

Highlights from Class!

The French call a stock “fond” which means base, as a stock is the base for many classic and modern dishes.

All stocks share four common important characteristics regardless of the type. The four characteristics are; Body, Flavour, Clarity and Colour.

A **fumet** is basically a fish stock that has dry white wine and sometimes a little lemon juice added to it.

A Court Bouillon is used to poach fish, shellfish or vegetables. Court Bouillon are created by sweating vegetables and seasonings in water and adding an acidic liquid such as vinegar or wine.

When creating a vegetable stock try to avoid the following;

1. **starches** - they make the stock cloudy
2. **chlorophyll** - green pigment of vegetables turns grey when cooked for a long time
3. **anthocyanins** - water-soluble pigment in vegetables such as beets and red cabbage adds a strong, undesirable colour to the stock
4. **strong flavours** (cabbage, cauliflower, etc.)

A bouquet garni is a selection of herbs (usually fresh) and vegetables tied into a bundle with twine. The twine makes it easier to remove the bouquet when sufficient flavour has been extracted. A standard *bouquet garni* consists of parsley stems, celery, thyme, leeks and carrots.

Bouquet garni and sachet are used to add flavours in such a way that the ingredients can be easily removed from a dish when the flavours have been extracted.

A sachet is made by tying peppercorns, bay leaves, parsley stems, thyme, cloves and optionally, garlic in cheesecloth. The exact quantity of these ingredients is determined by the amount of liquid the sachet is meant to flavor and by the chefs preference.

A similar technique, although less commonly used, is an oignon piqué, or studded onion. To prepare an oignon piqué, peel the onion and trim off the root end. Attach one or two dried bay leaves to the onion using whole cloves as pins. The oignon piqué is then simmered in milk or stock to extract flavours.

Bones are used to produce stock. When bones are substituted with meat, or bones containing a lot of meat, the resulting liquid is called a broth.

French for “rewetting” a stock produced by reusing the bones left after making another stock. After draining the original stock, add fresh mirepoix, new sachet and enough water to cover the bones and mirepoix and a second stock can be made. Treat this like the initial stock when cooking. It will not have the same body, flavour and will not be as clear. It is often used when making braised products.

Types of Roux

1. **White Roux** - It is cooked only briefly and should be removed from the heat as soon as it develops a frothy, bubbly appearance. It is used in white sauces, such as béchamel, or in dishes where little or no colour is desired.
2. **Blonde Roux** - Cooked slightly longer than white roux, blonde roux should begin to take on a little colour as the flour caramelizes. It is used in ivory-coloured sauces, such as velouté, or where a richer flavour is desired.
3. **Brown Roux** - It is cooked until it develops a darker colour and a nutty aroma and flavour. Brown roux is used in brown sauces and dishes where a dark colour is desired. It is important to remember

that cooking a starch before adding a liquid breaks down the starch granules and prevents gelatinization from occurring. Therefore, because brown roux is cooked longer than white roux, more brown roux is required to thicken a given quantity of liquid.

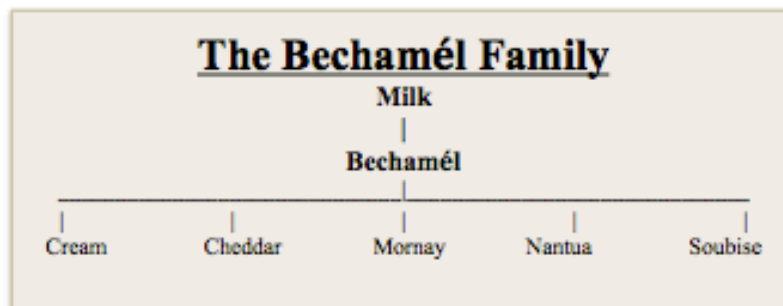
Finishing Techniques

1. **Reduction** – As you slowly cook a sauce moisture in the form of steam evaporates. This causes the remaining ingredients to coagulate, thickening the sauce and strengthening the flavours. Sauces are often finished by allowing them to reduce until the desired consistency is reached.
2. **Deglazing** - is a cooking technique for removing and dissolving caramelized bits of food from a pan to make a
3. **Monter au Beurre** – This is the process of swirling or whisking whole butter into a sauce to give it shine, flavour and richness. Compound or flavoured butters, can be used in place of whole butter to add specific flavours. Monter au beurre is widely used to enrich and finish derivative sauces.

