

SPECIALTY SAUCES
DIRECTORY

2. Teriyaki / Special version with Apricot and Marsala
3. Sweet and Sour
4. Three Pepper (Pepperoncini) Sauce.
5. Veronique
6. Brie Sauce (for Salmon)
7. Peanut Sauce (for Pork)
8. Pesto Sauce
9. Gorgonzola Sauce (for Pasta)
10. Mango Mint with Tossed Poppy Seed (for Lamb)
11. Veal Sweet Bread Sauce (for Veal Chops)
12. Roasted Red, Green, or Yellow Pepper Sauce.
13. Lobster Sauce
14. Saffron Cream Sauce
15. Curry Cream Sauce (Old Fashioned Cream Based, Turmeric Version)
16. Mushroom, Marsala Sauce (as in Veal or Chicken Marsala)
17. Cajun Cream Sauce with Tasso
18. Cheddar, Ale, Cheese Sauce
19. Piccata (Lemon, Caper) (as in Veal or Chicken Piccata)
20. Tequila, Lime Sauce *(salt the plate rim for garnish)
21. Tuna Lime Sauce (with Green and Pink Peppercorns)
22. Tarragon, Cream Sauce
23. Shallot Bordelaise
24. Lo Mein (with burnt Sugar)
25. Marinara (with pureed Eggplant; optional)
26. Sage Cream (for grilled Shrimp wrapped with Prosciutto)
27. Brown Butter Cream Sauce (for Fish)
28. Herbed Clam Sauce
29. White Clam Sauce
30. Red Clam Sauce
31. Dijon Cream with Cognac (for Beef)
32. Spanish Sauce (and variations)
33. Au Poivre (for Steak)
34. Black Bean Sauce
35. Egg Foo Young Sauce
36. Choron
37. Béarnaise
38. Hollandaise
39. Champagne Sauce
40. Polonaise
41. Chicken A La King Sauce
42. Scallop Saint Jaques Sauce
43. Barbecue Sauce (tomato base) *optional add fruit (example: cranberries)

SPECIALTY SAUCES
DIRECTORY (CONTINUED)

44. Barbecue Sauce (vinegar base, NC style for roasted pork and chicken)
45. Supreme Sauce
46. Osso Buco Sauce
47. Cacciatore Sauce
48. Chicken Alfredo Sauce
49. Roasted Macadamia and Roasted Red Pepper Cream Reduction
50. Blueberry, Orange, Cream Reduction
51. Ginger, Scallions, Cream Reduction
52. Mango Cream Reduction
53. Raspberry Buerre Blanc
54. Imperial Sauce
55. Wild Cherry Armagnac
56. Citrus Cream Reduction Sauce
57. Pumpkin Sauce
58. Fennel Sauce
59. Truffle Sauce (for Beef Wellington)
60. Robert Sauce
61. Barbecue Pizza Sauce (for Barbecue chicken Pizza)
62. Caramelized Onion “Gravy”
63. Newberg Sauce
64. Grilled Pineapple Cream Reduction
65. Mornay Sauce
66. Lemon Cream Reduction
67. Cucumber Dill Cream Sauce
68. Marchands De Vin
69. Stroganoff
70. Mock Enchilada Sauce
71. Alfredo Sauce
72. Carbonara Sauce
73. Mariniere
74. Wild Mushroom and Fig Sauce (for Duck)
75. Gewürztraminer Sauce
76. Shiraz Sauce (for Australian Lamb)

SPECIALTY SAUCES

2. TERIYAKI (Oriental Sauce)

INGREDIENTS:

Soy Sauce (Kikkoman's)	Honey
Pineapple Juice	Brown Sugar
Chicken Stock	Ginger/ Garlic (fresh)
Water	Green Onion
Sherry	Peanut Oil/ Sesame Oil
*Cornstarch	Sesame Seeds (optional)
	Fresh Oranges (1/4?)

PROCEDURE:

Combine: Soy Sauce, Pineapple Juice, and Chicken Stock, Water, Sherry, and cut Oranges in cooking pot. Bring to a boil, reduce heat to a simmer and whisk Brown Sugar and Honey into cooking pot. (Continue whisking until well dissolved). Add chopped Fresh Ginger and Garlic, and chopped Green Onion, continue to simmer. Add Peanut Oil and Sesame Oil. Whisk in cornstarch if desired. Strain before use.

*If Teriyaki is to be used as a marinade, no Cornstarch will be needed. Used as a glaze thickens with additional Cornstarch. *For variation, substitute Apricot Juice for the Pineapple Juice and Marsala for the Sherry. Excellent for Grilled Chicken.

SPECIALTY SAUCES
3. SWEET AND SOUR

INGREDIENTS:

Ketchup	Green Peppers	Brown Sugar
Pineapple Juice	Onion	Honey
Chicken Stock	Pineapple Chunks	Ginger
Soy Sauce	Maraschino Cherries (optional)	Garlic
Red Wine Vinegar	Sesame Seed	Butter
Cornstarch (optional)	Sesame oil	

PROCEDURE:

Melt Butter in a cooking pot; add large diced Green Peppers, Onion, Pineapple Chunks, and Maraschino Cherries (stems removed). Sauté, season, with fresh Ginger and Garlic. Add to the cooking pot: Ketchup, Pineapple Juice, Chicken Stock, Vinegar and Soy sauce. Bring to a boil, then reduce heat to a simmer. Wisk Brown Sugar and Honey into cooking pot. (Continue whisking until well dissolved). Add Sesame Oil and Sesame Seeds. Thicken as desired with Cornstarch. Depending on use, serve as is, or strain.

*Try Sweet and Sour without the Ketchup and substitute Balsamic Vinegar for the Red Wine for a variation in flavor.

SPECIALTY SAUCES

4. THREE PEPPER (PEPPERONCINI)

INGREDIENTS:

Green Peppers	Pepperoncini Juice	Garlic
Red Peppers	Chicken Stock	Butter
Pepperoncini	Cornstarch	

PROCEDURE:

Combine Pepperoncini Juice with Chicken Stock in a cooking pot. Bring to a boil, then reduce heat to a simmer and thicken with Cornstarch. Dice the various Peppers then sauté them with the Butter. Season with Garlic. Add the sautéed Peppers to the thickened stock. Wisk Soft Butter into sauce to enrich prior to service.

*Pepperoncini Juice gives a unique tartness to the sauce. Sauce Is Excellent with Chicken or Blackened Swordfish. Cut the chicken or Swordfish into 3 medallions for plate design to match the 3 Pepper Theme.

SPECIALTY SAUCES

5. VERONIQUE

INGREDIENTS:

White Seedless Grapes (Thomson)	Chicken Stock
Orange Juice	White Pepper (course ground)
White Wine	Garlic
Cornstarch	Butter

PROCEDURE:

Combine Orange Juice, Chicken Stock and White Wine in a cooking pot. Bring to a boil. Then reduce to a simmer and thicken with Cornstarch. Add White Seedless Grapes and season with Garlic and White Pepper. Wisk Soft Butter into sauce to enrich prior to service.

*Excellent with Chicken or Fish. Sauce is at it's best when made as a "Sauté Pan Sauce". I.E. sauté the floured Chicken or Fish with Butter. Add the Grapes, season with Garlic and Pepper. De-glaze the pan with White Wine. Remove the Chicken or Fish and set aside on serving plate. Add the Orange Juice and Chicken Stock; cook on high heat to reduce. Wisk Soft Butter into sauce to enrich. *No Cornstarch is necessary as the "reduction process," the Flour remnants from the sautéed Meat and the Soft Butter will naturally thicken the sauce.

SPECIALTY SAUCES

6. BRIE SAUCE

INGREDIENTS:

Brie Cheese (or substitute Camembert)	Chicken Stock
Heavy Cream	Butter
Half & Half	Flour
White Wine	

PROCEDURE:

Cut rind from Brie wheel; put the Cheese into a double boiler. Melt on low heat. Add Heavy Cream, Half- &-Half, White Wine, and Chicken Stock. Wisk well to combine ingredients. Increase heat (but do not boil mixture). Bind ingredients by wisking in a small amount of Butter/ Flour (Roux) *Very little Roux is needed, as Brie Cheese will naturally thicken sauce. Roux is used more to bind ingredients together than to thicken.

*This rich sauce goes well with Chicken, Salmon or my choice, "Baked Salmon in Pasty with Brie."

SPECIALTY SAUCES

7. PEANUT SAUCE

INGREDIENTS:

Roasted Shelled peanuts
Peanut Butter
Heavy Cream
Half & Half

Chicken Stock
Flour
Butter
Garlic

PROCEDURE:

Combine Peanut Butter, Heavy cream, Half- &-Half, and Chicken Stock, in a double boiler. Cook on medium heat. Wisk well to combine ingredients. Thicken with Butter/ Flour (Roux). Add chopped Roasted Peanuts for texture and season with small amount of Garlic.

