

Sauces: Roux

December 13th, 2018

Prep Time: 00:00

Cook Time: 00:15

Roux (pronounced: /roo/ like in "Kangaroo" in English, or in French: /raho/ where "ra" is like the vowel sound in "rough" and "ho" sounds like "hoe". The emphasis is on the first syllable) is a standard sauce of French Cuisine and is a base for 3 of the 5 French Mother Sauces. It is made with butter and flour, allowing the gluten to thicken your dish.

Ingredients:

To make a basic roux, use 1 part Wheat Flour and 1 part Unsalted Butter or rendered animal fat.

Directions:

Roux requires butter or other animal-product oils. This could include lard or any other rendered fat. Butter is the most common ingredient for oil in roux. I have never been successful at thickening a roux with vegetable oils.

Heat a sauce pan over medium heat. Melt the butter. Then mix in the flour, stirring constantly.

The consistency should be like creamy peanut butter.

You can add water, milk, cream, stocks, broths, juices, nearly any liquid to your roux.

Gluten will form as you continue to mix (and cook) roux. The formation of gluten will cause the roux to thicken. However, as the roux continues to cook, the color will become darker colored and the gluten will begin to break down.

For most recipes, the Roux is finished when it reaches a "light tan" color. But some recipes (such as gumbo), the dark roux is added to provide a nutty flavor, not as a thickening agent.