

All About the Sauce

July 7th, 2018

Prep Time: 00:00

Cook Time: 00:00

Sauce has the ability to impact any meal. The main difference between a \$20 meal and a \$60 meal is typically the quality (and flavor) of the sauce. The major distinction between various sauces is the base and the thickening agent. There are many different kinds of sauces. Learning to master each of them will transform your ability to cook.

Ingredients:

Directions:

According to any Culinary Arts school, there are 5 "French Mother Sauces". They are:

1. **Béchamel Sauce** - Roux and milk. This is a basic Roux, and should not be browned.
2. **Velouté Sauce** - Roux and a "white" stock (chicken, veal, or fish). This Roux should not be browned.
3. **Espagnole Sauce** - Roux and a "brown" sauce (beef stock or tomato puree). Oftentimes also includes Mire Poix or an herb mix.
4. **Hollandaise Sauce** - Egg yolk, emulsified in a clarified butter.
5. **Classic Tomato Sauce** - Basic Marinara sauce.

This classification system provides a good starting point and each should be mastered.

"Mother Sauces" aside, I have developed a list to classify sauces, based on the thickening agent that is used:

Gluten - Thickened by Wheat flour

, bread, or breadcrumbs. You should probably note that 3 of the 5 "French Mother" Sauces would fit into this category.

Tubers - Potato starch, cassava (a.k.a yucca, a.k.a. tapioca), arrowroot

Vegetables - Tomatoes, carrots, jicama, pimentos, tomatillos...

Eggs - This could include the egg white (albumen) or the yolk

Milk products - Heavy Cream, Cheese, Creme Fraiche, Quark, Yogurt

Sugar - Simple Syrup

Blood - Blood pudding

Corn - Corn starch

Gelatin - Jello, bone reductions