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Apricot and Tarragon Sauce

From: Bruce Naftaly

Serve with pan-roasted duck or pork tenderloin.

- } 1/2 lb. halved and pitted apricots
- } 4 stems of tarragon, leaves only
- } 3 shallots, peeled, minced
- } 5 cloves of garlic, mashed
- } 1/2 tsp. thyme
- } 1 small sprig of rosemary
- } 1 pink rose, petals only
- } 1 bay leaf
- } 2 sage leaves, (about 1/4 tsp.)
- } 1 tamarind pod*
- } 1 cup brandy
- } 2 cups stock
- } 2 tbsp. mustard seeds
- } 1 cup water, for simmering seeds
- } 1 tbsp. juniper berries (dried)
- } 1/2 cup brandy

In a heavy saucepan, combine pitted and halved apricots, tarragon leaves, shallots, garlic, thyme, rosemary, rose petals, bay leaf, sage leaves, tamarind pod, brandy, and stock. Simmer until soft. In the mean time, boil mustard seeds in water for 8-10 minutes. Strain and rinse. Process for 30 seconds. To the processor, add apricot mixture (minus the tamarind pond), a dash of red pepper flakes?, and the juniper berries. Puree. Put back in pan, add brandy and simmer till its a sauce.

*Tamarind pond can be found at Pike Place Market or other public markets. Try Post Alley produce.

Juniper berries and mustard seeds can be found at P.C.C. or other organic stores.

Serve with duck, or pork.

Basic French Salad Dressing

From: Louise Hasson, Bon Vivant School of Cooking

- } 1/2 tsp. dijon-style mustard, like Maille
- } 1 tbsp. lemon juice, red wine vinegar, or other
- } 3 tbsp. pure olive oil or extra virgin olive oil
- } 1/2 tsp. salt
- } pepper

In a small bowl, whisk the mustard and vinegar and/or lemon juice until blended. Add the olive oil, salt and pepper and whisk until

and stirred. Add the olive oil, salt and pepper and whisk until emulsified. Set aside until needed. Whisk again before tossing salad, if necessary.

You may add to the above basic dressing: 1 tsp. mayonnaise, 1/2 tbsp. minced shallots, 1 small garlic clove, minced or bruised, 1/2-1 tbsp. fresh herbs (dried herbs usually contain 3 or 4 times the amount of flavor of fresh herbs, but fresh herbs are more evocative).

Makes about 1/4 cup of dressing:

Basic French Sauces

From: Louise Hasson, Bon Vivant School of Cooking

- › a Quick Sauce Brune:
- › 4 tbsp. unsalted butter
- › 1/4 pound boneless veal, chopped
- › 1/4 pound lean cooked ham, chopped
- › 1 medium onion, chopped
- › 1 medium carrot, chopped
- › 4 tbsp. flour
- › 1 tsp. tomato paste, optional
- › 4 cups beef stock
- › 1 bouquet garni: 1 bay leaf, pinch of thyme, sprigs of parsley
- › salt and pepper as needed
- › a Veloute sauce:
- › 1 cup fonds blanc (white stock, chicken stock, or veal stock; in some cases, fish stock)
- › 1-1/2 tbsp. butter
- › 1-1/2 tbsp. flour
- › salt and freshly ground white pepper
- › dash of cayenne
- › a Bechamel sauce:
- › 1 part butter, depends on thickness desired
- › 1 part flour, depends on thickness desired

- › 1 cup milk
- › Butter or Emulsion Sauces (see recipes for mayonnaise, Sauce Hollandaise, Sauce Bearnaise, etc.)

These basic sauce recipes are the foundation from which the vast multitude of sauces evolve. The addition of other ingredients to these sauces creates the new variation. For our purposes we separate mother (or "mere") sauces into three simplified categories: brown sauces or Espagnole or sauce Brune, white sauces (Veloute and Bechamel), and butter or emulsion sauces.

Roux, the thickener and foundation of any flour based sauce or dish, is usually a combination of equal parts butter to equal parts flour. The butter is melted slowly, the flour whisked in to form a paste, then cooked to the desired color: The brown roux is cooked to a hazelnut color with a baked flour aroma and is used in brown sauces. The blond roux is cooked slowly to a straw color (light yellow in tone) for veloute sauces. The white roux is just cooked until the rawness of the flour is gone for Bechamel sauces. In preparing roux based sauces the rule is that cold stock is added to hot roux and hot stock is added to cool roux in order to guarantee smooth thickening without lumps.

Other liaisons: A Beurre Manie is soft butter and flour mashed to a smooth paste that is whisked into an already prepared hot sauce or liquid in droplets to thicken. The drawback of beurre manie is that the flour is raw. A sauce with this form of thickener should not be boiled or it may take on a disagreeable raw flour flavor. Beurre manie may be blended with 2 parts butter and 1 part flour or with equal parts butter and flour.

Arrowroot or potato starch or "fecule" is mixed with cold water or milk into a smooth paste and added to hot liquid and brought just to the boil before removing it from the heat. This remains clear after thickening.

Cornstarch is best used in dishes where a more gelatinous result is desired. Cook for 3 minutes after adding it in the form of a paste to hot liquid. It also gives a clear result. An enrichment is a mixture of egg yolks and cream added to thicken, color and enrich the flavor of sauces. A few spoonfuls of hot sauce is whisked into the egg and cream to raise the temperature and avoid curdling. This process is called tempering the sauce. It is then whisked into the hot sauce in a steady stream. It may be cooked stirring until just under the boil. Never boil the sauce after an enrichment has been added.

For sauce Brune, saute meat and vegetables in butter till golden brown; add flour and cook for 5 minutes till a hazelnut roux. Cool. Pour in hot broth to deglaze and simmer with bouquet garni till reduced, then strain.

