

## **Semester V: Unit 1: Chapter 1.6**

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### **SAUCES**

**DEFINITION:** - Sauce is a flavorful liquid or semi-liquid, served with food to add moistness, nutrition and flavor to the dish. *Sauce* is a French word taken from the Latin *salsus*, meaning salted.

\*) A Saucier is responsible for all preparation of Sauces.

### **CLASSIFICATION: -**

<b><u>MOTHER SAUCES</u></b>	<b><u>OTHER SAUCES</u></b>	<b><u>PROPRIETARY SAUCES</u></b>	<b><u>CONTEMPORARY SAUCES</u></b>
1) BROWN SAUCE: - Tomato(Italian) & Espagnole(French) 2) WHITE SAUCE: - Bechamel(French) & Veloute(French)	1) COLD SAUCES: - Mayonnaise & its derivatives 2) HOT EMULSION SAUCES: Hollandaise & Bearnaise 3) BUTTER SAUCES: - Clarified, Meuniere, Beurre noisette, Beurre noir 4) COMPOUND BUTTERS: - Shallot, Maitre d'hotel, Marchand de vin, Bercy, Chateaubriand, Colbert, Pimiento 5) MISCELLANEOUS SAUCES Gravies, A la minute reductions, Barbecue, Nut sauces, Sweet and Sour sauces	Sauces which are readymade and available in the market off the shelf. E.g. Soya Sauce, HP Sauce, Worcestershire Sauce.	Also known as 'New World Sauces'. These are healthy and use less butter and cream. E.g. Pesto, Chimichurri, Harissa etc.

### **COMPONENTS OF A SAUCE: -**

- 1) Liquid
- 2) Thickening agent
- 3) Seasoning agent
- 4) Flavoring agent

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SAUCE	LIQUID	THICKENING AGENT	SEASONING AGENT	FLAVORING AGENT
BECHAMEL	Milk	Roux Blanc	Salt and Pepper	Onion, clove, bay leaf & nutmeg
VELOUTE	Chicken Stock	Blond Roux	Salt and Pepper	Tarragon, mirepoix & sachet de epics
ESPAGNOLE	Brown Stock	Roux Brun	Salt and Pepper	Bouquet garni, tomatoes & red wine
TOMATO	Veg. Stock	Roux Brun	Salt and Pepper	Tomato & mirepoix (sometimes basil)
HOLLANDAISE	Clarified Butter	Egg Yolk	Salt, Pepper, Cayenne pepper & Onion	Lime Juice & Tarragon
MAYONNAISE	Salad Oil & Vinegar	Egg Yolk	Salt and Pepper	Mustard powder / paste

### USES/ IMPORTANCE OF SAUCE: -

- 1) Visual Appeal
- 2) Texture
- 3) Moisture
- 4) Flavor
- 5) Nutritional Value

### THICKENING AGENTS: -

- 1) Roux: - Equal quantities of fat & flour, cooked together.
  - a) Roux Blanc / White Roux / 1<sup>st</sup>. stage Roux
  - b) Blond Roux / Light Brown Roux / 2<sup>nd</sup>. Stage Roux
  - c) Roux Brun / Brown Roux / 3<sup>rd</sup>. stage Roux
- 2) Beurre Manie: - Equal quantities of fat & flour mixed together, uncooked.
- 3) Liaison: - One part of egg yolk and three parts of cream, whisked together.
- 4) Slurry: - A mixture of cornstarch, potato flour or arrowroot mixed with water to a fine paste.
- 5) Butter: - Cold butter when whisked in a hot sauce gives shine and thickness.

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- 6) Vegetable or Fruit Purees: - Starch from certain vegetables and fruits naturally thicken a sauce.
- 7) Cream & Yoghurt: - Used to thicken due to their high fat content and helps towards finishing certain dishes.
- 8) Blood: - Dishes that use blood as thickening agents are known as “Jugged”.
- 9) Coral & Tomalley: - Means ovary & liver of a lobster, blended with whole butter or cream.

