



5 Mother Sauces Prep Chart

"A good sauce can make or break a dish. A sauce works like a seasoning, but also adds texture. A great sauce can help a mediocre entrée as easily as a bad sauce can ruin an otherwise excellent dish. Understand the relationship between fats, starches and liquids is the key to quality sauce making." -Chef Todd Mohr

Structure of a Sauce

Made of three kinds of ingredients

Liquid, thickening agent, additional seasoning and flavoring

Liquid

Provides the body of the sauce

There are five liquids or bases on which sauces are built, resulting in the five mother sauces, leading sauces

Most frequently used sauces are based on stocks

Thickening Agents

Sauce must cling to food, needs thickening agent

Must not leave a puddle on the plate

Must not be too thick and pasty

Starches are the most commonly used thickeners

Flavoring Agents

Flavors are added at different stages of sauce-making process

Sauce is built in stages; flavors added at the end if appropriate

Roux

Flour is the principal starch in sauce making.

Cornstarch, arrowroot, waxy maize also used.

Starches thicken by gelatinization.

Starch absorbs water and swells to many times their size.

Acids inhibit gelatinization.

Do not add acids until sauce is fully gelatinized.

Starch granules must be separated before heating into liquid

Lumps occur because the outside of the starch molecule quickly gelatinizes into a coating that prevents the liquid from reaching starch inside.

Starch granules are separated by:

Mixing with fat

Roux, beurre manie

Mixing with cold liquid

Cornstarch slurry

5 Mother Sauces

<u>Leading Sauce</u>	<u>Liquid</u>	<u>Thickening Agent</u>
Bechamel Sauce	Milk	White roux
Veloute Sauce	White Stock	White or blond roux
Brown Sauce	Brown Stock	Brown roux
Tomato Sauce	Tomato + Stock	Pureed Tomato
Hollandaise	Butter	Egg Yolks

Preparing Roux:

General Principles:

Liquid may be added to roux, or roux added to liquid

Must ALWAYS be hot roux to cold liquid or cold roux to hot liquid

Procedures:

Method 1 – adding liquid to roux

Add fat to sauce pan, heat through.

Add starch to fat, stir to make a paste.

Cook until white and bubbly, with a nutty smell

Pour cold liquid to roux in three stages, beating to prevent lumps

Bring liquid to boil, reduce to simmer, continue to beat well.

Liquid won't thicken fully until it reaches boil.

Simmer, stirring occasionally, to desired thickness.

Cover and keep warm, or cool for future use.

Cover with melted butter to prevent skin

Method 2 – adding roux to liquid

Bring liquid to simmer in a heavy pot

Add small amount of previously made, cold roux and incorporate

Continue to beat in roux

Continue to simmer until roux is cooked out. Sauce will thicken as it reduces

Portions of Roux to Liquid

Thin – 6oz butter/6oz flour/1 gal liquid

Medium – 8oz butter/8oz flour/1 gal liquid

Thick – 12 oz butter/12 oz flour/1 gal liquid