For sauce Veloute, melt butter and add flour; cook till straw colored over low heat. Remove the pan from the heat and cool briefly. Then whisk in hot broth in a steady stream. Return the pan to high heat and bring the sauce to a boil while whisking. Simmer the sauce for 15-30 minutes. Remove any foam as is necessary. Season to taste. If the sauce needs to be held, skim with soft butter or butter wrapper. The sauce may be covered and refrigerated for 2-3 days or frozen for up to 6 months. Use different measurements of butter and flour for different flowing consistency. For example, 3-4 Tbsp. each of flour and butter is a panada or thick sauce for binding a croquette, fish or meat mousse.

For sauce Bechamel, bring the milk just to the boil. You may season the milk by allowing it to seep or infuse with onion, bay leaves, or peppercorns for 5-10 minutes. This is an optional step.

Melt the butter for the desired thickness* and then add the flour, whisking to form a paste. Raise the heat until the roux begins to bubble. Reduce the heat to low and allow this foaming roux to cook without browning for 1-2 minutes. Cool briefly. Then whisk in the strained hot milk in one continuous process. Return to a boil while whisking thoroughly. Simmer for 5 minutes or so while adding salt and white pepper, cayenne and nutmeg as desired. May be covered and refrigerated for 2-3 days.

*Note: Thin sauce=1 tbsp. butter, 1 tbsp. flour for a cream soup base.

Medium sauce=1-1/2 tbsp. butter, 1-1/2 tbsp. flour for vegetables and pastas.

Thick sauce=2 tbsp. butter, 2 tbsp. flour for a souffle base.

Bing Cherries for Duck

From: Bruce Naftaly

- } 1 lb. cherries, stemmed
- } 4 cups duck stock (dark)
- } 1 cup madeira
- } 3/4 cup brandy
- } 1 cup port
- } 1/3 cup Maraschino, by Maraska or Kirsch
- } 1 dash each salt and pepper

Combine cherries with stock, Madeira, brandy, Port, and heat for an hour or so. Uncovered to reduce. Add Maraschino and pepper, and about an 1/8 tsp. salt. Excellent with roasted duck breasts.

Blackcurrant Sauce for Duck

From: Bruce Naftaly

Probably also good with pork tenderloin.

- } 1 pint blackcurrants, stemmed
- } 1-1/2 cup port
- } 1 cup red wine
- } 2 cups duck stock
- } 1 splash of Creme de Cassis
- } 1 dash of salt , to taste

Simmer the blackcurrants, port, red wine, and stock for 1-1/2 hours. Run through the food mill, and return to pan. Add the Creme de Cassis and salt to taste.

Brandied Raspberries

From: Bruce Naftaly

These make a nice hostess or other gift.

- } 1 quart jar full of raspberries
- } 1 cup sugar
- } 1 bottle of cheapest vodka

Fill the quart jar full of raspberries, add sugar, and fill with vodka. Seal. Stir by turning jar around every 2 weeks or so. Sit for months in cool dry place. Could also use bing cherries.

Bruce used this to sweeten the bing cherry sauce for duck.

Chantrelle and Fig Sauce

From: Bruce Naftaly

Good over poached salmon.

- } 3 shallots, minced
- } 1 lb. Chantrelles, torn apart if big
- } 1/2 lb. figs, quartered
- } 1/4 cup fish stock
- } 1/2 cup Madeira
- } 2 cups whipping cream
- } 1 dash of salt, or to taste
- } 1 dash peanut oil, for sauteeing

Saute shallots in peanut oil till translucent.

Add chantrelles, and stew with shallots over low heat. Once they've relaxed, add the figs and stew. Add fish stock and Madeira. Add whipping cream and reduce to the sauce.

Bruce added salt and served over salmon poached in water and white

wine.

Chili-Lemon Glaze

From: Sunset magazine

- } 1 chicken, 3-1/2 to 4 pounds
- } 2 tsp. olive oil
- } 1 dash each salt and pepper
- } 1/4 cup fresh lemon juice
- } 2 tbsp. honey
- } 1 tbsp. chili powder
- } 1/4 tsp. each cinnamon and cayenne
- } optional:
 - } 1/2 tsp. salt

Follow directions for Basic Roast Chicken recipe. While chicken roasts, combine lemon juice, honey, chili powder, salt, cinnamon and cayenne.

When thermometer in chicken reaches 170 degrees, reduce oven to 400 degrees and baste chicken with half of chili mixture. Roast 5 minutes and baste with remaining chili mixture. Continue to roast until thermometer reaches 180 degrees, about 5 minutes more.

Serve pan juices as directed. 340 calories per serving.

Chocolate Sauce

- } 4 ounces unsweetened chocolate
- } 1 cup granulated sugar
- } 1 pinch salt
- } 1 tbsp. unsalted butter
- } 1 cup heavy cream or creme fraiche
- } 1/2 tsp. good-quality vanilla extract

This sauce may be made ahead and refrigerated. Just reheat on the stove or in a microwave before serving.

Melt the chocolate. Add the sugar, salt and butter. Stir well, and gradually add cream. Stir and cook 5 minutes. DO NOT BOIL. Remove from heat and stir in 1/2 tsp. vanilla.

Clarified Butter

- } 1 pound butter

Melt butter slowly in small saucepan on low heat. Pour melted butter into glass measuring cup; let stand. Skim off foam. Carefully pour off butter and discard the milky sediment that accumulates on the bottom. Refrigerate and use as needed. Makes about 1-1/2 cups.

Clarified butter will not burn as easily as plain butter. Use to saute fish, chicken, chops, French toast, etc.

