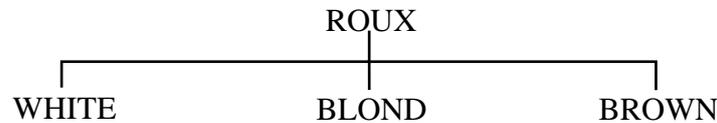


# ROUX & SAUCES

## ROUX

**Definition** :- It is the mixture of equal ratio of flour and butter cooked to different degree. It is one of the major thickening agents.



**White Roux** :- Mixture of equal quantity of flour and butter cooked for certain period of time to get a white coloured, sandy textured mixture. Also it is known as first-degree treatment.

**Blond Roux** :- Mixture of equal quantity of flour and butter cooked for certain period of time to get an off white, sandy textured mixture. Also it is known as second-degree treatment.

**Brown Roux** :- Mixture of equal quantity of flour and butter cooked for certain period of time to get a brown coloured, sandy textured mixture. Also it is known as third degree treatment.

**Beurre Manie** :- This thickening agent is an uncooked mixture of equal quantity of flour and butter.

## SAUCE

**Definition** :- Sauce is a liquid or semi-liquid mixture served along with the food to make the dish complete. A keen sense of smell, delicate sense of taste and a strong hand for blending all contributes to the perfect sauce.

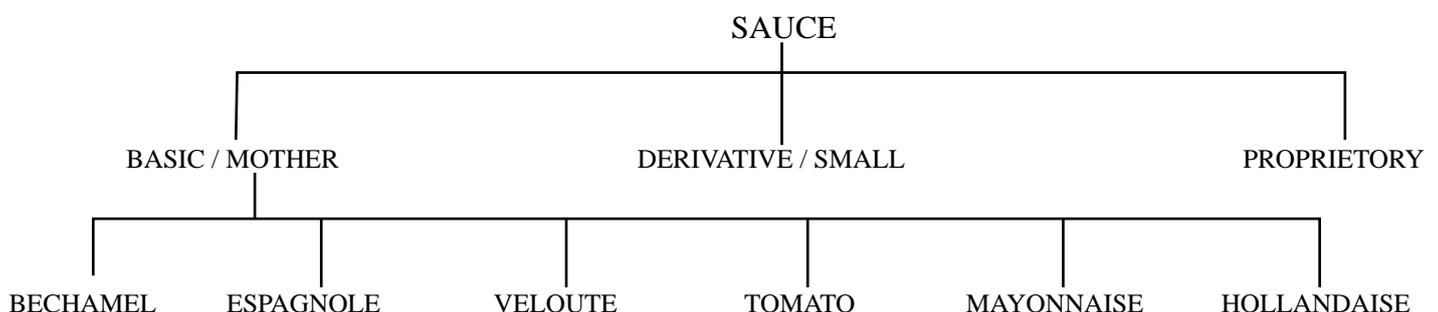
It is believed that "the sauce is to culinary art, what grammar is to language".

A sauce is used to flavour, coat or accompany a dish and may also be used in the actual cooking to bind the ingredients together. Sauce of all kinds is intended to enhance the foods, which they are served. A good, well-flavoured sauce, simple or elaborate, will add a gourmet touch to any meal. For this reason, it is well worth making your own; commercial packet sauces are often highly seasoned and coloured, as well as more expensive. Once the basic techniques of sauce making have been mastered, the variations are endless, and original and distinctive sauces can easily be created.

A great deal of mystique is attached to successful sauce making, but in fact all that is required is little time and your undivided attention. Roux based sauces are probably the most common type, but there are also egg-based types and classic favourites like Bread, Mint and Apple sauce.

