

**DIRECTORY**  
**PAN SAUCES**  
*Theory and Example*

2. Sautéing, de-glazing, thickening enriching (examples)
3. Roasting, Braising, de-glazing, flavoring thickening (ajus), and gravies.

## PAN SAUCES

### 2. SAUTÉING, DE-GLAZING, THICKENING, ENRICHING.

Sauce preparation can be broken down into two categories. Bulk Sauces; made ahead of service time. The second grouping would be: Pan Sauces or Ala Minute, (made to order) at service time. Pan sauces are made during the sautéing process.

#### BASIC PROCEDURE/THEORY:

First the sauté pan is made hot. A small amount of Butter/ Oil is added to the pan. A piece of Meat (that has been dredged in Flour) is placed in sauté pan. The Meat is first browned on one side (sautéed), turned and browned on the other side. Vegetable being used are added and sautéed. Seasonings such as herbs and spices are now added. Next is the de-glazing process. A liquid, (Wine, Liquor, Stock, Water) is added to the hot sauté pan. The liquid will react with the heat from the pan and “steam” looses flavored food juices that have glazed on the bottom of the pan during the sautéing process. If Wine or Liquor is used for de-glazing the alcohol will usually “flame” off when coming into contact with the hot pan and leave behind the flavor and little or no alcohol.

After de-glazing either stock or a base sauce such as: (Demi Glace, Bechamel, Tomato) is added to the pan, depending on what dish is being made. Since I’m am talking about “Pan Sauces” in this case I will add a stock so as to stay true to form. As the stock is added it will combine with the flavor from the de-glazing and as heat is applied the stock will start to thicken from “reduction” (liquid evaporating) and from Flour that was used to coat the meat. If the type of Meat used will benefit from simmering leave it on the pan otherwise if it the type toughen or break apart during simmering, remove it from the pan and set it aside. Simmer contents of sauté pan until desired thickened is achieved. Now taste Pan Sauce and adjust seasonings. Last just before serving; enrich the Pan Sauce by swirling small amounts of “Soft Butter” into sauce. Wisking the Butter into the sauce will further thicken sauce, add richness to the flavor and add sheen to the sauce. Ladle Sauce over Meat, garnish and serve.

#### PAN SAUCES (EXAMPLES OF USE):

1. Chicken Marsala: Heat sauté pan, add Butter/ Oil mix. Dredge boneless Chicken Breast in seasoned Flour; shake off excess Flour and place in sauté pan. Brown on one side, turn and brown on the other side. Add sliced Mushrooms and sliced Green Onion, continue to sauté. Pour generous amount of Marsala Wine or Maderia Wine into the pan and allow to flame off the alcohol, thus de-glazing the pan. Add approximately 1 cup of Chicken Stock to the pan and simmer to “reduce” (thicken through evaporation). Remove Chicken Breast, place on a plate. Simmer Pan Sauce, adjust seasoning (Salt, Pepper) if needed and Garlic. \*I didn’t add Garlic at the beginning of the sauté process, as it has a tendency to burn. Wisk soft Butter into sauce. Ladle sauce over Chicken Breast, garnish and serve. \*Serve with either Fettuccine or Linguini and a color vegetable medley. \*Classical/ Italian Americanized dish.
2. Fettuccini Carbonara (Alfredo with Bacon or Ham)  
Heat sauté pan. Add diced raw Bacon or Prosciutto Ham or my favorite \*Pancetta (Italian cured Bacon). Add small amount of Olive Oil for flavor to cook into the

oil/ renderings. \*Optional, add diced Green Onions, sauté. Next add a generous amount of shredded fresh Parmesan Cheese to the simmering Cream, Wisk well to blend in the melting Cheese. Reduce the heat and Wisk in a room temperature Egg Yolk to thicken and enrich sauce. Season with fresh ground Black Pepper. Using a strainer, heat cooked Fettuccini in Salted boiling water. Strain well and mix with sauce. Use a pasta fork to roll the Pasta out onto serving plate. Pour remaining sauce over the Pasta. Garnish with chopped crispy Bacon and chopped Green Onion tops (serve immediately). \*Nice touch: offer Pepper Grinder and fresh Parmesan (wheel grinder) at the table.

## PAN SAUCES

*(Theory and examples)*

### 3. ROASTING, BRAISING, DE-GLAZING, FLAVORING, THICKENING

When roasting or braising meats, the natural drippings from the meat along with caramelized vegetables, herbs and seasonings, make a wonderful sauce to serve with the meat. This sauce can be served as a (Gravy).

#### BASIC PROCEDURE:

Pan Sauce, Roasting, and braising. Line the bottom of the roasting pan with rough-cut Carrot, Celery, Onion, Parsley, fresh Garlic, and fresh Herb. (Such as Rosemary or Thyme). Sear Meat to be roasted or braised on a griddle top or large sauté pan. Place meat on top or in a large sauté pan. Place Meat on top of bed of Vegetables. Roast in 375° oven until Vegetables are caramelized. Reduce heat and continue cooking until Meat reaches desired doneness. \*(If making gravy, you can add Tomato Paste the Vegetables when caramelized), then continue cooking. When Meat is cooked, remove and set aside. Add water or Stock to the roasting pan to de-glaze. Simmer, strain. Skim the grease off the top. Serve as is; as an AJUS.

If time allows, refrigerate overnight to allow fat to harden on the top of AJUS. This will allow for more thorough removal of the grease than just skimming. \*I also prefer to slightly thicken AJUS with the a little Cornstarch so it will not just “run off” of Meats that it is applied to. The fresh Herbs that the Meat was roasted with will flavor the AJUS. I prefer fresh Rosemary, followed by fresh Thyme. If making gravy from the AJUS, Tomato Paste can be added to the caramelized Vegetables (as before mentioned) and a Roux of Flour/ Butter or Flour/ Oil can be used as a thickener.

\*I have found that the public is fickle about the addition of rosemary flavor to AJUS; they either love it or hate it.

Examples: (Sauces made using this method) Beef AJUS, for Prime Rib, Lamb AJUS, for Roasted Leg of lamb, Roasted Chicken Veloute, Beef Stew, Gravy, etc.