This sauce is a “different” alternative to serve with Pork dishes. *Save Pork Stock from cooked Pork and add to sauce as a substitute for Chicken Stock.

SPECIALTY SAUCES

8. PESTO SAUCE

INGREDIENTS:

Fresh Basil Leaves	Heavy Cream
Roasted Pine Nuts	Half & Half
Fresh Grated Parmesan Cheese	Fresh Garlic
Olive Oil	

PROCEDURE:

Clean stems from Fresh Basil. Combined cleaned Basil, Fresh Garlic, Roasted Pine Nuts and Fresh Grated Parmesan Cheese in a food processor (while running) to form an Emulsion, thus making "Pesto". Simmer Pesto with Heavy Cream and Half- &-Half to make "Pesto Sauce".

Pesto by itself has many uses, s a stuffing for Fish or Chicken. Spread on grilled Bruschetta Bread. Combined with butter for a spread etc. Combined with Heavy Cream and Half- &-Half "Pesto Sauce" is excellent on pasta.

SPECIALTY SAUCES
9. GORZANZOLA SAUCE

INGREDIENTS:

Gorzanzola Cheese
Parmesan Cheese
Heavy Cream
Half & Half
White Wine

Butter Garlic
Flour
Basil
Oregano

PROCEDURE:

Combine Gorzanzola Cheese, Parmesan Cheese, Heavy Cream, Half- &-Half and White Wine in a double broiler. Cook on medium heat. Wisk well to combine ingredients. Thicken with Butter/ Flour (Roux). Season with chopped Garlic. * Use as a sauce for Chicken or as a sauce for Pasta Dishes.

SPECIALTY SAUCES

10. MANGO MINT

INGREDIENTS:

Fresh Mango
Mint Jelly
Balsamic Vinegar (optional)

Poppy Seed
Fresh Mint Leaves

PROCEDURE:

Melt Mint Jelly in a saucepan add Balsamic Vinegar, Toasted Poppy Seed and fresh chopped Mint Leaves. Dice fresh Mango and add last (so Mango doesn't become mushy from overcooking).

Excellent sauce for Grilled Lamb Chops. *(As served at "Michael's")

SPECIALTY SAUCES
11. VEAL SWEETBREAD SAUCE

INGREDIENTS:

Veal Sweetbreads	Heavy Cream
Celery	Half & Half
Carrot	Butter
Onion	Flour
Garlic	Port Wine (substitute Madeira or Marsala if needed)
Salt	

PROCEDURE:

Stock Veal Sweetbreads in cold salted water (to draw out any blood). Combine Carrot, Celery, Onion, and Water in a cooking pot and bring to a boil. Add Veal Sweetbreads and cook until firm. Remove Veal Sweet Breads (set aside), strain cooking liquid and return to heat. Cook until reduced by ½; add Heavy Cream and Half- &-Half. Thicken with Butter/ Flour (Roux). Dice cooked Veal Sweetbreads (remove connecting tissues). Sauté diced Sweetbreads, with diced Fresh Garlic and Butter. De-glaze pan with a generous amount of good Port Wine. (Fonseca Bin No. 27, Graham's, Sandeman, etc.). Add sautéed Veal Sweetbreads to sauce.

*Serve as sauce for Veal Chops or Veal Loin.

SPECIALTY SAUCES

12. ROASTED RED, GREEN, YELLOW PEPPER

INGREDIENTS:

Red, Green, Yellow Bell Peppers	Half & Half
Shallots	Butter
White Wine	Flour
Heavy Cream	White Pepper
Chicken Stock	

PROCEDURE:

Roast Peppers over an open flame for “Roasted” flavor and to “Char” skin for easy removal. After roasting, Place Peppers in a sealed container or paper bag (to sweat skins off). Discard Pepper skins and seeds. Process Roasted Peppers with Shallots and White Wine to a puree. Combine processed Roasted Pepper puree with Heavy Cream, Half- &-Half, and Chicken Stock. Cook on medium heat. Thicken with Butter/ Flour (Roux). Season with White Pepper. Wisk Soft Butter into sauce to enrich prior to service.

*Excellent sauce for Chicken.

*This sauce is also made as a “Cream Reduction” sauce (no Roux). This lighter sauce can be dispensed from squirt bottles to decorate plates. To (re-emulsify) shake squirt bottle vigorously.

Use local Peppers when in season; the imported “Holland” Peppers are too expensive for sauce usage.

SPECIALTY SAUCES

13. LOBSTER SAUCE

INGREDIENTS:

Lobster Stock (see Stocks for recipe)	Butter
Heavy Cream	Flour
Half & Half	Dry Mustard
Sherry (Harvey's Bristol Cream or Sandeman)	Paprika (optional, for coloring)
	Cayenne Pepper (optional)

PROCEDURE:

Combine Lobster Stock, Heavy Cream, Half- &-Half, and Sherry in a cooking pot. Cook on medium heat (do not boil). Season with Dry Mustard and Cayenne Pepper, adjust color with Paprika. Wisk Soft Butter into sauce to enrich prior to service.

Add poached or sautéed Seafood to Lobster Sauce to make a Seafood Newberg. Use Lobster Sauce as a sauce for fish or for Lobster Dishes. Add minced, sautéed Lobster Meat to sauce for texture and additional flavor.

*Can also be made as a (Cream Reduction) sauce, and thickened by "Reduction", hold the (Roux), for a lighter sauce.

SPECIALTY SAUCES
14. SAFFRON CREAM SAUCE

INGREDIENTS:

Saffron	White Wine (optional)
Onion	Butter
Heavy Cream	Flour
Half & Half	White Pepper
Chicken Stock	Turmeric (optional, for additional coloring, using Less Saffron, as it is quite expensive)

PROCEDURE:

Combine Heavy Cream, Half- &-Half, Chicken Stock and White Wine (if using wine) in a cooking pot. Cook over medium heat. Thicken with Butter/ Flour (Roux). Reduce heat to a simmer. Sauté Saffron with Onion and Butter to release flavors. Add sautéed Saffron to thickened Cream Sauce. Add Turmeric for additional color and season with White Pepper. Strain Sauce. Wisk Soft Butter to enrich prior to service.

*Sauce is excellent with Seafood, Chicken, and Vegetable dishes.

*Sauce has a distinct yellow color from the Saffron and Turmeric (if used).

SPECIALTY SAUCES
15. CURRY CREAM SAUCE

INGREDIENTS:

Curry Powder
Onion
Apple
Heavy Cream

Half & Half
Chicken Stock
Butter
Flour

INGREDIENTS:

Combine Heavy Cream, Half- &-Half and Chicken Stock in a cooking pot. Cook over medium heat. Thicken with Butter/ Flour (Roux). Reduce heat and simmer. Sauté Curry Powder with minced Apple, minced Onion, and Butter, to release flavors. Add sautéed Curry Powder to thickened Cream Sauce. Strain sauce. Wisk Soft Butter into sauce to enrich prior to service.

*Use sauce for Curry Chicken or Seafood. This Curry is from the “Old School”. Now we experiment with Red, Green, Yellow Curries from Thai Cooking. (Curry Powders are last resorts) *Use Mortar and Pestle to Mash fresh herbs and spices into a fresh (Curry Paste).

SPECIALTY SAUCES
16. MUSHROOM, MARSALA SAUCE

INGREDIENTS:

Wild Mushrooms (or Buttons)	Demi Glace (see Mother Sauces)
Green Onions	Marsala (can substitute Madeira)
Heavy Cream	Butter
Sun dried tomato	Thyme
	Garlic

PROCEDURE:

Combine Demi Glace and Heavy Cream in a cooking pot. Cook over low heat. Sauté sliced Wild Mushrooms and chopped Green Onion with Garlic and Butter. De-glaze sauté pan with Marsala and season with fresh Thyme. Add sautéed Mushrooms to heated Demi Glace.

*Portabella Mushrooms are excellent for this sauce.

*Use sauce for “Chicken Marsala” and “Veal Marsala”, also excellent sauce for sliced Sirloin. This sauce is also made as a “Sauté Pan Sauce”, using Chicken Stock instead of Demi Glace.

SPECIALTY SAUCES
17. CAJUN CREAM SAUCE

INGREDIENTS:

Heavy Cream	Butter
Half & Half	Flour
Onion	Blackening Seasoning *(see recipe below)
Tasso (Cajun Cured Pork)	

Procedure:

Combine Heavy Cream and Half- &-Half in a cooking pot. Cook over medium heat. Thicken with Butter/ Flour (Roux). Reduce heat to a simmer. Wisk Blackening Seasoning into Cream Sauce to season. Sauté Fine Diced Tasso and fine diced Onion with Butter. Add sautéed ingredients to cream sauce.

