

ROUX:

What is Roux?

Roux is a combination of fat (butter) and flour (equal quantity) is cooked together in gentle heat that is called roux. It is the thickening agent of three of the mother sauces of classical French cooking: béchamel sauce, velouté sauce, and espagnole sauce.

Roux is most often made with butter as the fat base, but it may be made with any edible fat. In the case of meat gravies, fat rendered from meat is often used. In regional American cuisine, bacon is sometimes rendered to produce fat to use in the roux. If clarified butter is not available, vegetable oil is often used when producing dark roux, as it does not burn at high temperatures, as whole butter does.

Classification of roux:

1. White roux:- Equal quantity of butter and flour cooked together in a gentle heat but without colour, used for white sauce preparation. White roux provides little flavor other than a characteristic richness to a dish, and is used in French cooking and some gravies or pastries throughout the world.

Darker roux is made essentially by cooking the roux longer. Darker roux, sometimes referred to as "blond", "peanut-butter", "brown" or "chocolate" roux depending on the color achieved, add a distinct nutty flavor to a dish.

2. Blond roux:- Equal quantity of butter and flour cooked together in a gentle heat but get the little bit of colour, used for preparation of brown sauce.

3. Brown roux:- Equal quantity of butter and flour cooked together in a gentle heat but get dark brown colour, used for preparation of brown sauce.