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

5 Mother Sauces

<table>
<thead>
<tr>
<th>Leading Sauce</th>
<th>Liquid</th>
<th>Thickening Agent</th>
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</thead>
<tbody>
<tr>
<td>Bechamel Sauce</td>
<td>Milk</td>
<td>White roux</td>
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<tr>
<td>Veloute Sauce</td>
<td>White Stock</td>
<td>White or blond roux</td>
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<tr>
<td>Brown Sauce</td>
<td>Brown Stock</td>
<td>Brown roux</td>
</tr>
<tr>
<td>Tomato Sauce</td>
<td>Tomato + Stock</td>
<td>Pureed Tomato</td>
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<tr>
<td>Hollandaise</td>
<td>Butter</td>
<td>Egg Yolks</td>
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Preparation of 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

Methods:

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

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