Cranberry-Orange Sauce

From: Louise Hasson, Bon Vivant School of Cooking

- } 1 12 ounce pkg. whole cranberries, washed, sorted and stemmed
- } 1 cup sugar
- } 1 cup fresh squeezed orange juice
- } 1 tbsp. fresh grated orange rind

Combine the sugar and juice in a 2 quart saute pan. Bring it to the boil, reduce the heat and simmer until the sugar is dissolved. Thoroughly skim the foam from the liquid. Add the berries, including the pale pink and white ones, and boil the sauce until most of the berries pop (about 5 minutes). Skim the foam again and add the orange rind. Cool briefly then transfer the sauce to a clear glass serving bowl. Cover and chill at least two hours or more. The cranberry sauce may be made a number of days in advance.

Creme Fraiche

- } 1 cup heavy cream
- } 1 tbsp. buttermilk, sour cream, or yogurt

Mix heavy cream with sour cream and let sit at room temperature covered for 12 to 36 hours until it thickens. Cover and refrigerate.

Duxelles

From: Louise Hasson, Bon Vivant School of Cooking

- } 1/2 pound mushrooms
- } 1 tbsp. finely minced shallots
- } 2 tbsp. finely minced green onion
- } 1 tsp. each butter and olive oil or salad oil
- } 1 dash salt and pepper to taste
- } 1 tbsp. chopped parsley

Chop the mushrooms very fine. Saute the onion and shallot until tender. Add the mushrooms and saute them without browning them until they are dry looking. Add the salt and pepper to taste. Stir in the parsley. Set aside until needed.

Note: This is basically a recipe for mushroom pate. And used in Beef Wellington.

Fresh Tomato Salsa

- } 3 cups peeled, seeded and chopped ripe tomatoes
- } 1 cup red onion, chopped
- } 1 garlic clove, minced
- } 1 tbsp. seeded, minced jalapeno pepper (or to taste)
- } 1 tbsp. chopped cilantro, or to taste
- } 1 tbsp. lime juice, lemon juice, or red wine vinegar
- } 1/2 tsp. salt

The word salsa simply means sauce in Mexican cuisine. However, we have come to think of it as a medley of fresh chopped ingredients used as topping. It is particularly good with poached or grilled fish.

Cut an "x" just through the skin at the base of each tomato. Dip the tomatoes in boiling water for about 15-30 seconds. Plunge them into cold water and peel. If the skins are stubborn dip in boiling water again. Core and cut them in half and remove the seeds. Chop the tomatoes and transfer them to a bowl.

Add the rest of the ingredients. Adjust the amount of these other ingredients to suit your tastes. Cover and refrigerate until needed.

Fresh Tomato Sauce

From: newspaper

This recipe is good for freezing the tomato sauce.

- } 2 tbsp. olive oil
- } 2 onions, finely chopped
- } 5 pounds ripe tomatoes, peeled, seeded
- } 1 tsp. salt
- } 1/2 tsp. freshly ground black pepper
- } 1/2 tsp. sugar
- } 2 tbsp. lemon juice
- } 1/2 tsp. dried basil, crushed

Heat oil in a large, heavy saucepan and add the onions. When onions are soft and translucent, add the tomatoes, salt, pepper, sugar, lemon juice and basil.

Simmer, uncovered, stirring occasionally, until the mixture is reduced to a puree, about 2 hours. (If planning to freeze the sauce, cool first. Ladle into freezer containers, leaving 1/2-inch headspace. Cover and freeze.)

Gooseberry and Dill Sauce

From: Chef Bruce Naftaly of Le Gourmand

Bruce Naftaly served this over Copper River Salmon. See gooseberry fool recipe for directions on gooseberry puree.

- } 1 cup creme fraiche
- } 3 cups cream
- } 1 cup fish stock
- } 3/4 cup gooseberry puree (see gooseberry fool recipe for the puree)
- } 1 tbsp. fresh chopped dill
- } optional:

- } 1 tbsp. wind-dried salmon

Combine creme fraiche, cream, and stock in heavy saucepan. Reduce to half. Add gooseberry puree and dill. Take to the boil, turn down, reduce to coat back of spoon. He add wind-dried salmon, this is optional. Season.

Serve with Copper River Salmon that has been poached in water and white wine.

Serve with Pinot Gris (Alsatian wine)

Guacamole

- } 2 medium avocados, seeded and peeled
- } 1 thin slice of small onion
- } 1 tomato, seeded and chopped fine
- } 1 tbsp. lime juice
- } 1 tbsp. fresh cilantro
- } 1 clove garlic, minced
- } 1/2 tsp. salt

In a blender container, combine avocados, onion, lime juice, garlic, cilantro, and salt. Blend till smooth, scraping down sides of container as necessary.

Stir in chopped tomato. Place in a serving bowl. Cover and chill before serving. Makes about 1-1/4 cups.

Homemade Tartar Sauce

- } 1 whole egg
- } 1 tsp. dijon-style mustard
- } 1 tbsp. lemon juice
- } 1/2 tsp. salt
- } fresh ground white pepper
- } dash of cayenne
- } 1 cup pure olive oil or salad oil and olive oil combined
- } 2 tbsp. minced shallot
- } 2 tbsp. minced dill pickle
- } 1 tbsp. finely minced parsley
- } additional lemon juice, or tarragon vinegar to give tang

Add first 7 ingredients to processor except oil. Blend briefly. With

the motor running slowly add the oil in a slow, thin, steady stream. After the mayonnaise is made, correct the seasoning to taste and add the following ingredients to create the tartar sauce.

Lemon Curd Sauce

From: Karen Bruner and Mary Norton

See Galette au Citron for another recipe for lemon curd.

- } 1 tbsp. cornstarch
- } 2 tbsp. butter
- } 1/2 cup water
- } 1 lemon, juiced
- } 1 sugar, to taste
- } 1/2 tsp. vanilla

Melt butter, stir in cornstarch. Add water, lemon juice, and sugar. Thicken.