### CULINARY TERMS USED IN SAUCE PREPARATION: -

- 1) Roux: - Equal quantities of fat & flour, cooked together.
- 2) Beurre Manie: - Equal quantities of fat & flour mixed together, uncooked.
- 3) Clarified Butter: - Butter melted on a low flame to separate solids and then strained to get a clear butter.
- 4) Au Jus: - meaning "with juice" describes the serving of meat, most often beef, with the natural juices that were produced while the meat was being cooked.
- 5) Jus: - Also known a demi-glaze. It is reduced equal parts of brown sauce & brown stock till it is thick and glossy.
- #) Instead of adding brown roux to a brown stock, the stock is reduced till it thickens naturally. Such kind of sauce is known as “Jus”, which is more flavorful than the brown sauce with brown roux.
- 6) Jus Lie: - A French term refers to meat juice that has been lightly thickened with a either arrowroot or cornstarch.
- 7) Jus roti: - A mix of tomato puree, cabernet sauvignon vinegar, honey and soy sauce.
- 8) Slurry: - A mixture of cornstarch, potato flour or arrowroot mixed with water to a fine paste.
- 9) Liaison: - One part of egg yolk and three parts of cream, whisked together.
- 10) Cloute / Pique: - Onion studded with clove and bay leaf, used for flavoring béchamel.
- 11) Jugged: - Dishes that use blood as thickening agents are known as “Jugged”.
- 12) Sabayon: - A sabayon is made by beating egg yolks with a liquid over simmering water until thickened and increased in volume, (the liquid can be water, butter, champagne or wine is often used for a savory sabayon.) The sabayon must not get too hot during cooking or it will become grainy: if it begins to feel warmer than body temperature, remove the pan briefly from the heat, beating continuously, until the mixture cools. Then return the pan to the heat and continue cooking. Sabayon may be served warm or cold; a cold sabayon is beaten off the heat until cooled.
- 13) Emulsion: - An emulsion is a mixture of two or more immiscible (unblendable) liquids. One liquid (the dispersed phase) is dispersed in the other (the continuous phase).
- 14) Double Boiler: - A double boiler is a stovetop apparatus used to cook delicate sauces such as beurre blanc or to melt chocolate without burning or seizing. It is a double-decker saucepan with an upper vessel that fits into a lower pot.

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One fills the bottom with boiling water and places the food to be cooked in the top one. The top pot is kept above the boiling water and heated only by steam, but tight fitting of the two pots prevents steam from escaping.

### SAUCE STANDARD RECIPES

1) **BECHAMEL**: - This French sauce consists of milk and is thickened with white roux.

Marquis Louis de Béchamel(1603-1703), a seventeenth century financier who held the honorary post of chief steward of King Louis XIV's (1643-1715) household, is said to have invented béchamel sauce when trying to come up with a way to eat dried cod.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Clarified Butter	50	g.
Refined Flour	50	g.
Milk	500	ml.
Onion studded with bay leaf & clove (Cloute)	01	Pc.
Nutmeg grated	02	g.
Salt	10	g.
White Pepper pwd.	02	g.

METHOD: -

- 1) Boil milk with cloute, strain and cool the milk.
- 2) Make white roux.
- 3) Add cold milk and keep stirring with a wooden spoon to ensure no lumps are formed.
- 4) Cook till the sauce thickens.
- 5) Add the seasonings and flavoring.

DERIVATIVE	INGREDIENTS	USES
Mornay (Cheese sauce)	Béchamel + grated Gruyere	Poultry, Fish, Vegetable & pasta dishes
Crème ( Cream sauce)	Béchamel + fresh Cream	Eggs, Poultry, Fish & Vegetable dishes
Soubise ( Onion sauce)	Béchamel cooked with chopped onions & strained + fresh Cream	To accompany eggs, veal & lamb dishes
Oignons ( Onion sauce)	Béchamel + chopped Onions + fresh Cream	To accompany eggs, veal & lamb dishes
Indienne ( Curry sauce)	Béchamel + cooked curry powder + chopped onions + chopped tomato	To accompany eggs, fish & vegetables.