Sauce is used for Pasta Dishes. *Example: Ziti with Cajun Cream Sauce, topped with grilled Blackened Swordfish, Avocado, Sour Cream, and Green Onion. (As served at "Ocean Reef Club")

*Blackening Seasoning Recipe: Paprika, Salt, Onion Powder, Garlic Powder, White Pepper, Black Pepper, Red Pepper, Thyme, Oregano, Basil.

SPECIALTY SAUCES
18. CHEDDAR ALE CHEESE SAUCE

INGREDIENTS:

Sharp Cheddar Cheese (shredded)	Butter
Bass Ale	Flour
Heavy Cream	Dry Mustard
Half & Half	

PROCEDURE:

Put Shredded Cheddar in a double boiler. Melt on low heat. Add Bass Ale, Heavy Cream and Half- &-Half. Wisk well to combine ingredients. Increase heat (but do not boil mixture). Bind ingredients by whisking in a small amount of Butter/ Flour (Roux). *Very little Roux is needed, as Cheese will naturally thicken sauce. Roux is used more to bind ingredients together than to thicken. Season with Dry Mustard (the mustard will amplify the cheese flavor).

*Use as a “Fondue” sauce or as the base for soup. Excellent with vegetables (fresh Asparagus or Broccoli) or as a Paste Sauce.

SPECIALTY SAUCES

19. PICATTA SAUCE

INGREDIENTS:

Lemon Juice
White Wine
Chicken Stock

Capers
Butter
Cornstarch
Garlic

PROCEDURE:

Combine Lemon Juice, White Wine and Chicken Stock in a cooking pot. Cook over medium heat. Thicken with Cornstarch. Reduce heat to a simmer. Add Capers and season with Garlic. Wisk Soft Butter into sauce to enrich prior to service.

This sauce is also made as a "Sauté Pan Sauce". Used for Classical Italian dishes: Chicken Picatta or Veal Picatta. *Also excellent sauce for fish.

SPECIALTY SAUCES
20. TEQUILA LIME SAUCE

INGREDIENTS:

Tequila
Heavy Cream
Half & Half
Chicken Stock
Onion

Lime Juice (fresh)
Butter
Flour
Course Sea Salt
Course Cracked Back Pepper

PROCEDURE:

Pour generous amount of Tequila into a cooking pot. Add fine diced Onion and Cracked Black Pepper. Cook on Medium heat until Tequila “flames” and alcohol is cooked off. Add Heavy Cream, Half- &-Half, Chicken Stock, and Lime Juice. Continue cooking. Thicken with Butter/ Flour (Roux). Strain Sauce before use. Wisk Soft Butter into sauce to enrich prior service.

*Excellent for Grilled Salmon. Use Course Sea Salt to salt the rim of the plate (like a margarita).

SPECIALTY SAUCES
21. TUNA LIME SAUCE

INGREDIENTS:

Fresh Tuna (trimmings)	Heavy Cream
Lime Juice (fresh)	Half & Half
Onion	Butter
Black, Green & Pink Peppercorns	Flour
Garlic	Salt

PROCEDURE:

Combine Tuna Trimmings (Bloodline removed), diced Onion, Lime Juice, Black Peppercorns and Garlic in a cooking pot. Cook on low heat (to make a stock). Strain stock, return to heat. Add Heavy Cream and Half- &-Half, continue cooking. Thicken with Butter/ Flour (Roux). Season with salt. Strain before serving. Add soft Green and Pink Peppercorns for texture and additional flavor. Wisk Soft Butter into sauce to enrich prior to service.

*Excellent sauce with Fresh Grilled Tuna Steak or with Pasta dishes using Fresh Tuna. Example: Ziti with Tuna Lime Sauce, diced Smoked Tuna and Capers topped with Romano Cheese.

SPECIALTY SAUCES
22. TARRAGON CREAM SAUCE

INGREDIENTS:

Heavy Cream
Half & Half
Chicken Stock
White Vinegar
Onion

Tarragon (fresh)
Butter
Flour
Chervil
Black Peppercorns (cracked)

PROCEDURE:

Combine fresh Tarragon leaves, Chervil, Cracked Black Peppercorns, minced Onion, and White Vinegar in a cooking pot. Cook on low heat until liquid evaporates, making a “Tarragon Reduction”. Add Heavy Cream, Half- &-Half, and Chicken Stock. Continue to cook. Thicken with Butter/ Flour (Roux). Strain sauce before use. Add fresh chopped Tarragon leaves for color contrast and additional flavor. Wisk Soft Butter into sauce to enrich prior to service.

*Serve with Chicken, Salmon or Pasta Dishes.

*Sometimes I prefer this sauce to have a slight yellow tint to it. This is achieved through use of Egg Yolk, Saffron or Turmeric (last resort, Egg Shade).

SPECIALTY SAUCES
23. SHALLOT BORDELAISE

INGREDIENTS:

Shallots (Fresh Whole, Peeled)	Thyme (fresh)
Demi Glace	Bay Leaf
Red Wine	Garlic
Dijon Mustard (optional) variation	

PROCEDURE:

Combine Shallots, Red Wine, Thyme, Bay Leaf and Garlic in a cooking pot. Simmer over low heat until Shallots are semi-tender. Add Demi Glace and continue to cook until Shallots are tender. Do not over cook, as you want Shallots to retain their shape.

*Excellent sauce for any kind of Beef Dish; especially Grilled Steaks.

SPECIALTY SAUCES

24. LO MEIN SAUCE

INGREDIENTS:

Soy Sauce, Dark (Kikkoman)
Sugar

Ginger
Garlic

PROCEDURE:

Combine Sugar with small amount of Water. Cook over medium heat until Sugar caramelizes, turning dark amber. Wisk Soy Sauce into Cooked Sugar. Season with Ginger and Garlic.

*Use sauce to “Glaze” Lo Mein Noodles for Oriental dishes. Sauté Meat and Vegetables in Hot Wok, toss with Lo Mein Noodles. Add Lo Mein Sauce, heat from Wok will cause sugar in sauce to “Glaze” to the noodles.

SPECIALTY SAUCES

25. MARINARA

INGREDIENTS:

Canned Whole Tomatoes	Garlic
Carrot	Thyme
Celery	Basil
Onion	Oregano
Olive Oil	*(Sweetener)
Bay Leaf	Water

PROCEDURE:

Heat Olive Oil in a large cooking pot (stockpot). Add diced Carrot, Celery and Onion. Sauté until tender. Add Tomatoes and continue sautéing. Add Garlic, Thyme, Basil, Oregano, and Bay Leaf. Add Water, bring to a boil. Reduce heat to a simmer and cook for several hours. Add Sweetener to combat bitter taste from acid in Tomatoes. Process sauce with Large Buerre Mixer or in a Food Processor.

Used primarily with Italian Cooking/ Pasta Sauces. For variation, add Eggplant to the sauce.

Tomatoes give off a “Bitter” taste when cooked. Use a “Sweetener” to season the “Bitter” out. Cinnamon and sugar are the most common. I prefer Anise flavored Liquor (Pernod).

SPECIALTY SAUCES

26. SAGE CREAM

INGREDIENTS:

Sage (fresh)	Heavy Cream
Prosciutto Ham (trimmings)	Butter (un-salted)
Shallots (minced)	Parmesan Cheese (grated)

PROCEDURE:

Sauté Ham trimmings with minced Shallots, Sage Leaves, and Butter. Add Heavy Cream and cook to “Reduce” (thicken) naturally. Strain sauce. Add additional fresh chopped Sage Leaves for texture and flavor. Melt in small amount of Parmesan Cheese. Wisk Soft Butter into sauce to enrich prior to service. *Butter also forms an emulsion with the Heavy Cream and helps to thicken the sauce.

Use as the sauce for “Grilled Prosciutto Wrapped Shrimp” with fresh Sage as served at Michael’s,” or as a Pasta Sauce.

*As with any Cream Reduction Butter Emulsion Sauce this sauce will “separate” during a re-heat. To fix or (re-emulsify), add additional Heavy Cream, “Reduce” and wisk Soft Butter into re-heat sauce.

SPECIALTY SAUCES

27. BROWN BUTTER CREAM REDUCTION

INGREDIENTS:

Beef Base (minors)
Heavy Cream
Lemon Juice

Butter (un-salted)
Garlic

PROCEDURE:

“Reduce” Heavy Cream in a cooking pot over medium to high heat. Wisk Beef Base and Lemon Juice into Reducing Cream. Season with Garlic. Wisk soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Heavy Cream and helps to thicken the sauce.

