

RECIPE SHARE

Chef Anthony Castro

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Chef Anthony's Table

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The five French Mother

Sauces

- 1- Béchamel,
- 2-Velouté,
- 3-Espagnole,
- 4-Hollandaise,
- 5- Tomato.



Béchamel: Roux + dairy

1. Béchamel

A medium-thick white sauce made from a white roux and milk. It's used in a variety of dishes from lasagna to mac and cheese. The foolproof way to attain a smooth sauce is to have the milk hot when added to the butter and flour.

The sauce is then flavored with onion, cloves, and nutmeg and simmered until it is creamy and velvety smooth.

Béchamel

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Béchamel

& It's Application

Béchamel can be used as an ingredient in baked pasta recipes like lasagna, and also in casseroles. But it's also the base for some of the most common white sauces, cream sauces and cheese-based sauces. “

Sauces made from béchamel: “

Cream Sauce - is the original classic cream sauce and one of the simplest variations on the Béchamel sauce

Mornay Sauce - bechamel enriched with Gruyère cheese and sometimes Parmesan

Soubise Sauce - sautéing onions and adding them to a basic béchamel sauce

Nantua Sauce - a classic seafood sauce, is made by incorporating shrimp butter and cream into a basic Béchamel sauce

Cheddar Cheese Sauce - classic cheese sauce for vegetables made by enriching a standard Béchamel sauce with cheddar cheese, mustard, and Worcestershire sauce.

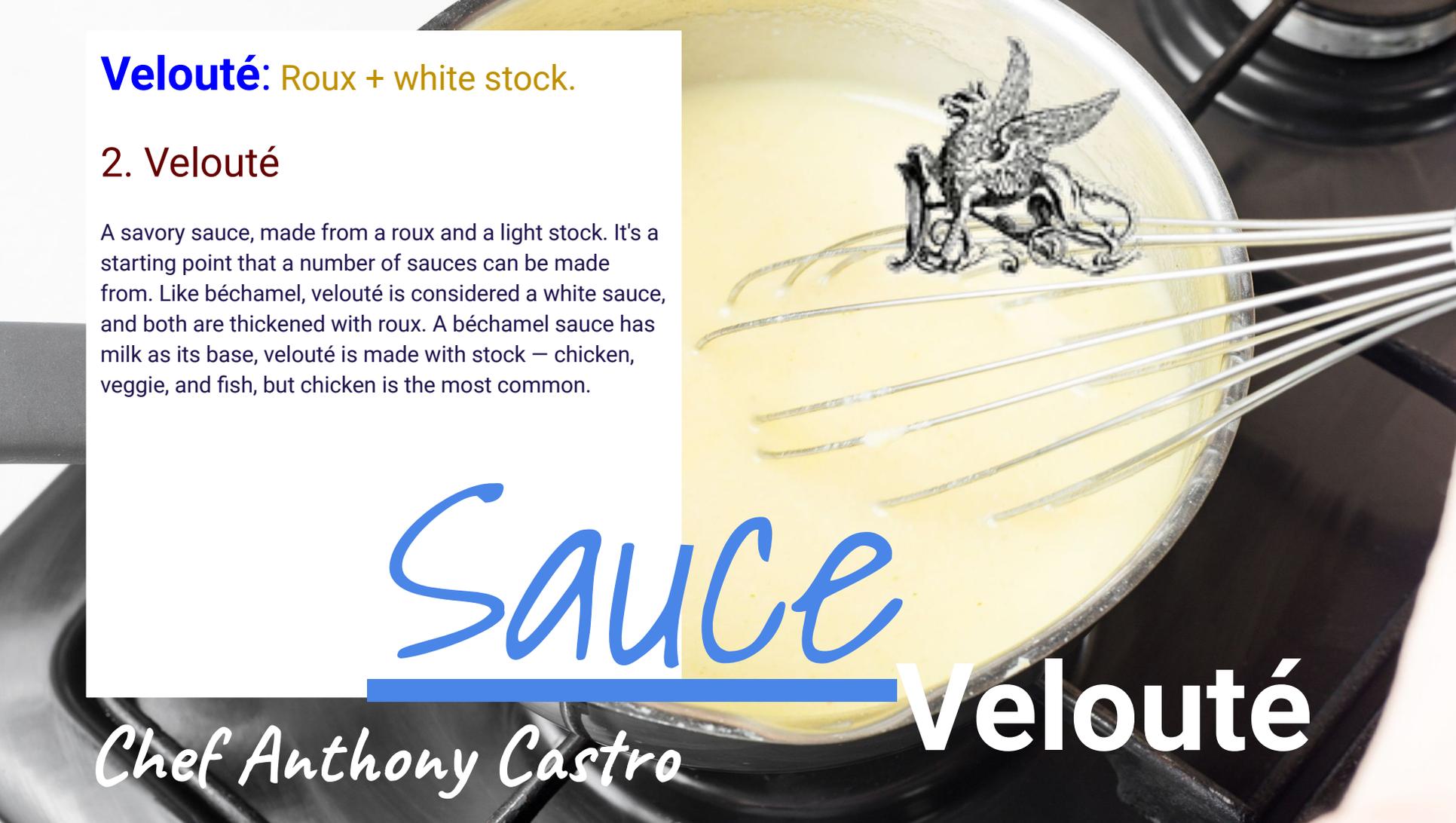
Mustard Sauce - a sauce made from wine, vinegar, shallots, tarragon, egg yolks, and butter that is whisked and emulsified to create a velvety pale yellow sauce.

Cheesy Sauce - The roux is then blended with milk, cheese, and seasonings to make the cheesy sauce

Velouté: Roux + white stock.

