

## Unit 308: Produce and present advanced main course dishes using standardised recipes

### Worksheet 7: Prepare, cook and finish hot sauces (Tutor)

---

#### Accept any suitable response

1. Explain the following hot sauces preparation methods

#### **Making a roux**

- Rouxs are very effective and heat-stable thicken sauce. A roux is made by cooking a mixture of 50% of flour and 50% fat. Then liquid (stock, milk, etc.) is slowly combined to make the sauce. There are generally three colour variations on a roux, white, blond, and brown. A white roux has the aroma of freshly-baked bread and is used in a white sauce. A blond roux has the aroma of freshly popped popcorn, a toasted flavour and is used to thicken sauces that are golden in colour. A brown roux has deep nutty flavour and is used to thicken dark and richly flavoured sauces. When making a roux, use a heavy pan and a wooden/plastic spoon or spatula. Whisking a roux in a pan, especially an aluminium pan will turn the roux grey.

#### **Passing**

- Is the preparation process of passing an ingredient through a mesh bottom sieve to remove lumps and any unwanted pieces of the ingredient to make a smooth sauce or stock. The use of a muslin cloth when passing a stock or jus-lie is essential to remove excess sediment, this would be repeated a number of times to ensure a clear finish.

#### **Skimming**

- When using stock bases for sauces, you will need to skim the liquid. This will remove scum, fat or other impurities from the surface of a liquid while it is cooking. A slotted spoon is generally used to remove solid impurities, while an unslotted spoon or ladle would be used to remove liquids such as fat.

#### **Straining**

- Similar to passing used to remove large any unwanted pieces of the ingredient , for example straining a chicken stock to remove bones and vegetables prior to using in a sauce.

2. Describe the following sauces.

### Gravy-based

- Espagnole and Demi-glace are classical French sauces and are one of the mother sauces. Espagnole or simply “brown sauce”, is a rich sauce made with a brown stock, roasted mirepoix with tomato (usually tomato paste) and thickened with a brown roux. Tomato is added mainly to darken the colour of the sauce and not for flavour. The classic demi-glace is made with equal parts espagnole and a brown stock simmered together and then reduced by half or to a nappé consistency. It is often finished with small amount Madeira or sherry. Jus-lié is made by thickening a brown stock with corn-starch or arrowroot or by reduction of the stock. A jus-lié depends on the richness of the brown stock where a demi-glace is enriched by the butter in a roux.

### Emulsified

- An emulsified sauce is made by combining two immiscible liquids, or liquids that don't normally combine, often with a binding or emulsifying ingredient. Warm emulsified egg sauces like hollandaise and béarnaise are similar to cold emulsified egg sauces like mayonnaise except for the use of butter instead of oil. Hollandaise or a béarnaise sauce are made by creating a sabayon, where egg yolks and flavourings are gently warmed until the egg yolks thicken to a “ribbon-consistency.” Melted whole or clarified butter is slowly whisked into the sabayon to form the sauce. In a hollandaise, the flavourings might be just some lemon juice or a reduction of vinegar flavoured with shallots and peppercorns. Whereas béarnaise sauce uses a tarragon-flavoured vinegar reduction. Temperature control is critical when making and holding a warm emulsified sauce.

### Reductions

- A reduction is the result of boiling or cooking down a liquid until it reduces to the consistency of a sauce. As the liquid evaporates, the liquid becomes denser and thickens. The liquid can be just about anything but is usually a wine or a stock that has been used to deglaze a pan where meat, chicken or fish have just been cooked.

3. Describe **five** velouté derivatives.
- **Bercy sauce** – made by adding white wine, shallots, and garlic.
  - **Poulette sauce** – made by adding freshly sliced mushrooms, parsley, and lemon to a chicken velouté.
  - **Allmande sauce** – made from velouté sauce with the addition of mushrooms, peppercorn, lemon juice and thickened with a liaison instead of a roux.
  - **Supreme sauce** – made by adding heavy cream to a chicken veloute
  - **Cardinal sauce** – made from a fish fumet with fish velouté
  - **Normandy sauce** - made by flavouring a fish velouté with chopped mushrooms and then thickening it with a mixture of egg yolks and heavy cream called a liaison.
4. List **five** reduction sauces:
- Red wine reduction
  - Robert sauce
  - Charcutière sauce
  - Lyonnaise sauce
  - Chasseur sauce
  - Bercy sauce
  - Mushroom sauce
  - Madeira sauce
  - Port wine sauce.
5. Describe the following finishing methods for hot sauce and a sauce that can be finished using this technique.

#### **Liaison**

- Is a mixture of egg yolks and heavy cream that is used to enrich a r sauce at the end of the cooking process; usually 1 part yolk to 3 parts double cream. This process enriches and gives the final sauce a silky texture, a liaison also has some thickening power.

#### **Monte au beurre**

- Or “beurre monté” is a French term used to describe the process of adding or whisking in whole, cold butter into a sauce at the end of the cooking process. This

process, which is usually done off the heat, adds shine, flavour and richness to the sauce.