*As with any Cream Reduction, Butter Emulsion Sauce, it will “Separate” during a re-heat. To fix or (re-emulsify) add additional Heavy Cream, “Reduce” and wisk additional Soft Butter into re-heat sauce.

*Excellent with Fish, Veal, and Beef; as used for Veal and Lobster at Michael’s.

SPECIALTY SAUCES
28. HERBED CLAM SAUCE

INGREDIENTS:

Chopped Clams (fresh if available)	Basil
Clam Juice (fresh if available)	Thyme (fresh if available)
White Wine	Oregano (fresh if available)
Onion	Butter
Garlic	Flour
Lemon Juice (fresh)	Olive Oil

PROCEDURE:

Heat Olive Oil in a cooking pot. Add minced Garlic and fine diced onion. Sauté. Add chopped Clams, Basil, Thyme, Oregano, and continue to sauté. De-glaze pan with White Wine. Add Clam Juice and fresh Lemon Juice. Continue cooking. Thicken with slight amount of Butter/ Flour (Roux) or Cornstarch.

Wisk Soft Butter into sauce to enrich prior to service. Serve over Pasta, such as Linguini, Angel Hair, or Spaghetti.

*Fresh Clam Juice is much stronger than canned. Use sparingly or sauce will be over powered and salty. When using canned Clam Juice add a little Chicken Base.

SPECIALTY SAUCES
29. WHITE CLAM SAUCE

INGREDIENTS:

Chopped Clams (fresh if available)	Basil
Clam Juice (fresh if available)	Thyme
White Wine	Oregano
Onion	Heavy Cream
Garlic	Half & Half
Lemon Juice	Butter
Olive Oil	Flour

PROCEDURE:

Heat Olive Oil in a cooking pot. Add minced Garlic and finely, diced Onion. Sauté. Add chopped Clams, Basil, Thyme and Oregano; continue cooking. Thicken with slight amount of Butter/ Flour (Roux) or Cornstarch. Wisk Soft Butter into sauce to enrich prior to service.

*Serve over pasta, such as Linguini, Angel Hair, or Spaghetti. *Fresh Clam Juice is much stronger than canned. Use sparingly or sauce will be overpowered and salty. When using canned Clam Juice add a little Chicken Base.

SPECIALTY SAUCES
30. RED CLAM SAUCE

INGREDIENTS:

Chopped Clams (fresh if available)	Basil
Clam Juice (fresh if available)	Thyme
White Wine	Oregano
Onion	Olive Oil
Garlic	Marinara Sauce *(see recipe)
Lemon Juice (fresh)	

PROCEDURE:

Heat Olive Oil in a cooking pot. Add chopped Clams, Basil, Thyme, and Oregano; continue to sauté. De-glaze pan with White Wine. Add Clam Juice and fresh Lemon Juice. In a separate pot heat Marinara Sauce. When hot, combine with sautéed ingredients. Simmer.

*Serve over pasta such as Linguini, Angel Hair, or Spaghetti. Fresh Clam Juice is much stronger than canned. Use sparingly or sauce will be overpowered and salty. When using canned Clam Juice add a little Chicken Base.

SPECIALTY SAUCES
31. DIJON CREAM WITH COGNAC

INGREDIENTS:

Dijon Mustard	Cognac (Courvoissier)
Heavy Cream	Butter
Half & Half	Flour
Shallots	Cracked Black Peppercorns
Garlic	

PROCEDURE:

Combine minced Shallots, minced Garlic and Butter in a cooking pot. Sauté. Add cracked black Peppercorns. De-glaze with generous amount of Cognac. Add Dijon Mustard, Heavy Cream, and Half- &-Half. Wisk ingredients to combine. Continue cooking over medium heat. Thicken with Butter/ Flour (Roux).

Use with Bee, Chicken, Pork, and Lamb Dishes. Excellent with Pepper Crusted N.Y. Strip Loin. As served with Roasted Prime Rib at Michael's.

SPECIALTY SAUCES

32. SPANISH SAUCE

INGREDIENTS:

Marinara Sauce (see recipe)
Green, Yellow, Red Peppers
Onion

White Wine (optional)
Garlic
Olive Oil

PROCEDURE:

Sauté sliced Green; Yellow, Red peppers and sliced onion with minced Garlic and Olive Oil. Deglaze with White Wine (if using). Heat Marinara in a separate cooking pot. Combine sautéed Peppers and Onions with heated Marinara. Simmer.

*Used as a sauce for Omelet's also as a topping for Grilled Italian Sausage Sandwiches.

Add sliced Green and Black Olives to sauce for variation. Excellent with Fish, especially Red Snapper. Similar to a Chicken Cacciatore Sauce.

*Other ingredient additions: Feta Cheese, Pernod, Liquor, Sun Dried Tomato.

SPECIALTY SAUCES

33. AU POIVRE

INGREDIENTS:

Demi Glace
Dijon Mustard
Green Peppercorns

Brandy
Heavy Cream
Garlic
Butter

PROCEDURE:

Combine Demi Glace, Dijon Mustard, Brandy and Heavy cream in a cooking pot. Whisk to combine. Cook over low heat. Season with garlic. Add Green Peppercorns for texture and flavor. *If sauce is heated too long after adding Peppercorns it may get too "HOT".

*As used in the classical French dish "Steak Au Poivre", tomrondos of Filet Mignon served on toast round. *In most cases this sauce would be made as a Sauté Pan Sauce. I.E. Sauté the tournedos of Beef with Garlic and Butter. Add Green Peppercorns. De-glaze with Brandy. Add Demi Glace and Dijon Mustard. Add Heavy Cream. Wisk ingredients to combine. Simmer. Wisk Soft Butter into sauce prior to service to enrich.

SPECIALTY SAUCES
34. BLACK BEAN SAUCE

INGREDIENTS:

Black Beans	Sherry
Carrot	Garlic
Celery	Thyme
Onion	Olive Oil
Salt Pork	Sesame Oil

PROCEDURE:

Cook Salt Pork in a cooking pot to render the fat. Discard the meat leaving the renderings in the pot. Add diced Carrot, Celery, Onion and Garlic to the pot. Add Black Beans (cooked). Add Sherry and continue to cook. Season w/ Thyme. Puree in a food processor adding a steady drizzle of Olive Oil for Flavor. Strain through a fine mesh sieve. Store in a squirt bottle for dispensing. I.E., "Plate Painting".

Use with Tex-Mex- Southwestern Fare. Experiment with fermented Black beans (oriental style). Soak Black Beans overnight. Rinse. Slow cook with Salt Pork, Carrot, Celery, and onion. Cook in a covered pot or pressure cooker.

*Make this same sauce using White Beans. Dispense it from a squirt bottle to garnish Black Bean Soup. The oil will keep the piped design afloat.

SPECIALTY SAUCES
35. EGG FOO YOUNG

INGREDIENTS:

Espanol Sauce (Basic Brown Sauce) see recipe
Soy Sauce (Kikkoman)
Ginger

Garlic (fresh minced)
Sesame Seed (optional)
Sesame Oil

PROCEDURE:

Heat Espanol Sauce over low heat. Add Soy Sauce, Ginger, Garlic, and Sesame Oil. (Add Sesame Seed if using). Simmer.

Use as a sauce for Egg Foo Young. Example: Serve miniature Crab Egg Foo Young as appetizers.

The recipe for this sauce is a simple Americanized version. For a more authentic version, look up in a Chinese Cookbook.

SPECIALTY SAUCES

36. CHORON

INGREDIENTS:

Eggs (yolks only)	Salt
Butter (clarified) unsalted	Cayenne Pepper
Lemon Juice	Basil Leaves (fresh)
Tomato Concasse (see definition below)	Worcester, Tobasco (optional)
Marinara Sauce (the classical recipe calls for tomato paste)	

PROCEDURE:

Wisk room temperature Egg Yolks to temper them. Cook Yolks over low heat in copper bowl placed over boiling water (double boiler). Wisk vigorously while cooking. Drizzle warm clarified Butter into cooked Egg Yolks to form an (emulsion) “Hollandaise”. Season with Salt and Cayenne Pepper. Wisk small amount of Marinara into Hollandaise and add diced tomato Concasse. Add fresh chopped Basil Leaves for additional flavor and color contrast. *See “Mother Sauces” for additional cooking hints.

Used as a sauce for Beef. Example: As served with Eggplant topped with Tenderloin, Crabmeat and tossed Choron at “Michael’s”.

*Tomato Concasse : Peeled, seeded, diced fresh tomato.