Add vanilla. Stir well. Chill.

Mayonnaise

- } 1 whole egg
- } 1 tsp. dijon-style mustard
- } 1 tbsp. lemon juice
- } 1/2 tsp. salt
- } fresh ground white pepper
- } dash of cayenne
- } 1 cup pure olive oil or salad oil or a combination

Add all the ingredients except the oil to a food processor or blender or bowl. Blend briefly. With the motor running (or by hand with a helper?) add the oil in a slow, thin, steady stream. Correct the seasoning to taste.

Mayonnaise for Poached Salmon

From: Chef Bruce Nafitaly, Le Gourmand

- } 2 egg yolks
- } 2 tbsp. fish stock
- } 1/2 cup gooseberry puree
- } 1 tbsp. chopped fresh dill
- } 1/8 tsp. white pepper
- } 1/2 tsp. salt, to taste
- } 1 cup olive oil, (1/2 c./egg yolk)
- } optional:
 - } 1 spoon of grainy mustard

process yolks, stock, gooseberry puree, oil, white pepper, and salt.
Drizzle in the oil, taste, correct seasonings. Mustard is optional.
Great with poached salmon.

Pie Cherry Sauce

From: Chef Bruce Naftaly, Le Gourmand

- › 1/2 lb. pie cherries, stemmed
- › 2 cups stock

Simmer pie cherries (monmorency) in stock till soft and reduced.
Can strain through food mill - will remove the pits. Reduce to
concentrate the flavor. Salt to taste at the end.

Plum and Dill Sauce

From: Chef Bruce Naftaly, Le Gourmand

Serve with a roast. For example, pork tenderloin roast.

- › 2 cloves of garlic
- › 1/2 lb. Italian plums, pitted
- › 3/4 cup Madeira
- › 3 Tbsp. brandy
- › 1/3 cup Port
- › 1-1/2 cups brown stock
- › 1/4 cup dill, finely chopped
- › 1 dash salt and pepper, to taste

In a non-aluminum pan, saute garlic in peanut oil.*

Add plums, and cook about 1 minutes. Add Madeira, brandy, Port,
brown stock, and reduce. Puree in food mill. Add dill and let it rest a
few minutes. Season.

Note: For garnish, Bruce poach pitted plum halves in the plum and
dill sauce for a minute, and poured the sauce with the plum halves
over medallion thin slices of pork roast.

See pork roast recipe, ala Bruce Naftaly.

Salsa Bandera

- › 1-1/2 pounds fire-ripe tomatoes, chopped
- › 1 tbsp. chopped fresh cilantro
- › 2 tbsp. lemon juice
- › 1/2 cup chopped onion
- › 2 or 3 fresh jalapenos chilies
- › 1 dash or so of salt

Mix tomatoes, cilantro, lemon juice, and onion. Stem and mince
chilies and add to tomato mixture with salt to taste. Use on cover

chiles and add to tomato mixture with salt to taste. Use, or cover, and let stand up to 4 hours; stir. Makes about 3-1/2 cups.

Salsamole

- } 1 lb. ripe Italian pear tomatoes peeled (optional), seeded and chopped
- } 1/2 cup chopped red pepper
- } 1/2 cup chopped yellow pepper
- } 3/4 cup peeled, minced carrot
- } 1/2 cup fresh corn kernels
- } 2 tbsp. minced cilantro
- } 2 tbsp. minced Italian parsley
- } 1 jalapeno chiles, seeded and minced
- } 2 tbsp. lime juice
- } 2 tbsp. pure olive oil
- } 1 tsp. salt
- } 1/4 tsp. fresh ground black pepper
- } 1 avocado, peeled and diced

In a medium bowl combine all the ingredients except the avocado. Refrigerate and marinate for about 1 hour. At serving time lift the mixture to a serving bowl with a slotted spoon. Stir in the avocado. Correct the seasonings. Garnish with a few whole cilantro leaves. Serve it with a mixture of blue and yellow corn tortilla chips.

Sauce Beamaise

Serve this sauce withh steaks, lamb and salmon. See recipe for Beef Wellington.

- } an Essence or Infusion:
- } 1/2 cup dry white wine or 1/3 cup dry French Vermouth
- } 1 scant tbsp. tarragon wine vinegar or white wine vinegar
- } 1 tbsp. finely minced shallots
- } 2 sprigs parlsey, minced
- } 1-1/2 tbsp. minced fresh tarragon or 1/2 tbsp. dry tarragon
- } the Sauce:
- } 3 egg yolks
- } the Essence
- } 1/2 tsp. salt or to taste
- } 2 tbsp. cold butter
- } 1/2 cup warm clarified butter (start with about 1-1/2 sticks

- } 1/2 cup. minced onion (omit if you don't like onion butter and clarify)
- } 1 tbsp. minced parsley
- } 1 tbsp. minced fresh tarragon
- } a few dashes of cayenne and lemon juice

For the essence: Combine the above ingredients in a 1/2 quart saucepan and boil them over medium-high heat until reduced to about 2 tbsp.. Drain the liquid through a plastic strainer pressing the juices out of the herbs. Cool the essence liquid and set aside.

Transfer 1/2 cup clarified butter to a small clean saucepan and heat it until very warm.

In a 1-1/2 quart heavy copper or Calphalon saucepan whisk the egg yolks until thickened and sticky. Whisk in the essence and salt. Place the saucepan over a warm burner. If the burner is too hot use a deflector pad. Add 1 tbsp. cold butter and whisk until the sauce begins to thicken into a smooth cream and the butter is melted. Add the second tbsp. of butter and whisk until it is incorporated. Slowly add the warm clarified butter by droplets while whisking constantly. If the sauce shows any signs of becoming too hot remove the pan from the heat and continue to whisk in the butter. Add the herbs, cayenne and lemon juice. Remove the pan to a warm area between the burners or hold it in a warm water bath that is heated no higher than 140 degrees. If necessary thin the sauce by whisking in 1 to 2 tbsp. of warm tap water or with additional lemon juice to taste just before serving.

