"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**

A Sauce is 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

<table>
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<th>5 Mother Sauces</th>
<th>Leading Sauce</th>
<th>Liquid</th>
<th>Thickening Agent</th>
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<td>Milk</td>
<td>White roux</td>
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<tr>
<td>Veloute Sauce</td>
<td>White Stock</td>
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<td>Brown Sauce</td>
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<tr>
<td>Tomato Sauce</td>
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<td>Pureed Tomato</td>
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<tr>
<td>Hollandaise</td>
<td>Butter</td>
<td>Egg Yolks</td>
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**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

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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 the prevents the liquid from reaching starch inside.
Starch granules are separated by:
Mixing with fat as in Roux, beurre manie
Mixing with cold liquid as in Cornstarch slurry