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***A Roux*** is fat and flour cooked together. The resulting “paste” can both thicken and flavor most non-heavily acidic liquids (i.e. citrus juices, etc.). The starch in the flour is the thickening agent. With the application of liquid and heat, the starch’s “pillow power” activates.

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| **Basic Roux Sauce** Makes 1 ¼ - 1 ½ cups |
| 1-1 ½ Tbsp | Unsalted Butter or vegetable based Oil of choice |
| 1-1 ½ Tbsp | All Purpose Flour |
| 1-1 ¼ cups | Liquid of choice (eg. stock, milk, pan drippings, etc.) |

1. Melt butter/heat oil in a saucepan over medium high heat. Stir in flour to form a paste. Cook for at least a couple minutes to cook out the raw flour flavor, continue until desired color is achieved\*.
2. Stir in liquid, bring to a high simmer, and then reduce to a low simmer. Continue to cook, stirring often with a whisk, until desired thickness.

**Optional Additions**:

* Minced herbs, garlic, shallot, onions
* Dried herbs/spices
* Canned tomato product, mustard, cream, sautéed vegetables, etc.

\*The longer a roux is cooked the darker, golden color, it will become (this is due to sugars in the flour and/or butter caramelizing). The darker the roux, the more flavor it develops, but it also loses thickening power.

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| **Béchamel** Makes 3 ½ - 4 cups | **Equipment** |
| 3-4 Tbsp | Butter | * Sauce pan
 |
| 3-4 Tbsp | All-Purpose Flour | * Whisk
 |
| 4 cups | Whole Milk, warmed |  |
| To Taste | Salt & Pepper |  |

1. Melt butter in saucepan over medium to med-high heat. Whisk in flour to form a white roux. Slowly whisk in milk until fully incorporated. Bring to a high simmer, reduce to a low simmer. Cook, while stirring occasionally, until thickened. Season with salt and pepper.

**Small Sauces**

**Cream Sauce:** add 4-8 oz warmed heavy cream.

**Mornay Sauce:** add 4 oz Gruyère and 2oz Parmesan (both grated), stir until melted. Finish, off the heat, with 2 oz butter.

**Cheddar Cheese Sauce:** add 8 oz shredded Cheddar Cheese, ½ tsp dry mustard, and 2 tsp Worcestershire sauce.

**Mustard Sauce:** add 4 oz Dijon style mustard.

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| **Velouté/Gravy** Makes 3 ½ - 4 cups | **Equipment** |
| 3-4 Tbsp | Butter | * Sauce pan
 |
| 3-4 Tbsp | All-Purpose Flour | * Whisk
 |
| 4 cups | Chicken, Beef, Veal or Fish Stock, warmed |  |
| To Taste | Salt & Pepper |  |

1. Melt the butter in a sauce pan over medium heat. Whisk in flour to make a blonde roux (butter and flour become smooth and are the color of blonde hair). While whisking, add stock until fully incorporated. Bring to a high simmer, then reduce to a medium to low simmer.
2. Continue to simmer, stirring often, for at least 10 minutes until thickened. Season with salt and pepper.

**Small Sauces**

**Aurora Sauce:** add 6oz tomato puree.

**Mushroom Sauce:** add 4 oz sautéed mushroom of choice.

**Herb Sauce:** add chopped herbs of choice, to taste.

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| **Sauce Marchand de Vin** Makes 3 ½ - 4 cups | **Equipment** |
| ½ cup | Butter | * Sauce pan
 |
| 3 Tbsp | Flour | * Whisk
 |
| 1/4 cup | Baked Ham, finely minced |  |
| 3/4 cup | Mushrooms, finely chopped |  |
| 1 | Onion, finely sliced |  |
| 4 Tbsp | Garlic, finely minced |  |
| 1 cup | Beef Stock |  |
| 1 cup | Dry Red Wine |  |

1. In a large sauce pan melt butter over low heat. Gradually add flour, stirring constantly, and cook until roux is light brown. Quickly add ham, mushrooms, onion and garlic. Cook, still stirring, for 5 minutes more. Add salt, pepper, and blend well.
2. Keep mixture simmering and gradually add beef stock and red wine. Stir constantly to keep sauce as smooth as possible. When sauce is blended, cook over very low heat for 30 minutes. Stir occasionally to prevent scorching.

**Slurry Thickened Sauces**

***Slurries*** are a combination of starch and water (1:2 ratio) whisked together and then whisked into a simmering liquid to thicken it. Non-root starches (such as wheat, corn, and rice) are best as they maintain their thickening power at higher heats. Again, “pillow power” at work.