Sauce Beurre Blanc (and Beurre Rouge)

See the recipe for Steamed Salmon with Raspberry Beurre Rouge.

- } for Beurre Blanc:
- } 2 shallots, finely minced
- } 3 tbsp. white wine vinegar
- } 3 tbsp. white wine (Muscadet, Chardonnay or Chenin Blanc)
- } 2 sticks room temperature butter
- } salt and white pepper
- } 1 tbsp. fresh minced herbs such as chives, dill, tarragon or basil, optional
- } for Beurre Rouge:

- } 2 shallots, finely minced
- } 3 tbsp. red wine vinegar
- } 3 tbsp. red wine
- } 2 sticks room temperature butter
- } salt and pepper
- } 1 tbsp. fresh minced herbs such as chives, dill, tarragon or basil, optional

Beurre Blanc is made on the principle of mayonnaise, which requires the egg protein to "structure" the globules of oil or butter and hold them together. The puree of shallots and the casein (milk protein), whey, and lactose in the butter all act as homogenizing agents.

In a heavy saucepan reduce the vinegar, wine and shallots to 1 tbsp.. Remove the pan from the heat and reduce the burner to warm. Begin whisking in 2 pats of butter. When the butter is incorporated and creamy add the next 2 pats. Continue to whisk in the butter until the sauce is thick and creamy. If the pan becomes too cool to dissolve the butter place it over the warm burner as you whisk. Correct the seasoning and serve immediately or at room temperature. This sauce cannot be reheated.

This sauce is a contemporary sauce from the Loire Valley. It is primarily served with pike. It is good with all kinds of seafood. If you wish to have a hotter sauce prepare the sauce over a warm burner with cold butter. Do not at any time let the butter liquefy. Remove the pan from the burner periodically to protect the sauce.

Note of interest: Chef Bruce Naftaly has a different recipe for Beurre Rouge: Combine 1 cup of Madeira wine, 1 cup of Brandy, 1 cup of Port, and 1 cup of red wine (like a Merlot), along with 4 big minced shallots and 3 cups of brown stock (veal or beef). Reduce to about 1-1/2 cups of sauce. Then beat in 1 stick of soft unsalted butter. Season with freshly ground black pepper. Compare with the preceding recipe.

Sauce Chantilly

- } 1 cup Hollandaise sauce
- } 1/4 cup heavy cream, firmly whipped
- } salt and white pepper to taste

Served with fish, chicken and sweetbreads. Fold the cream into the Hollandaise sauce and season to taste.

Sauce Choron

- } 1 cup Bearnaise sauce
- } 1 tbsp. tomato paste (or 2)
- } salt, white pepper and cayenne

Serve this sauce with eggs, fish, steak and lamb. Stir the desired amount of tomato paste into the sauce and season to taste.

Sauce Hollandaise

- } 3 egg yolks
- } 2 tbsp. lemon juice
- } 1-1/2 sticks unsalted room temperature butter, cut into three portions
- } 1/2 to 1 tsp. salt
- } a few grinds of white pepper
- } a few dashes of cayenne or tabasco

Place the liner of a double boiler over water that has been brought to a boil and then reduced to a simmer. Be sure the liner does not touch the water. Add the egg yolks and lemon juice to the liner and whisk them until slightly thickened and sticky. Press the whisk into the first portion of butter and stir it into the sauce until it is melted and incorporated. Add the second piece of butter and stir until it melts. The sauce should begin to thicken. Add the last piece of butter and stir until it is absorbed. Continue to heat and whisk the sauce until it is the consistency of thick cream. Add the seasonings to the sauce and remove the liner from the hot water.

Correcting a Separated Sauce:

Too high heat can cause your sauce to curdle. If the sauce shows signs of separating, quickly plunge the liner into a bowl of cold water and whisk vigorously. If this does not save the sauce, whisk in 1 to 2 tbsp. of warm tap water or stock by droplets. If you are still having difficulty, transfer the curdled sauce to a side bowl. Beat another egg yolk with 1 tsp. lemon juice in the liner. Return it to low heat and whisk the curdled sauce into the egg in a slow thin stream.

Holding the Sauce:

Holding a sauce over low heat or reheating it will cause it to curdle. It is advisable to serve hollandaise at room temperature allowing the hot food to warm the sauce when it is served. However, it may be held in a warm area between the burners of the stove, in a warm tap water bath for 30 minutes, or in a thermos. If necessary, thin the sauce by whisking in a few tsp. of warm water at serving time.

Note: Louise Hasson suggest the nicest double-boiler is a copper pot with a porcelain insert.

Sauce Madere

- } 1/2 cup Madere wine

- } 1/2 cup Madeira wine
- } 2 cups sauce Brune (Brown sauce)
- } optional:

- } 2 tbsp. soft butter

Serve this sauce with filet of beef, ham, veal, chicken livers and eggs

In a 1-1/2 quart saucepan, boil the wine until it is reduced to 3 tbsp.. Add the brown sauce and simmer for a few minutes. At serving time, remove the pan from the heat and whisk in the butter by bits. Serve immediately and do not reheat the sauce if the butter has been added.

Sauce Maltaise

- } 1 cup Hollandaise sauce
- } zest and juice from 1/2 orange
- } salt to taste

Served with asparagus. Stir the juice and zest into the completed sauce.