SPECIALTY SAUCES

37. BÉARNAISE

INGREDIENTS:

Eggs (Yolks only)	Fresh Tarragon Leaves
Butter (clarified) unsalted	Fresh Chervil Leaves
Lemon Juice	Cracked Black Peppercorns
Salt	Shallots
Cayenne Pepper	White Vinegar
	Worcester, Tobasco (optional)

PROCEDURE:

Whisk room temperature Egg Yolks with Lemon Juice to temper them. Cook Yolks over low heat in a copper bowl placed over boiling water (double boiler). Whisk vigorously while cooking. Drizzle warm Clarified Butter into Egg Yolks to form an (emulsion) “Hollandaise”. Season with Salt and Cayenne Pepper. Whisk appropriate amount of “Tarragon Reduction” into Hollandaise.

*See “Mother Sauces” for additional cooking hints.

For Tarragon Reduction: Combine (fresh) Tarragon Leaves, Chervil, Cracked Black Peppercorns, minced Shallots and White Vinegar in a cooking pot. Cook on low heat until liquid evaporates, leaving a moist mixture.

Serve with Beef Veal, Crabmeat. Example: used to top the classical Veal, Asparagus, Crabmeat dishes (Veal Oscar).

SPECIALTY SAUCES

38. HOLLANDAISE

INGREDIENTS:

Eggs (Yolks only)	Salt
Butter (clarified) Unsalted	Cayenne Pepper
Lemon Juice	Worcester, Tobasco (optional)

PROCEDURE:

Wisk room temperature Egg Yolks with Lemon Juice to temper them. Cook Yolks over low in a copper bowl placed over boiling water (double boiler). Wisk vigorously while cooking. Drizzle warm Clarified Butter into cooked Egg Yolks to form an emulsion. Season with Salt and Cayenne Pepper.

See “Mother Sauces” for additional cooking hints.

*Used as a Base Sauce for Bernaise, Choron, etc. Used also as a sauce for vegetables such as asparagus or broccoli. Used in many other dishes. Example: 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.

SPECIALTY SAUCES
39. CHAMPAGNE SAUCE

INGREDIENTS:

Champagne, Sparkling Wine	Butter
Onion (minced)	Flour
Heavy Cream	Nutmeg
Half & Half	White Pepper
Soda Water (or Gingerale)	Chicken Base (optional) for amplified flavor

PROCEDURE:

Combine a generous amount of Champagne with minced Onion in a cooking pot. Cook on medium heat until Champagne “flames” and alcohol is cooked off. Add Heavy Cream, Half- &-Half, and Soda Water. Continue cooking. Thicken with Butter/ Flour (Roux). Season with Nutmeg, White Pepper and Chicken Base (if using). Stain sauce before use. Wisk soft Butter into sauce to enrich prior to use.

*Used as a sauce for Chicken and Fish dishes.

Saved unused leftover open Champagne from Sunday Brunch (for instance) for making this sauce .

Soda Water gives back “carbonation” lost with “flat Champagne”. As served with (fresh) Lobster Omelets with Champagne Sauce (Summer of '95 Belmont Beach Club) Cape Cod.

SPECIALTY SAUCES

40. POLONAISE

INGREDIENTS:

Bread Crumbs (dried)	Parsley (chopped)
Cooked Egg Whites (sieved)	Garlic (granulated)
Butter (melted) not clarified or Olive Oil (optional)	Thyme (ground)

PROCEDURE:

Grind (air-dried) Bread in a food processor; course ground, not fine. Lay ground Bread Crumbs out on a baking sheet. Moisten with melted Butter or Olive Oil. Season with granulated Garlic and ground Thyme. Bake in a 350° oven until crisp. Combine baked Bread Crumbs, sieved, cooked Egg Whites, and chopped Parsley in a mixing bowl. Hand mix. Moisten with melted Butter, continue mixing.

Used as a seasoned topping for Vegetable and Fish Dishes.

*Examples: 1. Broccoli Polonaise.

2. Asparagus Polonaise.

3. Poached Salmon topped with Polonaise.

*Use a spray bottle to dispense melted Butter or Olive Oil. Be careful that Bread Crumbs haven't "molded", as they will give off a bad taste and ruin sauce.

SPECIALTY SAUCES
41. CHICKEN A LA KING

INGREDIENTS:

Chicken Stock	Onion (minced)
Sherry	Pimento (diced)
Heavy Cream	Butter
Half & Half	Flour
Garlic (minced)	White Pepper
Mushrooms (sliced)	Egg Yolks or (Egg Shade)
Celery (diced)	

PROCEDURE:

Combine Sherry, minced Onion, and minced Garlic in a cooking pot. Cook on medium heat until Sherry “flames” and alcohol is cooked off. Add Heavy Cream, Half-&-Half, Butter/ Flour (Roux). Season with White Pepper. Sauté Mushrooms, Celery and Pimento with Butter. Add to sauce. Simmer sauce. Add Egg Yolks into sauce prior to serving. The Egg Yolks will give the sauce a light yellow color and provide richness.

*Add diced poached Chicken meat to sauce and serve either over rice or in a puff pastry. Volevont for the classical dish, “Chicken A La King”.

SPECIALTY SAUCES
42. SCALLOP SAINT JAQUES

INGREDIENTS:

Scallop Stock (from the juice they are stored in)	
White Wine	Mushrooms (sliced)
Lemon Juice	Onion (minced)
Heavy Cream	Garlic
Butter	White Pepper
Flour	Bay Leaf
Swiss Cheese (grated)	
Parmesan Cheese	

PROCEDURE:

Combine Scallop Stock, White Wine, Lemon Juice, and Heavy Cream in a cooking pot. Cook over medium heat. Thicken with Butter/ Flour (Roux). Season with Bay Leaf and White Pepper. Sauté sliced Mushrooms, minced Onion and Garlic with Butter. Add Parmesan and grated Swiss Cheese, (remove Bay Leaf).

*Add sautéed Scallops to sauce and serve in a Scallop shell or dish. Pipe Duchess Potatoes around Shell using a Pastry Bag. Sprinkle with additional Parmesan and bake to create the classical dish, “Coquille St. Jacques”.

For variety, try substituting Piped Sweet Potatoes for the Duchess.

*Swiss Cheese tends to be stringy when cooked (try substituting other white cheese).

SPECIALTY SAUCES

43. BARBECUE SAUCE (TOMATO BASE)

INGREDIENTS:

Catsup
White Vinegar
Mustard
Onion (minced)

Brown Sugar
Molasses
Garlic
Barbecue Spice (optional)
Liquid Smoke (optional)

PROCEDURE:

Combine: Ketchup, White Vinegar, and small amount of Mustard and minced Onion in a cooking pot. Cook over low heat. Melt Brown Sugar and Molasses into sauce, stirring well. Season with Barbecue Spice (if using), Garlic and Liquid Smoke (if using). Continue to simmer for approximately 1 hour.

*Used for: Pork, Pork Ribs, Chicken, Beef Brisket, etc. use sauce as a marinade and as a glaze.

For creative variety add minced Cranberries and Cranberry Juice to sauce (excellent with Grilled Chicken).

SPECIALTY SAUCES

44. BARBECUE SAUCE (VINEGAR BASE)

INGREDIENTS:

Cider Vinegar (experiment with different vinegar's)

Sugar

Garlic

(Dried) Red Pepper Flakes (Experiment with different Red Peppers)

PROCEDURE:

Combine Vinegar, Sugar, Garlic, and Hot Peppers in a cooking pot. Cook over low heat to dissolve Sugar into the sauce and "Marry" the flavors of the ingredients. Allow sauce to cool, then store in a sprinkle bottle.

*Sprinkle on Pork or Chicken before, during and after cooking, for flavors and to keep the meat moist.

*Try some sauce with a little Dijon Mustard used as an emulsifier *This recipe is used commonly in North Carolina as a marinade and sauce for Pit Cooked Pork.

SPECIALTY SAUCES

45. SUPREME SAUCE (CHICKEN CREAM SAUCE)

INGREDIENTS:

Combination of Milk, Half & Half, Cream	Onion (minced)
Chicken Stock	Nutmeg
Butter	White Pepper (optional)
Flour	

PROCEDURE:

Combine Milk, Half- &-Half, Cream, and Chicken Stock in a cooking pot. Add minced Onions. Cook over medium heat. Thicken with Butter/ Flour (Roux). Season With Nutmeg and White Pepper. Strain sauce before using.

Use as a sauce for Poultry dishes, such as: Baked Herb Chicken or the classical Dish: Chicken Cordon Blue.

*White Wine is also often added to this as well as various fresh herbs & spices such as: Rosemary or Thyme. This sauce is a simple example of the use of “Mother Sauces”. Béchamel + Chicken Stock = Supreme Sauce.