**Importance to Making Sauce** :-

1. To enhance flavour.
2. Sauce helps to digestion, e.g. Apple sauce served with Roast Pork.
3. Sauce provides moistness to the dish.
4. Contribute colour to the food.
5. Served as an accompaniment.
6. Sometimes gives the name of the dish viz. Poisson Poache Hollandaise.
7. Sauce also enhances the nutritional value.
8. Make the food more palatable



The culinary world has divided mother sauces into 2 major groups : 1) Flour Base, 2) Oil Base

Name of the Sauce	Base of the Sauce	Call Name
Mayonnaise	Oil	Cold Sauce
Hollandaise	Oil	Hot / Warm Sauce
Veloute	Flour	X
Bechamel	Flour	White Sauce
Espagnole	Flour	Brown Sauce
Tomate	Flour	Tomato Sauce

**BECHAMEL SAUCE** - Sauce made out of white roux and milk.

Recipe to produce 1 ltr. of Bechamel Sauced

Butter	-	100 gms.
Milk	-	1 ltr.
Refined Flour	-	100 gms.
Onion Cloute	-	1 no.

**Procedure** :- It has to remember that when mixing of milk & roux is taking place, the temperature of both the items must be different as that helps proper mixing. First take a little amount of milk and add the white roux. Mix it well. Add the rest of the milk and put it on the range. Add the onion cloute. Stir it properly with wooden spatula and season it with salt & white pepper powder. When it becomes concentrated, strain and add some butter on top to prevent the formation of layer. The consistency of the sauce is Sabayon that means coating.

**Derivative** :-

1. **Mornay** - **White Sauce + Cheese + Butter**
2. **Anchovy** - **White Sauce + Anchovy Essence**
3. **Sauce Aux Oeufs** - **White Sauce + Hard Boiled Eggs**
4. **Sauce Aux Oignons** - **White Sauce + Chopped Onions**
5. **Cream** - **White Sauce + Flavoured Onion + Sour Cream + White Wine**
6. **Parsley** - **White Sauce + Chopped Parsley**
7. **Mustard** - **White Sauce + English Mustard**
8. **Nantua** - **White Sauce + Cream + Crayfish Butter**
9. **Curry** - **White Sauce + Curry Powder**

**VELOUTE SAUCE** - Sauce made out of blond roux and white stock.

Recipe to produce 1 ltr. of veloute sauce

Butter	-	100 gms.
White Stock	-	1.5 ltrs.
Refined Flour	-	100 gms.
Mire-poix of vegetables	-	As reqd.

**Procedure** :- It has to remember that when mixing of stock & roux is taking place, the temperature of both the items must be different as that helps proper mixing. First take a little amount of stock and roux and mix it properly. Add the rest of the stock. Take it to the range and add the aromatic vegetables. Once it is in the desired consistency, season properly. Finish with egg yolk and cream liaison. Strain and add some butter on top to prevent formation of layer.

**Derivative** :-

1. **Allemande** - **Veloute + Mushroom + Yolk + Nutmeg + Lemon**
2. **Aurore** - **Veloute + Cream + Tomato Puree**
3. **Supreme** - **Veloute + Cream**
4. **Bercy** - **Veloute + Chopped Shallots + Reduced White Wine + Parsley**
5. **Chivry** - **Veloute + White Wine + Chervil + Chive + Mint**
6. **Caper** - **Meat Veloute + Caper**
7. **Ravigoth** - **Veloute + White Wine + Vinegar + Shallots + Chervil + Tarragon + Dill**

<b>ESPAÑOLE SAUCE</b>	-	Brown coloured basic sauce made with brown roux & brown stock.
Recipe to produce 1 ltr. of Espagnole Sauce		
Brown Roux	-	120 gms.
Brown Stock	-	1.5 ltrs.
Mire-poix of Vegetables	-	200 gms.
Leek & Celery	-	75 gms.
Garlic	-	25 gms.
Butter	-	20 gms.
Seasoning	-	As Required
Red Wine	-	20 ml.