Sauce Mornay

- } 1 cup Sauce Bechamel
- } 1/4 cup grated Swiss Emmenthaler, Gruyere or Parmesan cheese or a combination
- } salt, white pepper, cayenne as needed
- } optional:

- } 1 egg yolk

- } 1 tsp. dijon-style mustard

- } fresh grated nutmeg

A derivative of Sauce Bechamel, this sauce is good with eggs, fish, chicken, veal, vegetables, hors d'oeuvres and pastas.

Whisk or stir in your choice of ingredients, in the order listed, into the hot Bechamel sauce while it is off the heat.

Sauce Moutarde

- } 1 cup Hollandaise sauce
- } 1 or 2 tsp. dijon-style mustard

Served with eggs and fish. Whisk the mustard into the Hollandaise sauce.

Sauce Soubise

See Veal Medallions on Soubise

See veal medallions au Soubise

- } 5 tbsp. butter, divided
- } 1 large onion, finely chopped (1-1/2 to 2 cups)
- } 2 tbsp. flour
- } 1 cup milk, or chicken or fish stock
- } 2 tbsp. cream as needed
- } salt and white pepper
- } dash of cayenne
- } optional:
 - } dash of freshly grated nutmeg

Melt 3 tbsp. of the butter in a 2 quart saucepan. Add the onions and saute them on low heat until tender and glossy. Transfer them to a 1-1/2 quart heavy saucepan with the milk or stock and bring the liquid just to a boil.

Melt 2 tbsp. butter in a saute pan over medium heat. Add the flour and whisk until smooth paste is formed. Allow this foaming roux to cook over low heat without browning for 1-2 minutes. Remove the pan from the heat and set it aside to cool briefly. Then whisk in the hot liquid and onions. Return the pan to high heat and bring the sauce to a boil whisking. Reduce the heat to warm and simmer the sauce for 5-15 minutes.

If desired, puree the sauce in a food processor or force it through a food mill. Return the sauce to the pan, reheat it and thin it to the desired consistency with spoonfuls of cream. Season.

Sausage Gravy

From: a magazine

Serve on buttermilk biscuits.

- } 1 pound pork sausage, cooked
- } 2 tbsp. finely chopped onion
- } 6 tbsp. all-purpose flour
- } 1 quart milk
- } 1/4 tsp. salt
- } 1 dash of ground black pepper
- } Biscuits, any type

Crumble sausage into a large saucepan; cook over medium-low heat. Add onion; cook and stir until transparent. Drain, discarding all but 2 tbsp. of drippings. Stir in flour; cook over medium-low heat about 6 minutes or until mixture bubbles and turns golden. Stir in milk. Add seasonings; cook, stirring, until thickened.

To serve, slice biscuits and spoon gravy over halves.

Snicy Molasses BBQ Sauce

<http://pws.prserv.net/acmjournal/cookbook/sauces.htm>

6/9/01

Spicy Molasses BBQ Sauce

From: newspaper

Good with steak, pork tenderloin, smoked game hens and hot link sausages.

- } 2 tbsp. minced garlic
- } 1/2 cup chopped onion
- } 1 (32-oz.) can tomato sauce
- } 1/4 cup beer
- } 2 tbsp. molasses
- } 2 tbsp. red wine vinegar
- } 2 tbsp. lemon juice
- } 2 tbsp. Dijon mustard
- } 1-1/2 tsp. ground cumin
- } 1-1/2 tsp. ground ginger
- } 1/2 tsp. ground allspice
- } 1/2 tsp. cayenne pepper
- } 1 tsp. ground coriander
- } 1/2 tsp. nutmeg
- } 1/2 tsp. paprika
- } 1/2 tsp. black pepper
- } 1/2 tsp. white pepper

Puree the garlic and onions in a food processor.

Place in a heavy bottom saucepan with the tomato sauce, beer, molasses, vinegar, lemon juice, mustard, cumin, ginger, allspice, cayenne, coriander, nutmeg, paprika, black pepper and white pepper.

Simmer over low heat about 2 hours, stirring often to avoid scorching. The sauce will cook down and darken in color.

Stock, Brown Beef

- } six pounds bones total:
 - } 3 lbs. beef soup bones, like knuckle or knee bone, don't take round soup bones; must be halved
 - } 2 lbs. beef shank bone, with meat
 - } 1 lb. veal knuckle or neck bones
- } oxtail is okay (1 pound), but veal is more delicate
- } 2 medium onions, quartered with the skin on
- } 2 large celery ribs and some leaves
- } 2 medium carrots, split down the length, skin left on, cut into chunks
- } 1 large leek, split, cleaned, white and light green parts only, cut in chunks
- } 1 bouquet garni: Add whole herbs on the branch or place dried

or fresh herbs in a garni bag.

- } 1 branch of thyme (1/2 tsp. dried thyme)
- } 1 bay leaf
- } 1 garlic clove, bruised
- } 1/2 tsp. whole peppercorns
- } 2 or 3 sprigs parsley
- } 1 shallow roasting pan
- } 1 big pot
- } optional:

- } 2 cloves

Place the meat/bones in a shallow roasting pan. Bake in a 450 degree oven for 30-40 minutes. Turn the bones over. Add the vegetables and roast another 30-40 minutes until a deep brown color. Or roast the bones alone and saute the vegetables in the stockpot in oil or butter until golden.

Combine the bones and vegetables in a 16 quart heavy stockpot. Drain the fat from the roasting pan and deglaze the roasting pan on top of the stove with about 2 cups water. Transfer the deglazing liquid to the stockpot. Add additional cold water to cover the bones and vegetables by 2 inches. Bring to a boil. Reduce the heat to a simmer and skim the foam or scum as it comes to the surface. Add the bouquet garni.

Simmer the stock for 8 hours and up to 3 days or until it is richly flavored and colored, and reduced by several inches. Remove the bones and vegetables. Remove the fat with a defat spoon or refrigerate the stock until the fat is solidified and then lift it off. Strain the stock through a chinois or a fine mesh strainer into plastic cartons. Cover the containers securely, then label and freeze them for later use.

