

# 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.

## Sauce-Building Technique Study Guide – page 2

### 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, singer 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