**Procedure** :- Take a little amount of butter in a pan, melt it and put the chopped garlic, mire-poix of vegetables, leek, celery & saute. Add the brown roux and mix it well. Add strained brown stock, put it on the range to cook it properly. When it is in the desired consistency, season it. Remove and strain. The solid part to be liquidised through liquidiser and mix it back with liquid after straining. Reheat and finish it with red wine and butter on top.

**Derivative** :-

- Demi-Glaze** - **Brown Sauce + Brown Stock taken into 1:1 ratio and reduced to half.**
- Bordelaise** - **Demi Glaze + Red Wine + Shallots + Pepper + Barley + Lemon + Bone Marrow**
- Madeira** - **Madeira Wine + Demi Glaze**
- Piquant** - **Demi Glaze + Red Wine + Vinegar + Shallots + Gherkin + Chervil + Tarragon + Parsley**
- Diable** - **Demi Glaze + Red Wine + Shallots + Cayenne Pepper**
- Robert** - **Demi Glaze + Butter + Onion + Sugar + English Mustard + Worcestershire Sauce**

**TOMATO SAUCE** - A sauce made out of tomato & brown roux.

Recipe to produce 1ltr of tomato sauce

Tomato	-	300 gms.
Brown Roux	-	120 gms.
Garlic Paste	-	15 gms.
Brown Stock	-	1.5 ltrs.
Mire-poix of vegetables	-	200 gms.
Tomato Puree	-	100 ml.
Bacon	-	50 gms.
Red Wine	-	30 ml.

**Procedure** :- Take some butter in a pan and melt it. Put the garlic paste, mire-poix of vegetables, bacon and little amount of tomato and saute it. Put rest of tomato and brown roux, mix it properly. Add strained brown stock. Add the tomato puree and cook it till the consistency comes. Season it and strain. Take the solid part and liquidise it through liquidiser. After straining add again with the liquid. Finish with some red wine and top with some butter.

**Derivative** :-

- Italian Sauce** - **Tomato Sauce + Parsley + Lean Ham + Tarragon + Chives + Chervil + Mushroom**
- Portugaise** - **Tomato Sauce + Onion + Garlic + Parsley**
- Provencale** - **Tomato Sauce + Tomato Flesh + Parsley + Shallots**
- Bretonne** - **Tomato Sauce + Brown Sauce + Garlic + Mushroom**
- Mexicaine** - **Tomato Sauce + Capsicum + Mushroom + Shallots**

**HOLLANDAISE SAUCE** - An egg base sauce served hot.

Note —> 1 egg yolk can absorb 50 – 60 ml of clarified butter

Recipe	-	
Egg Yolk	-	2nos.
White Vinegar / Wine	-	As Reqd.
Cayenne Pepper	-	As Reqd.
Salt	-	As Reqd.
Clarified Butter	-	100 - 120 ml.

**Procedure** :- In a pan take required amount of white wine / vinegar and add the cayenne pepper. Reduce it to half by application of heat. After reduction cool it down. Put the beaten egg yolk and on the range mix it up well to get a coating consistency. Put the clarified butter drop by drop and mix it well by maintaining the temperature. Season it and serve hot.

If the sauce gets curdled, add one more egg yolk in the curdled mixture and stir it properly.

The sauce will remain back.

**Derivative :-**

1. **Bearnaise** - **Hollandaise + White Wine + Vinegar + Tarragon + Shallots + Chervil + Pepper**
2. **Choron** - **Hollandaise + Tomato Puree**
3. **Fayol** - **Bearnaise + Meat Glaze + Saffron**
4. **Moutarde** - **Hollandaise + English Mustard**
5. **Grimod** - **Bearnaise + Saffron**

**MAYONNAISE SAUCE** :- An egg base cold sauce.

Note 4 1 egg yolk can absorb 150 ml. of refined oil.