It is considered wise to use little or no salt in preparing a stock. Then when you use the stock for a sauce that is going to be reduced it will not be too salty. Each time you use your stock you defrost, simmer it and season it to suit the dish you are preparing.

Stock, Brown Duck

- } 1 duck (parts only: neck, wing tips, heart and gizzard)
- } 2 tbsp. oil
- } 1 small sliced onion
- } 1 small sliced carrot
- } 4 cups beef or chicken or duck stock
- } 2 parsley sprigs
- } 1/2 of a small bay leaf

Cut the duck parts into 1-inch pieces. In a 1-1/2 quart saucepan brown them in the oil over high heat. After the duck is well seared add the onion and carrot and cook until the vegetables are a golden brown. Add the broth and deglaze the bottom of the pan thoroughly.

brown. Add the broth and deglaze the bottom of the pan thoroughly. Add herbs and simmer the stock for 1-1/2 to 2 hours. Skim the scum as needed. Strain the completed stock through a stainless skimmer. Remove all fat with a defat spoon. This stock used in orange sauce for Caneton A L'Orange.

Stock, Chicken

- › the back, neck, wings (or just the wing tips), gizzard and heart of 1-2 chickens or one whole chicken or a combination
- › cold water as needed
- › 1 celery rib and a few inner leaves
- › 1 medium unpeeled carrot, cut down the length and quartered
- › 1 medium unskinned onion, trimmed and cut into large chunks
- › 1 garlic clove, bruised
- › 1 Turkish bay leaf
- › a few sprigs of parsley or just the stems
- › a few black peppercorns
- › a few branches of fresh thyme
- › salt as desired (see note on salting)

Place the chicken parts in a 4-1/2 quart saucepan. Cover them with cold water up to two inches above the bones. Bring the liquid to the boil, then reduce the heat so as to maintain a low simmer. Never let it boil. Skim all the foam or scum as it rises to the surface. Push down on the bones to release any trapped foam. Add the vegetables to the pot.

Make a bouquet garni by securing the herbs (garlic, bay leaf, parsley peppercorns, thyme, etc.) in a square of dampened cheese cloth or by placing them in a bouquet garni bag. You may also simply add the herbs and spices to the pot whole. Add the herbs (whether as a bouquet garni or whole) to the pot and continue to simmer the stock uncovered for 4-8 hours or until it is reduced in volume by about 1/4-1/3 and is flavorful. It is best to leave the stock unsalted if it is to be stored for later use. If you decide to salt the stock it may take as much as 2-3 tsp.. Salt gradually and to the taste. If after lengthy cooking time the stock is not full flavored you may wish to strain the stock then cook it down to 1/3-1/2 of its original volume to reduce and intensify the flavor.

To store: With a defat spoon skim off the fat. Strain the stock through a fine mesh strainer or skimmer into plastic storage containers. If the stock is still hot, leave lids off until cool. Refrigerate or freeze. Label and date the lids and secure them.

Notes: I don't salt. Do not overdue the herbs and spices. Be careful not to simmer too long or the result may be a bone flavor.

Stock, Chicken

- › to begin:

- › 7 to 10 lbs. chicken parts (select From: backs, necks, wings, gizzards and hearts)
- › cold water as needed
- › 3 large celery ribs or 2 ribs and 1 celery heart with leaves
- › 2 medium unpeeled carrots
- › 2 large unskinned onions, trimmed
- › 3 to 5 sprigs parsley
- › Seasoning and Simmering the Stock:
 - › 2 large garlic cloves, bruised
 - › 2 bay leaves
 - › 1 scant tsp. black peppercorns
 - › 1 scant tsp. dried thyme or a bouquet of fresh thyme branches
 - › salt as desired

Place the chicken parts in a 12-16 quart stock pot. Cover them with water up to 2 inches above the bones. Bring the liquid to the boil, then reduce the heat so as to maintain a low simmer. Skim all the foam or scum as it rises to the surface. Quarter the vegetables or cut them into rough chunks and add them to the pot with the parsley.

Make a bouquet garni by tying the garlic, bay leaves, peppercorns, and thyme into a square of moistened cheesecloth or by placing them in a bouquet garni bag. Add the herb bouquet to the pot and continue to simmer the stock uncovered for 6-24 hours or until it is reduced in volumem by 1/4 or more and is flavorful. Leave the stock unsalted or salt it to taste (up to 3 tbsp. of salt).

Skim off the excess fat as with a defat spoon. Strain the stock through a fine mesh strainer into plastic storage cartons. If the stock is still hot leave the covers slightly ajar. Label the cartons and place them in the freezer. Secure the covers after the stock is thoroughly cool.

Stock, Clarifying for a Consomme

- › 2 quarts full flavored, completely degreased beef, veal or chicken stock
- › salt and pepper as needed
- › 3/4 lb. very lean ground beef or beef shank meat, minced veal or chicken
- › 1/4 cup Madeira or Sherry
- › 4 egg whites (2 per quart of stock)

- } optional:
- } minced carrots, leek, celery for flavor

Season the stock to taste before clarifying it. Seasoning afterwards will cloud the stock. Place the stock in a heavy stainless steel pot (enamel or thin lined copper is also suitable). Lightly draw a folded paper towel over the surface to pick up the last traces of fat. Add the meat and vegetables.

Beat the egg whites too a light froth and add them to the pot. Whisk the egg whites backwards or away from you with the pot over medium heat. Continue to whisk until a crust is formed and the liquid begins to boil. Pull the pot from the heat for a few minutes to settle and form the crust. Carefully bring it back to the boil. At the side push the egg white filter slightly aside so that the liquid can boil in that space without cracking the filter. Lower the heat and let the stock cook slowly for 20-40 minutes.