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2) **VELOUTE**: - This French sauce literally means ‘velvet’. It is a light blond colored sauce made from chicken, fish or veal stock, thickened with a blond roux.

(YIELD: - 05 PORTIONS)

<b>INGREDIENT</b>	<b>QUANTITY</b>	<b>UNIT</b>
Clarified Butter	50	g.
Refined Flour	50	g.
Chicken / Fish / Veal Stock	500	ml.
Sachet de Epices(Optional) ( Thyme+ Bay leaf + Parsley stem+ Garlic clove + Black peppercorn whole)	01	sachet
Salt	10	g.
White Pepper pwd.	02	g.

**METHOD:** -

- 1) Make blond roux.
- 2) Add cold stock stirring continuously to avoid lumps.
- 3) Add sachet (Optional) and cook for 15 minutes on a medium flame.
- 4) Add the seasonings as required.

P.N.: - Veloute can be enriched by adding a liaison.

<b>DERIVATIVE</b>	<b>INGREDIENTS</b>	<b>USES</b>
Allemande (mushroom sauce)	Veloute + chopped mushrooms + liaison	Used in veal, vegetables & poultry dishes
Supreme (strained mushroom sauce)	Veloute simmered with chopped mushrooms & strained + liaison	Used for poultry & game birds dishes
Aurore ( tomato sauce)	Veloute + cooked & strained tomato puree	To accompany eggs, fish, veal & poultry
Cardinal ( Seafood sauce)	Fish Veloute + lobster butter + fresh cream	To accompany white fish & lobster

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3) **ESPAÑOLE**: - It is a French sauce. The term ‘Espagnole’ means Spanish in French. It is believed that the finest ham and tomatoes used in this sauce preparation came from Spain and hence the name. It is a brown sauce thickened with brown roux.

(YIELD: - 05 PORTIONS)

<b>INGREDIENT</b>	<b>QUANTITY</b>	<b>UNIT</b>
Clarified Butter	50	g.
Refined Flour	50	g.
Brown Stock	500	ml.
Sachet de Epices (Optional) ( Thyme+ Bay leaf + Parsley stem+ Garlic clove + Black peppercorn whole)	01	sachet
Red Wine	25	ml.
Tomato Paste	25	g.
Oil (Optional)	05	ml.
Mirepoix (Optional)	75	g.
Salt	05	g.
White Pepper pwd.	02	g.

**METHOD:** -

- 1) Make brown roux.
- 2) (Optional: - Heat oil and brown the mirepoix on a medium flame.)
- 3) Add tomato paste and cook further.
- 4) Deglaze with red wine and add the stock.
- 5) Add sachet and simmer for 30 minutes.
- 6) Add the brown roux to the hot liquid and keep stirring to avoid lumps.
- 7) Add the seasonings as required.

<b>DERIVATIVE</b>	<b>INGREDIENTS</b>	<b>USES</b>
Demi – Glaze (Jus)	Equal parts of Brown Sauce + brown Stock, reduced to half	Accompanies red meats
Bigararde ( Orange Sauce)	Demi-glaze + reduced red wine + orange juice + red currant jelly(optional)	Used for duck dishes
Diable ( Devil sauce)	Demi-glaze + reduced white wine & vinegar + cayenne (optional)	To accompany roast & grilled meats
Madeira ( Wine sauce)	Espagnole + Madeira wine	Offal, beef fillet, veal, ham.

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4) **TOMATO:** - Tomato sauce is more commonly associated with Italian cuisine, particularly as an accompaniment to pasta. The traditional French recipe included pork, which converts this healthy veg. sauce into a non veg. version.

(YIELD: - 05 PORTIONS)

<b>INGREDIENT</b>	<b>QUANTITY</b>	<b>UNIT</b>
Olive Oil	25	ml.
Chopped Onions	50	g.
Chopped Garlic	10	g.
Tomato Concasse (de-skinned, de-seeded & chopped)	500	Gm.
Tomato paste(Proprietary)(Optional)	40	g.
White Wine	25	ml.
Torn Basil	5	g.
Salt	05	g.
White Pepper pwd.	02	g.

