



Basics of Cooking 6:

Sauces & Condiments



MAYONNAISE/AIOLI

Makes 1 ¼ cup

Emulsified sauces are composed of liquids that do not naturally combine (fats and water-based liquids). They are chemically bonded together by an emulsifying agent. The most common emulsifying agents in the kitchen are egg yolks and mustards. Care must be taken to slowly incorporate the liquids to achieve a thick rich texture, and not to break the emulsification. Examples include hollandaise (and derivatives), aioli (and derivatives), beurre blanc (or rouge), and vinaigrette.

Mayonnaise/Aioli*

1 large	Egg Yolk, organic
2-4 cloves	Garlic, finely minced or pasted*
1-1 ½ cup	Oil of Choice
1-2 Tbsp	Lemon Juice, Vinegar, or Water
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Prep bowl
- Whisk

*Aioli is mayonnaise with garlic

1. Whisk egg yolk, lemon juice, and garlic if using until well blended. Continue to whisk while slowly dripping (at first) then slowly pouring in oil until about 2/3 of the oil is incorporated. Finish whisking in oil. Season with salt and pepper.

NOTE: The more oil used the thicker the sauce. The more water (lemon juice/vinegar) the thinner the sauce.

Variations & Additions (NOT MADE IN CLASS):

- **Saffron Aioli**- Soak a small pinch of saffron in lemon juice for 10 minutes before making aioli.
- **Creole Remoulade Sauce**- Whisk in 1/3 cup minced celery, ¼ cup minced green onion, 2 Tbsp minced parsley, 1 Tbsp Creole mustard, 2 Tbsp ketchup, 1 Tbsp Worcestershire sauce, and a splash of Tabasco.
- **Blue Cheese Sauce/Dressing**- Use ½ aioli recipe: Whisk in ½ - 2/3 cup sour cream, ½ cup crumbled blue cheese, and 2 Tbsp minced chive.
- **Green Goddess Dressing**- Use ½ aioli recipe placed into a blender: Add ½ cup sour cream or yogurt, 2 Tbsp chives, 2 Tbsp green onion (green part), 2 Tbsp parsley, 1 Tbsp lemon juice or white vinegar, and 1-2 anchovy filets. Puree for a few minutes until smooth and light green.



CHIMICHURRI & ROMESCO SAUCE

Makes 1 to 1 ½ cups

Cooked or cold, ***pureed & processed sauces*** are found around the world. It is a relatively easy process of either cooking down ingredients until they naturally break down or using modern tools like immersion blenders, blenders, or food processors to achieve the desired amount of puree. These sauces are commonly composed of both liquids, produce and/or herbs. Examples include tomato sauce, coulis, chutneys, pesto, romesco, Sambol, Sriracha, hoisin, salsa verde and chimichurri.

Romesco Sauce Makes 1 ½ cups

1/4 cup	Hazelnuts, toasted
1 clove	Garlic, peeled, trimmed
1 large	Red Bell Peppers, roasted, sliced
¼ cup	Fire Roasted Diced Tomatoes
¾ tsp	Chili Powder
1 ½ tsp	Smoked Paprika
1 Tbsp	Sherry Vinegar
¼- ½ cup	Olive Oil
To Taste	Salt & Pepper

OR

Chimichurri Makes 1 cups

½ bunch	Parsley Leaves
1 Tbsp	Oregano Leaves
2 Tbsp	Red Wine Vinegar
1-2 cloves	Garlic, peeled, cut in half
¼- ½ tsp	Red Pepper Flakes
¼ medium	Lemon, zested
¼ medium	Red Onion, minced (optional)
1/3 – ½ cup	Olive Oil
To Taste	Salt & Pepper

Directions

1. Stagger and layer all ingredients into a food processor. Turn on processor and puree until desired smoothness. Season with salt and pepper.



QUICK PICKLES

Makes 4- 6 Cups

Reductions are made by reducing liquids by evaporation that leads to both thickening of the liquid along with the concentration of flavors. They come in handy both on the savory as well as the sweet side of the kitchen. Not only can they be used as sauces on their own, but they can be added to other base components to add richness of flavor and thickening (i.e. demiglace). Examples include port wine reduction, balsamic vinegar reduction, glazes, demiglaces, and deglazed pan sauces.

Quick Pickled Vegetables

2 cups	Vinegar of choice (Apple Cider or Rice Vinegar are good choices)
¼ cup	Water
½ cup	Sugar
2 Tbsp	Salt
4-6 cups	Vegetables of choice, sliced, diced, or cut into batons (ex. English cucumber & red onion, carrots & jalapenos, pickling cucumbers)
Few Tbsp	Herbs or Whole Spices of choice (optional)

1. Heat vinegar, sugar, herbs and/or spices, and salt in a saucepan over med-high heat. Stir occasionally. Continue to cook until sugar has been dissolved for a few minutes. Pour mixture over the vegetables in a shallow mixing bowl. Stir to combine. Let cool and refrigerate until use.



STARCH THICKENED SAUCES

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. 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.

Béchamel Sauce Makes 3 ½ - 4 cups

1 ½ oz (45g)	Butter
1 ½ oz (45g)	All-purpose flour
2 cups	Whole milk, warmed
To taste	Salt & pepper
Dash	Nutmeg

Equipment

- Sauce pan
- Whisk

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.



WINE MUSTARD REDUCTION SAUCE WITH ROSEMARY

Makes 1-1 ½ cups

Ingredients

1 cup	Dry White Wine
2 cups	Chicken Stock
2 Tbsp	Dijon Mustard
2 Tbsp	Fresh Rosemary, finely chopped
To taste	Salt

Equipment

- Chef's knife
- Medium Sauce Pot
- Whisk

Directions

1. In a medium sauce pot, bring wine to boil. Reduce until almost dry.
2. Add stock and bring to boil. Simmer until reduced by half.
3. Whisk in Dijon mustard until evenly dissolved, then add rosemary and season with salt. For thicker consistency, continue to reduce by half again.