

DIRECTORY
MOTHER SAUCES
(Theory and examples of use)

- 2. Espanol: Basic Brown Sauce
- 3. Béchamel: Basic Cream Sauce (white sauce)
- 4. Veloute: Chicken or Fish Stock (thickened)
- 5. Tomato: Naturally Thickened Through (vegetable puree)
- 6. Egg: Cooked Egg Emulsions

MOTHER SAUCES

1. Espanol – Basic Brown Sauce (starter)

INGREDIENTS:

Veal / Beef stock
(Faintly enriched with tomato paste)

Oil/Flour (Roux), to be thickened with

USES:

Used as the starting point for all Veal or Beef flavored brown sauces with the exception of sauces using (Demi Glace). The difference being Demi Glace is (reduction) thickened, no Roux added. Demi Glace is lighter and healthier to use (less fattening). *From my point of view, if I have Demi Glace available I pretty much can do without Espanol.

At only one rate (using either Espanol or Demi Glace) the object is to enrich the “starter” with the ingredients that make up the particular sauce you are trying to create.

*The combinations are unlimited.

EXAMPLES OF USE:

1. Add sautéed mushrooms, de-glazed with Marsla or Maderia, for a (Veal Marsala Sauce).
2. Add wine & sour cream to make a (Beef Stroganoff sauce).
3. Add brandy, peppercorns and Dijon mustard to create an (Au Poive Sauce).
4. Season with a reduction of: minced onion, bay leaf, black peppercorns and wine for a (Bordelaise sauce).

MOTHER SAUCES

2. BÉCHAMEL – BASIC CREAM SAUCE (WHITE SAUCE STARTER)

INGREDIENTS:

Cream/ Milk

Minced Onion and Nutmeg (To flavor the cream)

Butter/ Flour (Roux) used as a thickener

USES:

Used as the starting point for all “cream sauces” with the exception of sauces using a heavy cream reduction which would (usually be in the case of a “pan sauce”). Using Béchamel as starter sauces, they are created by enriching the “starter” with the ingredients that make up the particular sauce you are trying to create. *The combinations are endless.

EXAMPLES OF USE:

1. Simply by adding Chicken Stock, a Béchamel becomes a: “Supreme Sauce.”
2. Adding shredded cheese, White Wine, or Beer, creates a: “Cheese Sauce or Fondue.”
3. Add Lobster Stock, Sherry, and Dry Mustard to make a: “Newburg Sauce or Lobster Sauce.”
4. Add Chicken Stock, Sherry, Pimento, and Egg Yolks to make: “Chicken A La King Sauce.”
5. White Wine, Vermouth and Fish Stock make a: “White Wine Sauce for Fish (as in Sole), “Bon Femme.”

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3. VELOUTE – “CLEAR THICKENED STOCKS (GRAVIES)”

INGREDIENTS:

Stock / (Chicken or Seafood) NO milk products added. Seasoned with fresh herbs, then thickened with (butter/ flour) roux, or cornstarch or arrowroot.

USES:

Used as a simple sauce or gravy for poultry or seafood. A “natural” topping I.E.: (thickened Fish stocks on Fish Entrée).

EXAMPLES OF USE:

1. Chicken Stock, seasoned with fresh Thyme, or Rosemary, fresh chopped Parsley and Garlic. Thickened with Butter/ Flour (Roux) creates an excellent natural Chicken Gravy/ Sauce (Veloute).
2. Fish stock, seasoned with Bay Leaf, Peppercorns, Cloves, (Pickling Spice), White Wine and Lemon Juice. Thickened with Butter/ Flour (Roux) creates an excellent natural Fish Gravy/ Sauce “Veloute.”

*Using a Chicken Veloute as a “base”, and adding Milk/ Cream would form “Supreme Sauce.” Add Milk/ Cream to Fish Veloute “base” to make Seafood Cream Sauce.

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4. TOMATO – “NATURALLY” THICKENED THROUGH (VEGETABLE PUREE).