Scald a linen towel in boiling water and line a strainer. Place the strainer over a bowl. Carefully ladle the stock through the towel adding the filter last. If any fat remains on the consomme use paper towels to remove it.

Stock, Demi-Glace

- } 2 cups rich brown stock

A rich full stock to include brown beef, veal, duck, or lamb is reduced and used in a sauce or as a flavor intensifier in a stock or sauce or reconstituted with water to create a stock.

Demi-Glace:**

In a 1-1/2 quart saucepan bring 2 cups rich brown stock that is completely clear of foam or fat to a boil. Reduce the heat and simmer until reduced by half or more or until it clings to a spoon (about 1 hour). Demi-glace will keep for a week in the refrigerator or will freeze for 2 to 3 months.

Glace de Viande (or meat glaze):

In a 1-1/2 quart saucepan reduce 2 cups of stock to about 1/4 cup or until it is of a jelly like consistency (about 1-1/2 hours). Refrigerate in a covered container or freeze. If any signs of spoilage show on the top surface, scrap or lift off and the rest is still usable.

One tbsp. glace de viande with 1 cup hot water yields a cup of flavorful brown stock. Use spoonfuls to give body and flavor to sauces, soups, stocks, meat and poultry dishes.

**Classic sauce Brune or Brown sauce is also referred to as a Demi-

Stock, White Veal

- } 1 pound veal shoulder, cubed
- } 1-1/2 pounds veal shanks, cut into sections and/or veal neck
- } 2 pounds chicken backs, necks and wings
- } 1 medium carrot, peeled and sliced
- } 1 celery rib with some leaves, sliced
- } 1 medium onion, peeled and sliced
- } 2 medium or 1 large leek, washed and sliced (white and light green parts only)
- } 1 bay leaf
- } few sprigs of parsley or parsley stems
- } few sprigs of thyme or 1/2 tsp. dried whole leaf thyme
- } 1/2 tsp. white peppercorns
- } optional:
 - } 1 clove

Cover the bones and meat with about 3 quarts cold water. Bring it to the boil. Reduce the heat to low. Skim the foam. Add the vegetables. Bring it back to the boil. Reduce the heat to low and skim again. Add the herbs. If using dried thyme place it in a bouquet garni bag. Simmer the stock for about 8 hours or more. Strain the stock through a skimmer, chinois or rinsed cheese cloth. Remove the fat (refrigeration may make this easier). Refrigerate or freeze for later use.

Sun-Dried Tomato Pesto

- } 1 (4 oz.) jar dried tomatoes packed in oil, drain
- } 10 brine-cured black olives, pitted
- } 1 garlic clove, chopped
- } 1 tsp. salt
- } 1 vine-ripened tomato, chopped coarse

Mash clove of garlic and salt together to form a paste.

In a food processor blend ingredients together until smooth. Season pesto with salt and pepper. Pesto keeps, its surface covered with plastic wrap, chilled, 1 week. Makes about 1 cup, enough for 1/2 pound pasta.

Sweet Onion Salsa

- } 1 large sweet white or red onion, finely chopped
- } 1-1/2 cups chopped parsley
- } 2 tbsp. fresh lemon juice or to taste
- } 2 tbsp. olive oil

Combine the ingredients. Check the seasoning. Serve over freshly prepared fish

Note: This is nice with a fresh Walla Walla onion. But, they are no longer sweet and fresh when off the stem and turning yellow or brown.

Sweetened Condensed Milk

From: Alice Decker

- } 1 cup powdered skim milk
- } 2/3 cup sugar
- } 1/3 cup water
- } 1/4 cup butter

Mix in blender until smooth. Store in refrigerator. Makes equivalent of 1 can.

Turkey Stock, Au Jus, and Gravy

From: Louise Hasson, Bon Vivant School of Cooking

- } turkey neck, wingtips, gizzard, and heart cut into 1-2 inch pieces
- } 1 cup chopped carrot
- } 1 cup chopped onions
- } 2/3 cup dry or medium dry sherry
- } 4 cups homemade or canned chicken stock
- } 2 tbsp. oil, or as needed
- } salt to taste
- } 1 bouquet garni: 1 bay leaf, fresh thyme, sprigs, a few peppercorns, sprigs of parsley

Heat the oil in a heavy saucepan over high heat. Add the turkey parts and saute until well browned. Add the vegetables to the pan and saute until tender and golden. Add the sherry and deglaze the pan by scraping up the browned bits with a metal spatula.

Add the stock. Be sure the meat and vegetables are covered with the liquid. Add additional stock or water if needed. Bring the stock to a boil, reduce the heat to a simmer and skim the foam.

Add the bouquet garni and simmer 1-2 hours or until reduced up to 3/4 of the original amount. Strain and set aside or refrigerate until needed.

Deglazing to create an Au Jus: Remove the cooked turkey from the roasting pan to rest. Pour off the excess fat from the roasting pan. Place the pan over high heat on top of the stove.

Add some of the turkey stock and boil briefly, scraping up the brown bits from the bottom of the pan (deglazing). Strain the deglazing liquid into the rest of the stock to create the au jus.

liquids into the rest of the stock to create the au jus.

Heat it and serve it on the side to accompany the turkey or use it to make a gravy.

For gravy: Melt 4-1/2 tbsp. butter in a heavy 1-1/2 quart saucepan. Add 4 tbsp. of flour and whisk to a smooth paste. Cook the roux for a few minutes on low heat. Set aside to cool briefly.

Meanwhile heat 3 cups turkey stock and drippings just to the boil. Whisk in the hot broth all at once. Return the pot to the heat. Bring the gravy to the boil. Reduce the heat to warm to simmer or hold. Correct the seasoning with salt and pepper.

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