Classifications of Soups in Our Class

1. **Broth and Bouillons** – Beef Broth, Chicken Noodle, Scotch Broth
2. **Consommé** - Beef Consommé, Fish Consommé, Chicken Consommé
3. **Cream Soups** – Cream of Broccoli, Cream of Cauliflower, Cream of Roasted Asparagus
4. **Purée Soups** – Purée of Split Pea, Puréed Carrot and Ginger
5. **Bisques** – Shrimp Bisque, Lobster Bisque, Crayfish Bisque, Crab Bisque
6. **Chowders** – Boston Clam Chowder, Manhattan Clam Chowder, New England Clam Chowder
7. **Cold Soups** – Vichyssoise (potato leak), Cocky Leeky, Gazpacho
8. **Ethnic** – Borsht, Mulligatawny, Goulash, Miso, Tom Yum Kung, Minestrone, Avegolemono

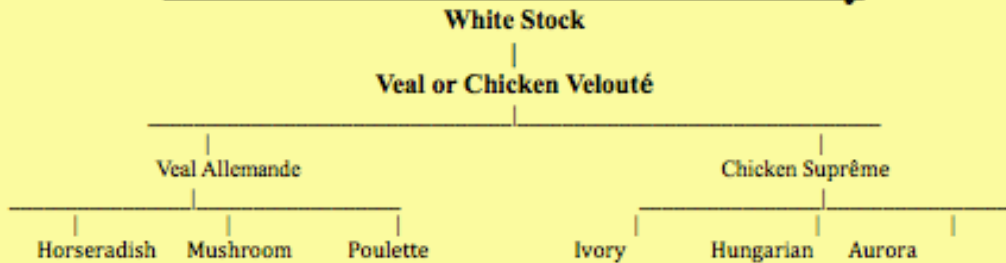
Derivative Sauces



Bechamél Sauce Derivatives (for 1L of béchamel)

- **Anchovy** – Add to béchamel 25g anchovy purée
- **Cheddar** – Add to béchamel 250g cheddar, dash of Tabasco and 15ml dry mustard.
- **Cream** – Add to béchamel 250-350ml scalded cream and a few drops of lemon juice
- **Egg** – Add to béchamel 6 chopped boiled eggs
- **Mornay** – Add to béchamel 125g Gruyere cheese and 25g Parmesan, swirl in butter at end
- **Mustard** – Add to béchamel 15g dry mustard or 30g Dijon or English mustard
- **Nantua** – Add to béchamel 125ml heavy cream and 175g crayfish butter, paprika, Garnish with crayfish meat
- **Parsley** – Add to béchamel 30g chopped parsley
- **Soubise** – Sweat 250g diced, blanched onion in 25g butter. Add béchamel, 250ml cream and 5g of sugar and simmer until the onions are fully cooked. Strain through cheese cloth.

The Veal and Chicken Velouté Family



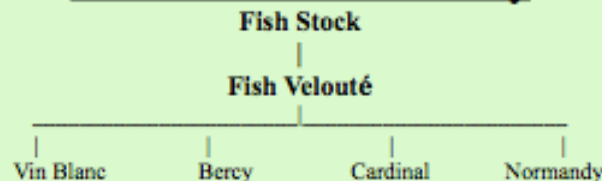
Velouté Sauce Derivatives (for 1L of velouté sauce)

- **Horseradish** – Add to allemande 125ml 40% cream and 5g of dry mustard. Just before service, add 60g freshly grated horseradish so that the mixture will not cook the horseradish.
- **Mushroom** – Sauté 125g sliced mushrooms in 15g butter; add 25ml white wine. Then add the allemande to the mushrooms. Do not strain. Garnish with 25g each chopped parsley & chives
- **Poulette** – Sauté 250g sliced mushrooms and 15g diced shallots in 30g butter. Add to the allemande; then simmer and strain. Finish with 15ml lemon juice and 15g chopped parsley.

Suprême Sauce Derivatives (for 1L of suprême sauce)

- **Aurora** – Add 350ml tomato sauce & 175ml 35% cream. Simmer for 5 minutes, strain and mount with 250g butter.
- **Hungarian** – Sweat 90g of diced onion in 60g butter. Add 15g paprika and sweat. Add 250ml white wine and reduce. Stir in the suprême sauce. Cook for 2-3 minutes, strain and finish with 250ml cream.
- **Ivory** – Add to suprême 90g glace de volaille.