INGREDIENTS/ PROCEDURE:

Tomatoes sautéed in Olive oil with Carrot, Celery Onion, and fresh Parsley. Seasoned with Italian herbs and spices and heavy Garlic. Then simmered with water for a long period (several hours) to bring out the flavors. The resulting mixture is then pureed (using a blender, food processor, or a Beurre mixer). *The acid in the Tomatoes gives off a bitter taste that can be “seasoned” out with Sugar, Cinnamon, or my preference: a nice flavored Liquor such as Pernod or Herbsaint. *Herbsaint is special and is available for purchase in New Orleans.

EXAMPLES OF USE:

1. Marinara Sauce, which is a seasoned Tomato Sauce with multi usage. Marinara is used as a sauce for Pasta, Meat and additional (diced) Vegetable may be added.
2. Marinara tossed with sautéed Chicken, Peppers, and Onion, flavored with white wine makes Chicken Cacciatore.
3. Many Italian dishes are bound with or topped with Marinara. I.E. Lasagna, Cannelloni, Veal, or Chicken Parmesan; as well as many more. *Add cooked Eggplant puree to Marinara for additional flavor. The French have a name for that sauce, starts with: M.

MOTHER SAUCES

5. EGG – COOKED EMULSIONS

INGREDIENTS/ PROCEDURE:

Egg Yolks whipped to a “froth” over low heat, then “introduced” to a liquid, usually Butter or Oil (drizzled into the cooked Egg Yolks slowly) to form an “emulsion.” This forms a basic “Mayonnaise.” *An acid such as; Lemon Juice is usually whisked in with the Egg Yolks to help form the emulsion.

Used most commonly as: Hollandaise Sauce, which is an Egg Yolk/, Butter Emulsion. Flavored with Lemon Juice, Worcestershire Sauce, Tabasco Sauce, and a dash of Cayenne Pepper. *Add Salt only if using Unsalted Butter. Hollandaise is used as is, or as a starter sauce.

EXAMPLES OF USE:

1. Toasted English Muffins topped with grilled Canadian Bacon slices and poached Eggs. Then crowned with Hollandaise is the classical New Orleans brunch item. “Eggs Benedict” made famous at Brennan's Restaurant.
2. Adding a reduction of Tarragon, Chervil, and Vinegar makes Bernaise Sauce, excellent with Beef and Veal.
3. Adding Tomato product to Hollandaise creates Choron Sauce, also excellent with Beef and Veal.
4. Folding unsweetened whipped Cream into Hollandaise sauce creates: Mousseline Sauce. Used to “crown” dishes before browning under an overhead broiler. The addition of the whipped Cream “strengthens” the Hollandaise and keeps it from breaking down under intense heat of the broiler. (Example: Sautéed Shrimp & Scallops, placed in a ceramic dish topped with a generous amount of Mousseline Sauce then, broiled. *Makes a nice starter course.
5. Sabayons or Zabaione are variations of Egg emulsion sauces. These are Italian desert sauces. In this procedure the egg yolks are frothed then cooked over low heat as with Hollandaise. Instead of introducing Butter or Oil, in this case you drizzle in Marsala Wine or Grand Marinar. These can be served warm or chilled, by themselves (as a mousse) or as a sauce for another desert.

THEORY:

Emulsion sauces are very delicate and require care in making, starting, and using.

Hints:

1. Allow egg yolks to reach room temperature before starting sauce.
2. Whisk lemon juice (acid) into egg yolks before cooking process. The “acid” starts cooking the yolks (tempering them), they will be less likely to “scramble” on you while cooking on low heat.
3. Use a double broiler for cooking process.
4. When introducing the butter or oil make sure temperature of butter/ oil is approximately 80° to 90°; any hotter sauce will “separate”.
5. Store sauce in warm place, if too hot or too cold the sauce will separate.
6. Use sauce within 1 or 2 hours of making.

7. If sauce does “separate” you can usually re-emulsify it. Place several egg yolks in cooking bowl. Whisk over low heat. Slowly drizzle “broken” hollandaise mixture into cooking yolks. Sauce should come back together.