

Sauces to Elevate Your Cooking

What is FLAVOR?

1) Taste = Touch

2) Smell

Neither is complete without the other. Salt and sugar enhance our PERCEPTION of each and highlight the CODEPENDENCE of the two.

GOOD SAUCES emphasize

a) concentration of flavor

b) balance of: salt, sweet, acid, savory, aroma

c) pleasing texture (making water seem more substantial)

COMPLEXITY

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butter/fats vinaigrette salsa condiments glazes real sauces

Fats coat foods and add flavor - WHITE, BROWN, BLACK BUTTERS

Basic Suspensions are broken particles dispersed in water – SALSAS, CHUTNEY

Gels are molecules dispersed in water – JELLIES, ASPIC, MEAT-BASED GLAZES

Emulsions are oil dispersed in water – VINAIGRETTES, MAYONNAISE

Foams are air dispersed in water – FOAMS (not covered today)

Reductions* simply remove water via evaporation – GLAZES, GRAVY

Combinations of above methods – MOST REAL SAUCES

* Reductions are the only thickening methods which do not diminish flavor

OLDEST BUTTER SAUCE (c. 1600s France)

Butter

A little vinegar

Salt

Nutmeg

1 egg yolk

EX: An Everyday Suspension

HERB SALSA

Chopped herbs of any kind

Salt

Olive oil (enough to cover herbs)

Garlic, onion, or shallot

Vinegar, citrus, or wine (enough to cover garlic/onion/shallot)

- macerate the garlic, onion or shallot with the acid component, then combine with the rest of the ingredients and pound or blend thoroughly.

Uses: add to dipping sauces, soups, compound butters, cooked meat, fish, or plant-based meat substitutes, or to more complex real sauces

GRILLED SALSA VERDE (from Food & Wine Magazine)

1 pound tomatillos, husked and halved

2 jalapeños, halved and seeded

1 small onion, sliced 1/2 inch thick

2 garlic cloves, unpeeled

1/4 cup vegetable oil

1/4 cup cilantro leaves

2 tablespoons fresh lime juice

Salt and freshly ground pepper

- Preheat a grill pan. In a bowl, toss the tomatillos, jalapeños, onion and garlic with 2 tablespoons of the oil. Grill over high heat, turning occasionally, until the vegetables are slightly softened and charred in spots, 5 minutes. Let cool slightly, then transfer to a food processor. Pulse until coarsely chopped. Add the cilantro, lime juice and the remaining 2 tablespoons of oil and pulse until chunky. Season with salt and pepper and serve warm or at room temperature.

Ex: An everyday GEL*

BASIC PAN SAUCE

-Remove liquids from cooking meats or vegetables, then add double the liquid of your choice (wine, stock, water, etc).

- Deglaze the pan using high heat and scraping

- Reduce by half

- Finish with butter, compound butter, cream, vinegar, herb salsa, or oil

- salt and pepper to taste

*It is only really a gel if meat based. Plant based eaters will need to add pectin, xanthan gum, lecithin, or agar agar to produce a true gel, although since pan sauces are served warm, gelling may not be necessary for this recipe

Ex: An everyday Emulsion

BASIC VINAIGRETTE

3:1 oil to vinegar

dash emulsifier like mustard or cream

salt

dash of sweet

herbs, spices, or other flavoring

- Combine vinegar, salt and emulsifier, add the oil very slowly. Season with sweetener to balance and flavorings as desired

Uses: Salad dressing, veggie or protein marinade, base for creamier dressings

BASICS of composition in real sauces

ROUX

Fat and flour combo (usually 1:1) used to thicken and sometimes to flavor

Variations in roux are created by changing:

-Fat source

-Flour type (less often)

-Length of time fat and flour are cooked together, effecting flavor and color

REDUCTIONS

See above

LIAISONS

Thickening with egg yolk and cream (16 x 1 x 2 ratio—for every 16 oz of sauce, use 1 egg yolk and 2 oz cream)

MOTHER SAUCES

The 5 foundational big compound sauces, from which many multitudes of derivatives arise.

1. SAUCE BECHAMEL (White Sauce)

1:1 flour and fat

6-8 parts milk (or milk substitute)

typical herbs/spices: onion, clove, bay, salt, white pepper, nutmeg, thyme

A few Secondary/Small Compound White Sauces:

- Cream
- Mornay
- Cheese
- Mustard

2. SAUCE VELOUTE (Velvet or Clear Sauce)

1:1 flour & fat toasted blond (or use liaison)

6-8 parts veal or fish or chicken stock (plant-based eaters sub w mushroom broth + a squeeze of lemon juice)

salt

A few Secondary/Small Compound Derivative Sauces:

- WHITE WINE SAUCE: reduce a glass of white wine, add a quart of veloute, reduce to coat a spoon, temper $\frac{1}{2}$ c cream then add, swirl in butter, salt, pepper, lemon juice
- Supreme
- Allemande
- Poulette
- Bercy
- Normandy

3. SAUCE ESPAGNOLE (Brown Sauce)

1:1 flour & fat toasted dark

1 part tomato puree

2 part mirepoix (carrot, onion, celery)

6-8 parts brown stock (veal is traditional, can also use beef, chicken. Plant-based eaters use dark mushroom stock, yellow onion peel stock, garlic stock or potato peel stock)

typical herbs & spices: bay, thyme, parsley

Derivatives:

- DEMI-GLACE: 1:1 stock and espagnole, reduce by $\frac{1}{2}$

- Bordelaise
- Robert
- Madeira
- Chasseur

4. SAUCE TOMATE (Tomato Sauce)

1:1 fat & flour (or use reduction)
 (salt pork)
 6-8 parts stock
 6-8 parts tomatoes
 garlic, salt, pepper, vinegar, sugar
 herbs

Derivatives: indirect, contributes to many small compound brown sauces and is base for different iterations of tomato sauces

5. SAUCE HOLLANDAISE (hollandaise sauce)

the only mother sauce to use an EMULSIFICATION for thickening

- 6 egg yolks: 1 lb clarified butter
- (1.5 oz white wine vinegar)
- (1 oz cold water)
- (peppercorns, crushed)
- 1-2 T lemon juice
- salt, cayenne pepper to taste

Create vinegar reduction (optional): combine vinegar and water with crushed peppercorns and reduce by 2/3. Cool completely.

Heat beaten egg yolks (with cooled vinegar reduction, if using) until thick or to 150F (max). Remove heat and then drizzle in the clarified butter (warm but not HOT), whisking. If emulsification becomes too thick, add water drop by drop. Finish sauce with salt, lemon juice, and cayenne. You may add tiny amounts of warm water to help the sauce flow, if it is too thick.

IF IT CURDLES:

Strain through fine sieve

Keep it warm

In a bowl whisk 1 egg yolk with 1 T warm water

Whisk egg and water mixture into warm sieved sauce.

VEGAN HOLLANDAISE:

¾ C cashew butter

2 t Dijon mustard
3 T lemon juice
2 T vegan butter, melted and cooled
2 T nutritional yeast flakes
pinch cayenne
salt to taste
white pepper to taste

- blend everything until smooth, adding water if sauce is too thick.