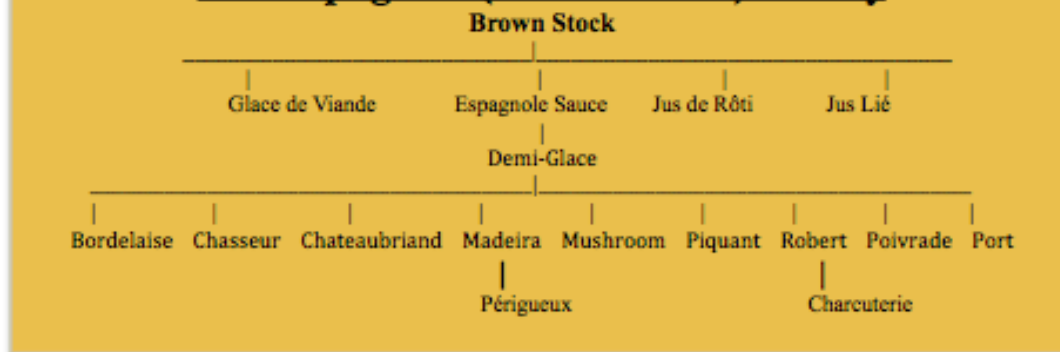
The Fish Velouté Family



Fish Velouté Sauce Derivatives (for 1L of velouté)

- **Bercy** – Sauté 60g finely dices shallots in butter. Then add 250ml dry white wine and 250ml fish stock. Reduce this mixture to one third then add the velouté and 300ml cream and reduce to 1L. Finish with 100g butter and garnish with 30g chopped parsley and 25-50ml lemon juice
- **Cardinal** – Add 250ml fish fumet to 500ml fish velouté and 500ml béchamel. Reduce this mixture by $\frac{1}{2}$ and add 500ml whipping cream and a dash of cayenne pepper. Bring to a boil and swirl in 45g lobster butter and 30ml brandy. Garnish with chopped lobster coral at service time.
- **Normandy** – Add 125g mushroom trimmings, 125ml shellfish liquor (oyster, clam, mussel) and 250ml fish stock plus 10ml lemon juice to 1L fish velouté. Reduce by one-third and finish with a 3-egg-yolk and 250ml cream liaison. Strain through cheesecloth and conical strainer.

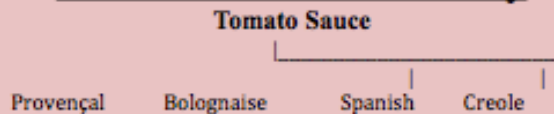
The Espagnole (Brown Sauce) Family



Espagnole Sauce Derivatives (for 1L of Espagnole)

- **Demi-glaze** – Is used to produce many derivative sauces. The quantities given are for 1L demi-glaze. The final step for each recipe is to season to taste with salt and pepper.
- **Bordelaise** – Sweat 100g chopped shallots, 1 bay leaf, 1 sprig of thyme and 5g cracked peppercorns and add to 500ml red wine. Reduce by $\frac{3}{4}$, then add demi-glaze and simmer for 15 minutes. Strain. Finish with 60g meat glaze, mount with 100g butter, garnish with sliced poached beef marrow.
- **Chasseur (Hunter's Sauce)** – Sweat 30g diced shallots and 250g sliced mushrooms in butter. Add 250ml white wine and 30ml brandy and reduce by $\frac{1}{2}$. Add demi-glaze and 250g tomato concassé and simmer 5 minutes. Finish with 30g meat glaze and 7g each of parsley and chives, chopped.
- **Chateaubriand** – Sweat 125g each sliced mushrooms and shallots in butter. Add 1 sprig of thyme, 2 bay leaves and 500ml white wine. Reduce by two-thirds. Add demi-glaze reduce by $\frac{1}{2}$ and strain. Mount with 350g parsley butter, and finish with 30g chopped tarragon.
- **Madeira or Port** – Bring demi-glaze to a boil, reduce slightly. Then add 125ml Madeira wine or port. Mount with 60g butter.
- **Mushroom** – Sweat 50g shallots and 500g sliced mushrooms in 50g butter. Add 150ml red wine or Madeira wine. Reduce liquid by two-thirds. Add demi-glaze and reduce to desired consistency.
- **Périgueux** – Add finely diced truffles to Madeira sauce. *Périgourdine* sauce is the same, except truffles are cut thicker.
- **Piquante** – Sweat 125g shallots and add 300ml each white wine and white wine vinegar and 5g cracked peppercorns. Reduce the mixture by $\frac{3}{4}$. Then add demi-glaze and simmer for 10 minutes. Strain. Add 125g of diced cornichons, 60g capers, 5g of fresh tarragon, 5g fresh parsley and 5g fresh chervil. Do not strain.
- **Poivrade** – Sweat 350g mirepoix in 30g butter. Add 2 bay leaves, a sprig of time, 4 parsley stems and 1-crushed garlic clove. Then 500ml white wine and 125ml white wine vinegar. Reduce by half, add demi-glaze and reduce to 1L. Then add 20 crushed peppercorns and 50g meat glaze and simmer for 5 more minutes. Strain and mount with up to 60g butter.
- **Robert** – Sauté 125g chopped onion in 30g butter. Add 250ml dry white wine and reduce by two-thirds. Add demi-glaze and simmer for ten minutes. Strain and then add 10g dry mustard dissolved in wine and 60g meat glaze. If the finished Robert sauce is garnished with sliced sour pickles, preferably cornichons, it is known as *charcuterie* sauce.