**METHOD:** -

- 1) Heat olive oil and sauté garlic and onions.
- 2) Add tomato paste (optional) and cook for 10 minutes.
- 3) Add tomato concasse and half white wine, cook covered for 20 minutes.
- 4) Add the seasonings as required and add torn basil & half of the white wine in the last 5 minutes of the cooking process.

<b>DERIVATIVE</b>	<b>INGREDIENTS</b>	<b>USES</b>
Brettone	Tomato sauce + sautéed chpd. Onions + reduced white wine + butter + chpd. parsley	
Tomated Chaudfroid	Tomato sauce + Aspic jelly	Cold chicken, eggs.
Provencale	Thin Tomato sauce + sautéed sliced mushrooms + chopped. Parsley + garlic + tomato concasse + sugar	Cold sauce served with cold meat cuts
Portugaise	Tomato sauce + White Wine + Tomato concasse + garlic	Egg, Fish & Shell fish
Italianne	Tomato sauce + demi-glaze+ chopped shallots + mushrooms + lean ham	Served with offal's like brain, liver and with lamb cutlets.
Barbecue	Tomato sauce + ketchup + vinegar + sugar	Served with all barbecued meats

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5) **HOLLANDAISE**: - This is a Dutch sauce. Hollandaise is a French word which means “Dutch style”. It is thickened with the emulsification of a warm sabayon of egg yolk with melted clarified butter. It is warm, yellow, rich sauce which can be held warm till service to max. 1 hour.

If Hollandaise curdles, add a spoonful of hot water into the emulsion and whisk again.

Else, whisk 1 egg yolk with 1 tsp. warm water on a double boiler.

(YIELD: - 05 PORTIONS)

<b>INGREDIENT</b>	<b>QUANTITY</b>	<b>UNIT</b>
Clarified Butter	250	g.
Egg Yolks	02	Nos.
White Vinegar	07	ml.
Finely chopped Onion	15	g.
Torn Tarragon leaves	03	Nos.
Crushed Black Peppercorn	05	Nos.
Water	10	ml.
Salt	05	g.
White Pepper pwd.	02	g.

**METHOD:** -

- 1) In a pan, reduce vinegar, chopped onions, tarragon and crushed peppercorn to half.
- 2) Take the pan off fire, add 10ml. water, strain this liquid and allow cooling till room temperature.
- 3) Combine the reduced liquid with egg yolk and whisk on a double boiler to a ribbon stage.
- 4) Add melted clarified butter in a thin stream and continue whisking until a thick sauce is formed.
- 5) Add the seasonings and hold it warm, use within max. 1 hour.

<b>DERIVATIVE</b>	<b>INGREDIENTS</b>	<b>USES</b>
Maltaise ( Orange sauce)	Hollandaise + Juice of blood oranges + blanched julienne of orange zest	To accompany vegetables
Mousseline ( Cream sauce)	Hollandaise + whipped double cream	Used for fish, chicken, sweetbreads & vegetables
Moutarde ( Mustard sauce)	Hollandaise + Dijon Mustard	To accompany Eggs & Fish
Béarnaise		Fish, Steaks & Eggs
Choron ( Tomato sauce)	Béarnaise + cooked tomato puree	To accompany eggs & fish



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6) **MAYONNAISE**: - The invention of this sauce's name is probably due to 'manier' (meaning to stir) or 'moyeu' (referring to the middle of the egg). Mayo is a cold emulsified sauce. The key is to keep all ingredients at room temperature including the clean dry bowl. This is a cold sauce used as a base for salads, sandwich fillings or as a snack dip.

Mayo will curdle if: -

- a) Oil is added too quickly
- b) Oil is cold
- c) Sauce is not whisked properly or continuously
- d) If the yolks are stale.

Rectification of Mayo:-

- a) In a clean dry bowl, add 5ml. boiled water and gradually whisk the curdled sauce.
- b) Take a fresh yolk, thin it slightly with 2.5 ml. cold water, whisk well before gradually whisking in the curdled sauce.