SPECIALTY SAUCES

46. OSSO BUCCA SAUCE

(CLASSICAL ITALIAN VEAL SAUCE USED WITH VEAL SHANKS)

INGREDIENTS:

Marinara Sauce (See Recipe)	Anchovies
White Wine (Red Wine as an option)	Garlic
Veal Stock	(Fresh) Mint Leaves
Lemon Zest	Olive Oil

PROCEDURE:

Combine Marinara Sauce, White Wine and Veal Stock in a cooking pot. Cook over low heat. Season with Lemon Zest, chopped Anchovies, chopped (fresh) Mint Leaves, and Olive Oil. Simmer for approximately 1 hour.

Use sauce as a “Braising” sauce for Veal Shanks for the classical Italian Dish: Osso Bucca.

*This sauce is also made as a (Braising) “Pan Sauce” (see theory) or made ahead of time as above recipe.

Serve Veal Osso Bucca with Grilled Italian Bread (Bruschetta) to spread the bone marrow on from the Veal Shanks.

SPECIALTY SAUCES

47. CACCIATORE

INGREDIENTS:

Marinara Sauce (see recipe)	Green Olives (sliced)
Green Peppers (cut into strips)	Chicken Stock
Red Peppers (cut into strips)	White Wine
Onions (cut into strips)	Parmesan Cheese (grated)
Mushrooms (optional) (sliced)	Olive Oil

PROCEDURE:

Heat sauté pan with Olive Oil. Add Peppers, Mushrooms and Olives. Sauté. Deglaze with White Wine. Add Chicken Stock and Marinara. Simmer. Melt Parmesan Cheese into sauce.

*Used as the sauce for the Italian Classical Dish “Chicken Cacciatore”. Serve with either cut Chicken pieces or with boneless Chicken Breast. Serve over Pasta. *This Sauce is also made as a (Sauté) “Pan Sauce” or a (Braising) Pan Sauce, or made ahead of time as above recipe.

SPECIALTY SAUCES
48. CHICKEN AFRICAN SAUCE

INGREDIENTS:

Orange Juice
White Wine
Honey
Butter

Banana (slices)
Sun Dried Cranberries or Cherries
Orange Segments
Macadamia Nuts

PROCEDURE:

Add Butter to hot sauté pan. Briefly sauté Macadamia Nuts, Banana (slices), Sun Dried Cranberries and Orange segments. Deglaze pan with White Wine. Add Orange Juice. Melt Honey into sauce. Finish sauce by whisking Soft Butter into sauce to enrich.

*Be careful not too over cook sauce (as fruit will become mushy). This sauce would most commonly be made as a Sauté Pan Sauce while making “Chicken African”.

This sauce is best (made to order) as Bananas and Orange Segments will Become Mushy during re-heating.

As served (Chicken African) at Tara Resort, Cape Cod; Summer of `95.

SPECIALTY SAUCES

49. ROASTED MACADAMIA WITH ROASTED RED PEPPER CREAM REDUCTION

INGREDIENTS:

Macadamia Nuts	Heavy Cream
Red Peppers (roasted)	Butter
Amaretto Liquor	

PROCEDURE:

Add Butter to hot sauté pan. Sauté Macadamia Nuts with Diced, Roasted Red Peppers. Deglaze with Amaretto Liquor. Add Heavy Cream. Continue cooking to “Reduce”. Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the heavy Cream and helps to thicken the sauce.

As with any Cream Reduction, Butter Emulsion Sauce, this sauce will “separate” during a Re-heat. To fix, or (re-emulsify) add additional Heavy Cream, “Reduce” and wisk additional Soft Butter into re-heat sauce.

*This is a Pan Sauté Sauce.

Cashews are a good substitute for Macadamia Nuts for variation.

As served at “Elephant Walk” Restaurant, Destin, Florida. I served with Crab Cakes at “Michael’s”.

SPECIALTY SAUCES

50. BLUEBERRY, ORANGE, CREAM REDUCTION

INGREDIENTS:

Fresh Blueberries	Orange zest
Blueberry Preserves (all fruit)	Heavy Cream
Orange Marmalade	Butter

PROCEDURE:

Combine Blueberry Preserves and Orange Marmalade in a cooking pot. Melt over low heat. Add Orange Zest. Add Heavy Cream. Wisk ingredients together. Increase heat to “reduce” cream there by thickening sauce. Wisk Soft Butter into sauce to enrich prior to service.

Butter also forms an emulsion with the Heavy Cream and Helps to thicken the sauce. *As with any Cream Reduction, Butter Emulsion Sauce, this sauce will “separate” during a re-heat. To fix or (re-emulsify) add additional Heavy Cream, “Reduce” and wisk additional Soft Butter into re-heat sauce.

As I served with Boneless Duck Roulade and Poached Salmon with Brie in Pastry at “Michael’s”.

SPECIALTY SAUCES

51. GINGER, SCALLION CREAM REDUCTION

INGREDIENTS:

Ginger (fresh, grated)	Heavy Cream
Scallion (fresh, Sliced)	Butter
Garlic (minced)	Sesame Oil

PROCEDURE:

Add Butter and a hint of Sesame Oil to a hot cooking pan. Add minced Garlic, grated Ginger; add a generous amount of sliced Scallions, Sauté. Add Heavy Cream. Cook over medium heat to “reduce”. Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Heavy Cream and Helps to thicken the sauce.

As with any Cream Reduction, Butter Emulsion Sauce, this sauce will “separate” during a re-heat. To fix or (re-emulsify) add additional Heavy Cream, “Reduce” and wisk additional Soft Butter into re-heat sauce.

*As I served as an alternative sauce for Boneless Duck Roulade at “Michael’s”.

SPECIALTY SAUCES
52. MANGO CREAM REDUCTION

INGREDIENTS:

Fresh Mango
Mango Juice (optional)
Lemon Juice

Heavy Cream
Butter (unsalted)

PROCEDURE:

Process Fresh Mango, using a food processor. Combine processed Mango with Mango Juice, Lemon Juice, and Heavy Cream in a cooking pot. Cook on medium heat to “Reduce”. Strain. Return to cooking pot and continue to cook on medium heat. Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Heavy Cream and helps to thicken the sauce.

*Use as a sauce for Chicken, Seafood, Etc.

Example: Coat bottom of serving plate with Mango Cream Reduction. Place mound of Mango Salsa in center of plate. Place Coconut Fried Shrimp & Scallops around the Salsa.

SPECIALTY SAUCES
53. RASPBERRY BUERRE BLANC

INGREDIENTS:

Fresh Raspberries (or frozen if not available)
Raspberry Flavored Vinegar
Orange Zest

Butter (unsalted)
Chambord Liquor (optional)

PROCEDURE:

Combine Raspberries, Flavored Vinegar, Chambord (if using) and Orange Zest in a cooking Pot. Cook over medium heat. Strain. Return to pot and continue cooking on medium heat. Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Raspberry Juices and Vinegar.

*See Butter Sauces (explained)

Add fresh Raspberries to sauce at service for garnish. Serve with Chicken, Duck, Salmon, and Puff Pastry Dishes. This sauce can also be made as a Cream Reduction Sauce.

SPECIALTY SAUCES
54. EMPERIAL SAUCE

INGREDIENTS:

Mayonnaise (Hellmann's)	Tobasco Sauce (Pepper Sauce)
Diced Pimento (or diced, roasted Red Pepper)	Dry Mustard
Green Onion	Egg
Worcester Sauce	Capers (optional)
Lemon Juice	Butter

PROCEDURE:

Put Mayonnaise in a mixing bowl. Wisk Worcester Sauce, Lemon Juice, Tobasco, Dry mustard and eggs into Mayonnaise. Add Capers. Sauté diced Pimento with diced Green onion and Butter. Ad sautéed ingredients to Mayonnaise Base. *Add sautéed ingredients while they are still hot so flavor transmits throughout the Mayonnaise.

Fold fresh Crabmeat into sauce and bake for the classical dish: Crab Emperial". When baked, this sauce will "Soufflé". Serve at once. Experiment with additional Egg Whites for a lighter Soufflé.

SPECIALTY SAUCES

55. WILD CHERRY Armagnac

INGREDIENTS:

Wild Cherries
Bing Cherry Juice
Orange Zest

Armagnac Liquor (or Brandy)
Cornstarch
Butter

PROCEDURE:

Combine Bing Cherry Juice, Agronomic (or Brandy) and Orange Zest in a cooking pot. Cook on medium heat. Thicken with Cornstarch. Sauté Wild Cherries with Butter and “Flame” with additional Argmanac (Brandy). Fold sautéed Cherries into thickened Cherry Juice.

Use sauce with Duck, Salmon, Lamb, and Beef Tenderloin (as served at the “Wood box” on Nantucket Island).