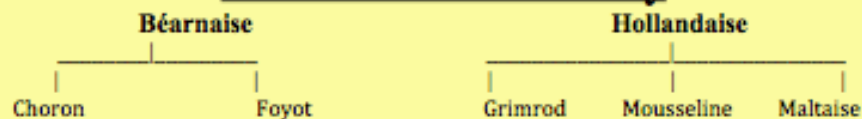
The Tomato Sauce Family



Tomato Sauce Derivatives (for 1L of Tomato sauce) or Variations

- **Bolognaise** – This sauce is not a derivative of tomato sauce. Sweat 100g diced onion and 1 clove crushed garlic in 30ml olive oil. Add 500g ground veal or beef and 200g diced pancetta (optional) and sauté until meat browns lightly. Add tomato sauce, 5g fresh basil, chopped, and 10g fresh oregano leaves and 25g chopped Italian parsley. Simmer. Adjust seasoning to taste. Often used with pasta dishes or to prepare lasagna.
- **Creole** – Sauté 175g finely diced onion, 125g thinly sliced celery and 5g of garlic in 30ml olive oil. Add tomato sauce, a bay leaf and a pinch of thyme; simmer for 15 minutes. Then add 125g finely diced green pepper, 100g of diced okra, 100g sliced green olives and a dash of hot pepper sauce; simmer for 15 minutes longer. Remove bay leaf.
- **Spanish** – Sauté 150g sliced onions with 100g thinly sliced celery, 150g sliced sweet peppers, and 5g of garlic in 50ml of olive oil. Finish with 125g sliced mushrooms sweated, and 125g tomato concassée. Season with chilies, salt and pepper.
- **Provençale** – Not a derivative sauce. 500g tomato concassée sautéed in 100 ml olive oil and 5g garlic, 50g chopped shallots, finish with 15g chopped fresh herbs. (for fish, meat & veggies)

The Hollandaise Family



Hollandaise Sauce Derivatives (for 1L of Hollandaise sauce)

- **Béarnaise** – Combine 25g chopped shallots, 10g chopped fresh tarragon, 5g chopped fresh chervil and 1g crushed peppercorns with 100ml white wine vinegar and 25ml water. Reduce to 90ml. Add this reduction to the egg yolks and proceed with the hollandaise recipe. Strain the finished sauce and season with salt and cayenne. Garnish with extra tarragon
- **Choron** – Stir 60g tomato pureé into a béarnaise.
- **Foyot** – Add to béarnaise 75g melted glace de viande.
- **Grimrod** – Infuse a hollandaise sauce reduction with saffron.
- **Maltaise** – Add to hollandaise 50ml blood orange juice and 5g finely grated blood orange zest. Regular oranges may be used for this sauce.
- **Mousseline (Chantilly Sauce)** – Whip 125ml of 35% cream until stiff. Fold it into the hollandaise just before service. It is usually under a broiler or salamander.