(YIELD: - 05 PORTIONS)

<b>INGREDIENT</b>	<b>QUANTITY</b>	<b>UNIT</b>
Egg Yolk	02	Nos.
Oil (preferably salad oil)	200	ml.
Mustard powder / paste (preferably Dijon mustard)	05	g.
White Vinegar	05	ml.
Salt	05	g.
Castor Sugar	02	g.
White Pepper pwd.	01	g.

**METHOD**: -

- 1) Combine yolks & vinegar in a round bowl.
- 2) Add oil continuously drop by drop, whisking all the time.
- 3) Whisk till a stabilized emulsion is formed and it stands in firm peak.
- 4) Add seasonings (salt, sugar & pepper) & flavorings (mustard) as required.

<b>DERIVATIVE</b>	<b>INGREDIENTS</b>	<b>USES</b>
Aioli ( Garlic sauce)	Mayonnaise + pounded garlic	Fish soups, eggs & vegetable dish
Chantilly ( Cream sauce)	Mayo + stiffly beaten whipped cream	Used for veg. salads
Verte ( Green sauce)	Mayo + puree of blanched spinach, watercress(optional) & parsley	Fish, eggs & vegetables
Cocktail	Mayo + chopped shallots cooked in wine(optional) + Tomato Ketchup + chopped	To accompany Seafood

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	tarragon(optional) + Brandy + Tabasco	
Tartar	Mayo + chpd. Gherkins + chpd. Capers + chopped fresh parsley	Served as a dip sauce for fried fish dishes
Thousand Island	Tartar sauce + tomato ketchup	Served with vegetables

### CONTEMPORARY SAUCES

1) PESTO: - It is a popular sauce from Italy. Pesto means 'paste'. North Italy uses basil for pesto & South Italy uses tomatoes for pesto.

**METHOD:** - In a food processor, blend 150g. Fresh Basil + 60g. Fresh flat Parsley + 45g. Pine nuts + 4 cloves of Garlic + 10g. Sea salt + 300 ml. Olive oil + 5g. Fresh milled Black Pepper + 25g. Parmesan cheese to a smooth paste.

2) CHIMICHURRI: - It is from Argentina, made in the same way as Pesto & pairs up well with Steaks, also known as 'Steak sauce'.

**METHOD:** - Blend together 75g. Flat parsley + 2 crushed Garlic cloves + 2 small seeded & finely chopped Red Chillies + 2 tbsp. Wine Vinegar + 1 tsp. Chopped Oregano + 100 ml. Olive oil. Process all ingredients until a smooth sauce is obtained.

3) HARISSA: - A violently hot red pepper sauce from North Africa, used extensively in Moroccan cuisine. Harissa is a table condiment and is an essential accompaniment to couscous.

**METHOD:** - Grind to a paste 25g. Red Chilly paste + 150g. Red Bell Pepper puree + 30g. Garlic + 2g. Oregano + 2 g. Marjoram + 1g. Thyme + 100ml. Olive oil + 2g. Coriander powder + 1 g. roasted Cumin powder.

4) SALSA DI NOCI: - In Liguria, a region of north west Italy, this sauce is pounded with addition of walnut and is traditionally served with a pasta called "Pansotti", a pasta stuffed with local wild herbs.

**METHOD:** - To prepare 300ml; mix and grind the following ingredients to a rough puree: - Crushed Garlic 2 cloves + 125g. Walnut blanched & skinned + 3 tbsp. fresh Breadcrumbs + 4tbsp. Olive Oil + 25g. Freshly grated Parmesan cheese & 4 tbsp. Sour Cream.

5) ROMESCO SAUCE: - This spicy red sauce from Catalonia is wonderful with grilled fish & meats.

**METHOD:** - To prepare 300ml; soak 2 small dry red chillies in boiling water, drain, de-seed & chop. Heat 150ml. Olive oil & add 3 crushed Garlic cloves & 25g. roughly chopped blanched Hazelnuts & fry till golden brown. Take 2 sliced white bread, remove the edges, dice & brown these cubes in a pan. Warm the Tomato juice, add the nuts, garlic, bread cubes, wine vinegar and blend. Season with smoked paprika.