Grand Marnier can be substituted for the Armagnac. Try sun dried Cherries for variation.

SPECIALTY SAUCES
56. CITRUS CREAM REDUCTION

INGREDIENTS:

Lemon Juice & Zest
Lime Juice & Zest
Orange (Fresh)
Heavy Cream

Chicken Stock
Butter (unsalted)
Cornstarch (optional)

PROCEDURE:

Combine the juice from Fresh Lemon, Lime and Orange with Chicken Stock in a cooking pot. Add heavy Cream. Cook on medium heat to “reduce”. Thicken with Cornstarch (if using). Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Heavy Cream and helps thicken the sauce.

*Use with Grilled Scallops, Garnish with Orange Segments and additional Zest. Serve with Tropical Fruit Salsa and Coconut, Pineapple Fritters.

SPECIALTY SAUCES

57. PUMPKIN SAUCE

INGREDIENTS:

Pumpkin
Butter
Heavy Cream
Lemon Juice

Honey
Brown Sugar
Ginger
All Spice
Nutmeg
Cinnamon

PROCEDURE:

Cut Pumpkin into quarters, place on roasting pan. Set seeds aside. Season Pumpkin sections with Butter, Honey and Brown Sugar. Roast in 325° oven. Process Roasted Pumpkin Meat, using a food processor or a blender. Work processed through a sieve to rid of fibrous strands. Combine processed Pumpkin with Heavy Cream in a cooking pot. Reduce. Add slight amount of Lemon Juice for tartness. Season with mixture of Ginger, Allspice, Nutmeg and Cinnamon. Finish sauce by whisking Soft Butter into Sauce to enrich.

For Tortellini Stuffed with Walnuts, topped with roasted Pumpkin Seed *(nice Autumn dish). Salt Pumpkin Seeds, roast. Then coarse grind using food processor. Use for garnish.

SPECIALTY SAUCES

58. FENNEL SAUCE

INGREDIENTS:

Fennel (bulb)	Flour
Chicken Stock	Pernod Liquor or Herbsaint
Heavy Cream	Fennel Seed
Half & Half	White Pepper
Butter	

PROCEDURE:

Fine, diced Fennel (bulb). Sauté with Butter. Flame with Pernod or Herbsaint. Combine Chicken Stock, Heavy Cream and Half- &-Half in a cooking pot. Cook over medium heat. Thicken with Butter/ Flour (Roux). Reduce heat to a simmer. Add sautéed Fennel and season with White Pepper. Roast Fennel Seed in oven. Coarse grind in Spice Mill (or small electric coffee grinder). Add (ground) Roasted Fennel seeds to sauce for color, texture, and additional flavor.

Use as a topping for baked Oysters on the half-shell, or use as a binder for creamed Spinach. Also excellent with Fish, Scallops, Crab Cakes, etc.

*Try other Fennel Sauces without a cream base.

SPECIALTY SAUCES

59. PERIGOURDINE SAUCE (TRUFFLE SAUCE) (TRUFFLE SAUCE)

INGREDIENTS:

Espanol (Basic Brown Sauce) Black Truffle Shavings
Or Demi Glace (reduced Veal Stock), Truffle Oil
*See recipe under Mother Sauces

PROCEDURE:

HEAT Espanol or (preferably) Demi Glace. Add Truffle Shavings and whisk in a small amount of Truffle Oil. The shavings give off some flavor but serve mostly for the texture and color contrast. The Truffle Oil supplies concentrated flavor.

Truffles are very expensive. To save on cost, substitute (Truffle Paste).

*Look up in a classical cookbook and compare authenticity.

] This is the classical Truffle Brown Sauce served with Beef Wellington or add Madeira Wine and use with the classical dish Tournedos Rossini (Filet Mignon with Goose Liver Pate).

SPECIALTY SAUCES

60. ROBERT SAUCE

INGREDIENTS:

Espanol (basic Brown Sauce)	Dijon Mustard
or Demi Glace (reduced Veal Stock)	Fine Julienne Jerkin Pickle
*See recipes under Mother Sauces	Ham

PROCEDURE:

Heat Espanol or Demi Glace. Wisk in small amount of Dijon Mustard (to taste).
Similar to Au Poivre.

*Classical sauce for Pork Chops, Loins, Beef, etc. Look up in classical cookbook for authenticity.

*Add sautéed Green Peppers (Julienne sliced) to make Chassuer Sauce.

SPECIALTY SAUCES
61. BARBECUE PIZZA SAUCE

INGREDIENTS:

Barbecue Sauce
See specialty sauces #42
Tomato Paste

Fresh Rosemary
Roasted Garlic Paste (optional)

PROCEDURE:

Combine Barbecue Sauce with tomato paste in a cooking pot cook over low heat. Add fresh Rosemary (ground with Mortar and Pestle) and whisk in Roasted Garlic Paste (if using). Simmer to marry flavors. Allow cooling to at least room temperature before use.

For Barbecued Chicken Pizza: sliced grilled Chicken, grilled Red Onion, Monterey Jack Cheese, and sliced Jalapenos. *Use with Grilled Pizza Dough.

SPECIALTY SAUCES
62. CARMELIZED ONION GRAVY

INGREDIENTS:

Onions (Yellow or White, Sliced)	Water
Butter	Beef or Chicken Stock (optional)
Flour	White Pepper or Cayenne Pepper

PROCEDURE:

Heat cooking pot. Add Butter. Add sliced Onions. (Pan and Butter needs to be very hot before adding Onions) in order to sauté Onions to the point of “caramelization”. Otherwise they will just be boiled in butter, and not take on the excellent flavor from the caramelized sugars from the Onions. Allow Onions to Cook without Constant stirring for best results. When Onions are caramelized, sprinkle with Flour, stirring constantly. Season with Salt and Pepper. Add Boiling Water or Stock. Continue to stir (use a wisk at this point). *Be careful not to form (Flour Balls). Reduce to a simmer. *Use with thin sliced Braised (Beef) Steak. “Country Fried Steak” Made with beef Tenderloin at Vasarely’s Beach Mnt., North Carolina.

SPECIALTY SAUCES

63. NEWBERG SAUCE

INGREDIENTS:

Lobster Stock (see Stocks)
Heavy Cream
Half & Half
Sherry
Lemon Juice (Fresh)

Butter
Flour
Mushrooms (sliced)
Paprika (optional)
Cayenne Pepper

*Poached Seafood is combined with sauce to make classical Seafood Dishes.

PROCEDURE:

Combine Lobster Stock, Heavy Cream, Half- &-Half, and Sherry in a cooking pot. Cook over medium heat. Thicken with Butter/ Flour (Roux). Add sautéed Mushrooms (and poached Seafood). Season with fresh Lemon Juice, and Cayenne Pepper. Add Paprika if desired to give sauce additional pink coloring.

*Use for Lobster Newberg or Seafood Newborn, Puff Pastry, Vol-Nots (cut outs).

SPECIALTY SAUCES

64. GRILLED PINEAPPLE CREAM REDUCTION

INGREDIENTS:

Pineapple (fresh)	Heavy Cream
Butter	Cinnamon
Brown Sugar	Ginger (optional)

PROCEDURE:

Brush fresh Pineapple slices with Butter, Brown Sugar and Cinnamon. Grill. Process grilled Pineapple (using a food processor). Combine processed Pineapple with Heavy Cream in a cooking pot. Cook on medium heat. Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Heavy Cream and helps to thicken the sauce.

(Optional) Add additional fresh, diced, grilled Pineapple back into sauce for additional flavor and texture.

SPECIALTY SAUCES

65. MORNAY SAUCE

INGREDIENTS:

Cheese (Parmesan)	Butter
Cheese (White)	Flour
White Wine	White Pepper
Heavy Cream	Dry Mustard (optional, amplifies cheese taste)
Half & Half	Powdered Chicken Base (amplifies cheese taste)

PROCEDURE:

Combine Heavy Cream, Half- &-Half and White Wine in a cooking pot (double boiler). Heat (don't boil). Add Cheese. Wisk constantly to melt cheese into liquid. Thicken with Butter/ Flour (Roux). Season with White Pepper and Dry Mustard (if using).

Use as a sauce for Vegetables such as: Broccoli or Cauliflower or with Chicken or Turkey dishes.

For Quick Sauce, melt Cheese in Béchamel Sauce (see Mother Sauces). The Wine helps melting of the Cheese. *Use most White Cheeses, but not Swiss as it is too stringy when cooked.

SPECIALTY SAUCES

66. LEMON CREAM REDUCTION

INGREDIENTS:

Lemon Juice (fresh squeezed)
Heavy Cream
Butter

Saffron or Turmeric (for yellow coloring)
Chicken Base (optional)

PROCEDURE:

Combine Heavy Cream with Lemon Juice in a cooking pot. Cook over medium heat to “reduce”. Season with Saffron or Turmeric and Chicken Base if using. Wisk Soft Butter into sauce to enrich prior to service. Butter also forms an emulsion with the Heavy Cream and helps to thicken the sauce.