Recipe -

- |                |   |                      |
|----------------|---|----------------------|
| Egg Yolk       | - | 2 nos.               |
| Refined Oil    | - | 300 ml.              |
| Salt           | - | To Taste             |
| White Pepper   | - | To Taste             |
| Mustard Powder | - | To Taste             |
| Sugar          | - | As Req'd. (Optional) |

**Procedure** :- In a pan take some salt, white pepper powder, mustard powder, sugar and egg yolks. Beat them properly. Add refined oil drop by drop to get a lime yellow coloured thick sauce.

If the sauce gets curdled, take one or more egg yolk on a separate pan and add the curdled mixture drop by drop to get the sauce back.

**Derivative :-**

1. **Andalouse** - **Mayonnaise + Tomato Puree + Red Pimento**
2. **Sauce Vert** - **Mayonnaise + Spinach + Watercress + Herbs**
3. **Russe** - **Mayonnaise + Lobster + Caviar**
4. **Derby** - **Russe + Mustard**
5. **Tartare** - **Mayonnaise + Egg + Gherkins + Cocktail Onion + Pimento + Chives + Chervil**

## VARIANTS OF SAUCE

### ARROWROOT SAUCE

Arrowroot can be used in the same way as corn flour to thicken a clear liquid. It gives the sauce a gloss, unlike corn flour, which makes a cloudy sauce. Once added to the sauce, bring to the boil, then remove from the heat.

### VEGETABLE PUREE SAUCE

Leaf vegetable can be briefly cooked and pureed to make sauces. Root vegetables and pulses need to be cooked until they are really soft. Puree such as onion, need to be thickened with equal quantity of white sauce to give the desired consistency, while others, like pulses, need thinning with stock or their cooking liquid.

### MISCELLANEOUS SAUCES

There are many other groups of sauces -

1. **Barbecue Sauce** They are usually fairly strongly flavoured with spices, herbs, tomato, onion and Worcestershire sauce. These sauces add piquancy to chops, steaks, chicken and kebabs.
2. **Butter Sauce** They are made solely from melted butter with 1 or 2 addition. They are served mainly with fish and vegetables.
3. **Classic Italian Sauce** Include a number of sauces to serve over pasta, such as Bolognese sauce, Neapolitan tomato sauce and Pesto.
4. **Traditional British Sauce :-** Include Apple sauce for pork, duck and goose, Bread sauce for roast chicken and turkey, Cranberry sauce for Turkey, Cumberland sauce with red wine or port and red currant jelly for Gammon, Ham and Pork, Curry sauce for meat, chicken and vegetables, Gooseberry sauce for goose, duck & mackerel, Mint sauce with vinegar for lamb, Resin sauce for ham, tongue, lamb and duck, Tomato sauce for meat, poultry, fish and eggs.

### SWEET SAUCES

There are no classic sweet sauces. Sweet white sauces are made by the roux or blending method. These are more probably our most traditional sauces. Other includes custard sauce with egg or custard powder for fruit pies, tart or flans, steamed or baked puddings, chocolate sauce with cocoa powder or plain chocolate for puddings and ice-creams, hard butter sauces, jam sauce for baked or steamed pudding, melba sauce, syrup sauce with golden syrup for steamed puddings, sabayon sauce for cold fruit dessert.

## **COMPOUND BUTTER SAUCE**

Compound butter sauce are made by mixing the flavouring ingredients into soften butter which can then be shaped into a roll 2cm in diameter, placed in wet greaseproof paper or foil, harden in a refrigerator and cut into half slices when required.

- Parsley Butter** - Chopped parsley and lemons.
- Herbs Butter** - Minced herbs (chives, tarragon, fennel, dill) and lemons juice.
- Chives Butter** - Chopped chives and lemons.
- Garlic Butter** - Garlic juice and chopped parsley or herbs.
- Anchovy Butter** - Few drops of Anchovy essence.
- Shrimp Butter** - Finely chopped or pounded shrimp
- Garlic** - Mashed to a paste
- Mustard** - Continental type mustard
- Liver Pate** - Mashed to a paste