espagnole
2. 50% brown stock
3. Reduce by half

Demi Glaze Derivatives

Robert

1. Demi Glaze
2. Brown mustard

Chasseur (Hunter style sauce) Demi glace w/

1. White wine and shallot reduction,
Reduction:
2 oz clarified butter
2 oz shallots, peeled, and diced
4 oz mushrooms, cleaned and sliced
4 oz dry white wine
2. Combination of herbs (tarragon and chervil)
3. Garnished w/ tomato concassé and mushrooms.

Diable (devil-style) - hot and spicy

1. White wine and shallot reduction, white vinegar, thyme
2. Cayenne pepper

Bigarade (orange flavored Demi glace)

1. Brandy, vinegar reduction
2. Orange juice-reduce
3. Finish w/Grand Marnier

Bourdelaise

1. Red wine reduction, thyme, and bay leaves
2. Garnish w/poached, sliced bone marrow

Bourguignon

1. Shallot, mushroom and red wine reduction
2. Bouquet Garni

Charcuterie

1. White wine and shallot reduction
2. Garnish w/julienne pickles

Madeira

1. Madeira wine (red wine) reduction
2. Monte au beurre

Forestière (brown mushroom sauce)

1. Mushroom essence
2. Garnish w/mushroom

Zingara (gipsy style)

1. White wine and shallot reduction
2. Cayenne pepper
3. Julienne pickles, julienne beef tongue

Meunière (brown butter sauce)

1. 4 oz reduction of lemon juice
2. Remove from heat, strain, whisk in 1 # butter, 1 pat at a time.
Monte au beurre

Béchamel Sauce

1. Milk
2. White roux
3. Onion clouté

Espagnole Sauce – Brown stock thickened with brown roux made with rendered bacon fat.

1. Brown stock
2. Brown roux
3. Bacon fat (rendered)

Tomato Sauce- Sauté Mirepoix, sauté with flour, add equal parts chicken stock, tomatoes, add herbs and pork product. Cook to a boil; simmer till vegetables are tender, then purée and serve.

1. Tomatoes
2. Liquid
3. Pork product

Hollandaise (1 egg yolk = 4 oz clarified butter)

1. Clarified butter
2. Egg yolks
3. Reduction(s) – acidic reduction consists of white vinegar, white wine and aromatics.

Velouté

1. White stock
2. Blanc (white) or blond (blonde) roux

Demi Glaze

1. 50% brown sauce
2. 50% brown stock
3. Reduce by half