Use as: sauce for vegetables such as Broccoli and Cauliflower; excellent with Beer Battered Fried Asparagus.

*Chicken Base add additional Flavor and (saltiness)

SPECIALTY SAUCES

67. CUCUMBER DILL CREAM SAUCE

INGREDIENTS:

Béchamel Sauce (see Mother Sauces)	Cucumber
Vinegar (white)	Dill Leaves (fresh)

PROCEDURE:

Heat Béchamel Sauce in a cooking pot over low heat. Peel Cucumbers. Slice in ½ lengthwise. Using a spoon to "rake" seeds from cucumber ½'s. Slice seeded Cucumber. Combine Vinegar with Dill Leaves and cucumber Slices. Cook over medium heat to soften Cucumber and "marry" Dill Flavor with the Vinegar. Wisk Dill, Vinegar, Cucumber mix into heated Béchamel. Simmer; (don't over-cook, as Cucumber will become limp).

*Use as a sauce for Chicken or Salmon Dishes. Also excellent with Poached Fresh Tuna.

SPECIALTY SAUCES
68. MARCHANDS DE VIN

INGREDIENTS:

Demi Glace (see Veal Stock)	Fresh Thyme
Red Wine	Garlic
Veal Bone Marrow	

PROCEDURE:

Combine Red Wine, Fresh Thyme and Garlic in a cooking pot. Simmer to infuse Red Wine with flavors from the Thyme and Garlic. Strain mixture to remove Thyme stems. Return to heat. Wisk Veal Bone Marrow into Seasoned Red Wine (to dissolve). Heat Demi Glace in a cooking pot over low heat. Combine Red Wine, Marrow mixture with Demi Glace Use as a sauce for Beef (excellent with N.Y. Strip Steak or Ribeye). Top Steak with slices of Poached Marrow for garnish.

SPECIALTY SAUCES
69. STROGANOFF SAUCE

INGREDIENTS:

Demi Glace (See Recipe)	Onion (minced)
Red Wine	Mushrooms (sliced)
Oil	Tomato (de-seeded, fine diced)
Garlic	Bay Leaf
Sour Cream	Black Pepper

PROCEDURE:

Heat Demi Glace in a cooking pot over low heat. Heat separate cooking pot or large sauté pan with oil. Add Garlic, minced Onion, sliced Mushrooms and diced Tomato. Sauté. Deglaze with Red Wine. Season with Bay Leaf and Black Pepper. Stir sautéed ingredients into heated Demi Glace. Simmer to “marry “ the flavors. Wisk Sour Cream into sauce prior to service.

Use with sautéed Julienne strips of Beef Tenderloin, Serve over Egg Noodles for the classical dish: Beef Stroganoff. *Add Sour Cream at and of cooking period as it will (curdle or separate) if boiled.

SPECIALTY SAUCES
70. MOCK ENCHILADA SAUCE

INGREDIENTS:

Tomato Sauce (see Mother Sauces)	Chili Powder
Minced Onion	Garlic
Cilantro (fresh, chopped)	Cinnamon
Butter	

PROCEDURE:

Heat Tomato Sauce in a cooking pot over low heat. Combine Butter, minced Onion and Garlic in a separate medium cooking pot. Sauté. Season with Chili Powder and Cinnamon. Stir sautéed ingredients into heated tomato sauce. Add chopped, fresh Cilantro. Simmer.

Use with Enchilada's (traditional creative versions such as with Shrimp and Avocado. Also use with burritos and other Mexican or southwestern style dishes.

SPECIALTY SAUCES

71. ALFREDO SAUCE

INGREDIENTS:

Heavy Cream
Parmesan Cheese (grated)
Egg Yolk

Garlic (minced)
Black Pepper

PROCEDURE:

Pour heavy cream into a cooking pot or sauté pan. Cook over medium heat to “reduce”. Add generous amount of shredded fresh Parmesan Cheese, whisk well to blend with cream. Reduce the heat and whisk in a room temperature Egg Yolk to thicken and enrich the sauce. Season with Garlic and Black Pepper.

*Use for a Pasta Sauce.

This classical sauce is a Sauté Pan Sauce (see Pan Sauces Theory)

Suprema Sauce is a “Mock” Alfredo used in restaurants when bulk Alfredo is needed. *Heavy Cream, Half- &-Half, Parmesan, Black Pepper, Cornstarch.

SPECIALTY SAUCES
72. CARBONARA SAUCE

INGREDIENTS:

Heavy Cream
Parmesan Cheese
Garlic (minced)
Egg Yolk

Black Pepper
Ham, Bacon (crumbles or fine diced)
Green Onion, chopped (optional)

PROCEDURE:

Heat sauté pan. Add diced raw Bacon or Ham, Procciuoto, or my favorite *Pancetta (Italian Cured Beef). Add small amount of Olive Oil for flavor and keeps Bacon from burning while “rendering”. Next, add fresh chopped Garlic; allow Garlic flavor to cook into the oil/renderings. *Optional, add diced Green Onion, sauté. Next add several cups of Heavy Cream and simmer. Add a generous amount of shredded fresh Parmesan Cheese to the simmering cream, wisk well to blend 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.

*This sauce is a Sauté Pan Sauce (see Pan Sauce Theory). This is a classical Pasta Sauce variation of Alfredo Sauce. *Proccuito Ham or Pancetta (Italian Cured Bacon) is excellent for this dish.

SPECIALTY SAUCES
73. MARINIÈRE SAUCE

INGREDIENTS:

Butter (clarified)
(Room temperature, liquid form)
White Wine
Lemon Juice
Worcester Sauce (optional)

PROCEDURE:

Wisk Butter, Wine, Lemon Juice, and Worcester Sauce together (ratio to taste).
*Store in a “Bar” type plastic dispenser bottle.
Use as a cooking sauce for fish. Baste fish with this sauce while broiling or de-glaze with it during saute. *Look up in a classical cookbook for authenticity.

SPECIALTY SAUCES

74. WILD MUSHROOM & FIG SAUCE

INGREDIENTS:

Dried Figs (cut in ¼'s)	Scallions (chopped)
Red Wine (try with Port)	Wild Mushrooms (Portabella)
Chicken Stock	Chanterelle, Oyster, Shtick
Honey	Shallots (minced)
Butter	Ginger (fresh)
	Cinnamon stick

PROCEDURE:

Slice Figs in half-length wise. Combine cut Figs, Wine, Chicken Stock, and Cinnamon Stick in a cooking pot. Cook over medium heat. Strain liquid, pressing on solids to release juices. (Set aside). Heat cooking pot or sauté pan with Butter. Sauté sliced Mushrooms with Shallots and Ginger and Scallions. De-glaze with Chicken Stock. Simmer to “reduce”. Use as (2) two-part sauce, don't mix Mushrooms with Fig, and Wine reduction as it would “strain” Mushrooms. Apply to dish separately. Serve with Rare, Sliced Duck Breast or other poultry dishes.

*Bake additional Figs that have been brushed with Butter and Honey for garnish (split in half).

SPECIALTY SAUCES
75. GEWÜRZTRAMINER SAUCE

INGREDIENTS:

Turkey Stock (see Chicken Stock)
Gewürztraminer Wine
Butter/ Flour (Roux)
Garlic
(Fresh Herbs) Thyme, Rosemary

PROCEDURE:

Combine Turkey Stock and Gewürztraminer Wine in a cooking pot. Cook on medium heat. Season with Garlic and (Fresh Herbs) Thyme, Rosemary (tied together with butchers twine for easy removal. Thicken with Butter/ Flour (Roux).

*Similar in theory to Turkey Veloute (see Mother Sauces). *Use sauce for Grilled Smoked Turkey.

SPECIALTY SAUCES

76. SHIRAZ SAUCE

INGREDIENTS:

Demi Glace (see Veal Stock)

Lamb (drippings from roasting) if available

Roasted Garlic (optional)

Shiraz Wine (Austrian Red) usually 40/60; 40-Shiraz, 60-Cabernet.

PROCEDURE:

Heat Demi Glace in a cooking pot over low heat. Wisk in desired amount of Shiraz Wine. Also wisk in Lamb Stock (clarified) Lamb Drippings from roasting. Season with Garlic. Simmer.

*Clarify Lamb Stock by Skimming Method or by refrigerating overnight, then scooping the coagulated fat off of the top. This sauce uses some techniques of Roasting Pan Sauces (see)

* “Thumbed” to go with Australian Lamb