2. Velouté

A savory sauce, made from a roux and a light stock. It's a starting point that a number of sauces can be made from. Like béchamel, velouté is considered a white sauce, and both are thickened with roux. A béchamel sauce has milk as its base, velouté is made with stock – chicken, veggie, and fish, but chicken is the most common.



Sauce

Velouté

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Velouté sauce - Is another relatively simple mother sauce, made by thickening white stock with a roux and then simmering it for a while. While the chicken velouté, made with chicken stock, is the most common type, there is also a veal velouté and fish velouté.

1. **Normandy Sauce** - fish velouté with chopped mushrooms and then thickening it with a mixture of egg yolks and heavy cream called a liaison
2. **Bercy Sauce** - It's made by reducing white wine and chopped shallots and then simmering in a basic fish velouté.
3. **Hungarian Sauce** - is made by reducing white wine with sautéed onions and paprika and then adding either chicken velouté
4. **Mushroom Sauce** - It's made by adding sautéed mushrooms to a basic Supreme Sauce or Allemande Sauce
5. **Aurora Sauce** - It's made by adding tomato purée to a basic béchamel sauce or velouté sauce or compound sauces such as suprême sauce, or Allemande (German) sauce
6. **Poulette Sauce** - is made by adding sautéed mushrooms, chopped parsley and lemon juice to a basic Allemande sauce.
7. **Herb Seafood Sauce** - It's made by adding fresh herbs to a basic White Wine Sauce. This recipe calls for fresh parsley, chives and tarragon



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Espagnole:

Roux + brown stock.

3. Espagnole

also sometimes called Brown Sauce, is a slightly more complex mother sauce.

Espagnole is made by thickening brown stock with a roux. So in that sense, it's similar to a velouté.

The difference is that Espagnole is made with tomato purée and mirepoix for deeper color and flavor. And, the brown stock itself is made from bones that have first been roasted to add color and flavor.





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Espagnole is traditionally further refined to produce a rich, deeply flavorful sauce called a demi-glace, which is itself the starting point for making the various small sauces.

A demi-glace consists of a mixture of half Espagnole and half brown stock, which is then reduced by half. “Sauces made from Espagnole:”

Marchand de Vin Sauce (Red Wine Reduction) - is made by reducing dry red wine and chopped shallots and then simmering that in a basic demi-glace

Robert Sauce is a finished brown mustard sauce made with onions, mustard, and white wine simmered in a basic demi-glace. The French sauce is an ideal accompaniment for grilled pork and other meat dishes, but you may also enjoy it on roasted vegetables

Charcutière Sauce is a finished sauce made with onions, mustard, white wine, and chopped cornichons, simmered in a basic demi-glaze

Lyonnaise Sauce a finished sauce made with onions and white wine vinegar simmered in a basic demi-glace



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Espagnole Continues....

Chasseur Sauce French word for "hunter," is served with venison, rabbit, and other game dishes. It's made with sautéed mushrooms and shallots and a white wine reduction which is then simmered in a basic demi-glace.

Bercy Sauce It's made by reducing white wine and chopped shallots and then simmering in a basic demi-glace.

Note: There is another sauce called Bercy, but it is made from a basic fish velouté rather than a demi-glace, and thus is served with fish and seafood dishes. See the recipe for Bercy Sauce

Mushroom Sauce It is made with sautéed mushrooms, shallots, and just a splash of sherry, and simmered in a basic demi-glace

Madeira Sauce madeira wine is named after the Madeira islands in the Atlantic ocean off the coast of Portugal, where the grapes for it are grown. Madeira has a sweet, caramelly flavor, but it isn't overpoweringly sweet. There's a smoky, nutty undertone to it as well

Port Wine Sauce is a fortified wine with a slightly sweet flavor, and it's often served as a dessert wine. Aging in wooden barrels imparts a nutty flavor, and together these complex qualities make it a wonderful wine for making sauces.

The simplest way to make a port wine sauce is by adding port wine to a basic demi-glace. It's an excellent accompaniment for roasts and steaks



HOLLANDAISE

Sauce

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Hollandaise is made by simultaneously whisking and beating egg yolks, lemon juice, and a little water and then slowly blending in butter until a creamy and rich sauce is produced. It is seasoned with salt and sometimes black or red pepper. It is decadently delicious and pairs well with eggs, steak, fish and vegetables.

The first recorded hollandaise sauce was published in France in the 1600's but undoubtedly it existed for some time before that. There are a variety of explanations for how the sauce was named; the common denominator being the rich butter and dairy products that Holland was famous for.

Hollandaise is the minefield of the culinary world. Step a little out of line and it blows up in your face. It's tricky because it's an emulsified sauce and if you're not careful, specifically about minding the heat level, the sauce can break.

Ingredients

- 6 egg yolks
- tablespoon water
- 1-2 tablespoons lemon juice
- 1 lb. unsalted butter, melted*
- Salt and pepper to taste
- Cayenne pepper, to taste (optional)



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SAUCE

TOMATO

Tomato sauce contains just tomatoes, salt, and lemon juice to assure a proper acidic environment for canning. It's perfect for canning or jarring because you can add any additional flavors later when you want to use it. Fleshier plum tomatoes, such as Roma, or globe-shaped Early Girl tomatoes are great here since they have less juice to cook down to make the sauce

Many people prefer canned tomatoes because they are always canned in their ripe state, are already peeled, and are cheaper than an equivalent amount of fresh ones. I prefer canned whole tomatoes. I find they always taste better than the crushed, diced, pureed, etc.

Ingredients

- 1 (35-oz.) can whole plum tomatoes
- 1 carrot, small dice
- 1 celery stick, small dice
- 1 small onion, diced
- Olive oil, as needed
- Salt and pepper to taste
- 3 garlic cloves, chopped
- 4 oz. red or white wine
- 8 oz. beef/veal stock
- Handful fresh chopped parsley