

SAUCE:

- Sauce is a liquid or semi-liquid mixture with a keen sense of smell, delicate sense of taste and a light strong hand for the blending all contribute to the perfect sauce.
- A perfect sauce has a colourful appearance, is growing in its niche smoothness, the texture is that of velvet and it has a defined taste. It has a nutritional value, natural flavour and complements the food. It accompanies rather than mask its taste.
- Sauce is a flavour cooked usually thickens liquid used to season other food. It adds to richness, moisture, flavour, colour and brightness also. A sauce is a liquid which has thickened with--
 1. Roux
 2. Starch
 3. Beurre blanc
 4. Egg. Yolk
 5. Blood
 6. Cream

Importance of sauce ingredients in full preparation:

- a. Enhance and flavour.
- b. Some sauce helps in digest e.g. Mint sauce, apple sauce served with roast pork.
- c. It gives to nutritional value of the food, white sauce added to creaminess to the dry food.
- d. Serve as accompaniment, sometime gives a contrast taste to another good (Real mouth palatability). Example-
- e. Cranberry sauce with roast turkey.
- f. Sometime it gives the name of dish e.g. when the Madeira wine added in brown sauce, the name of the dish is called 'Sauce Madeira'.
- g. Enhance nutritional value of the food or dish.
- h. Gives and contrast or balance and bland food e.g. Devil sauce served with eggs gives proper.

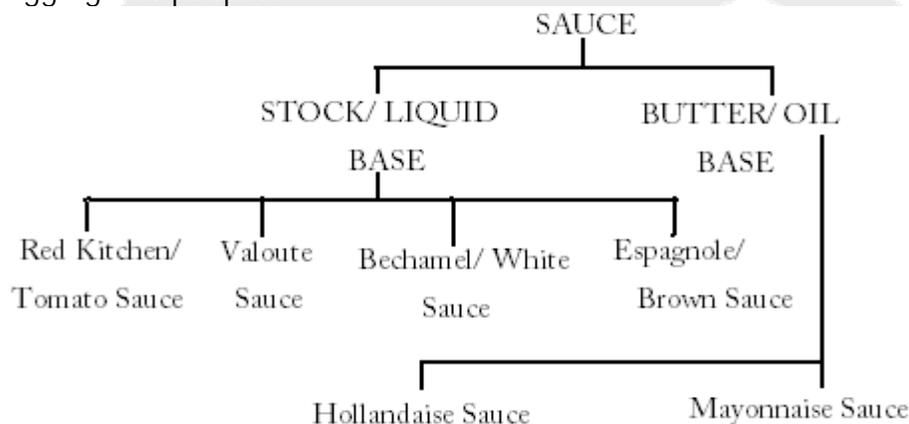


Figure: 1

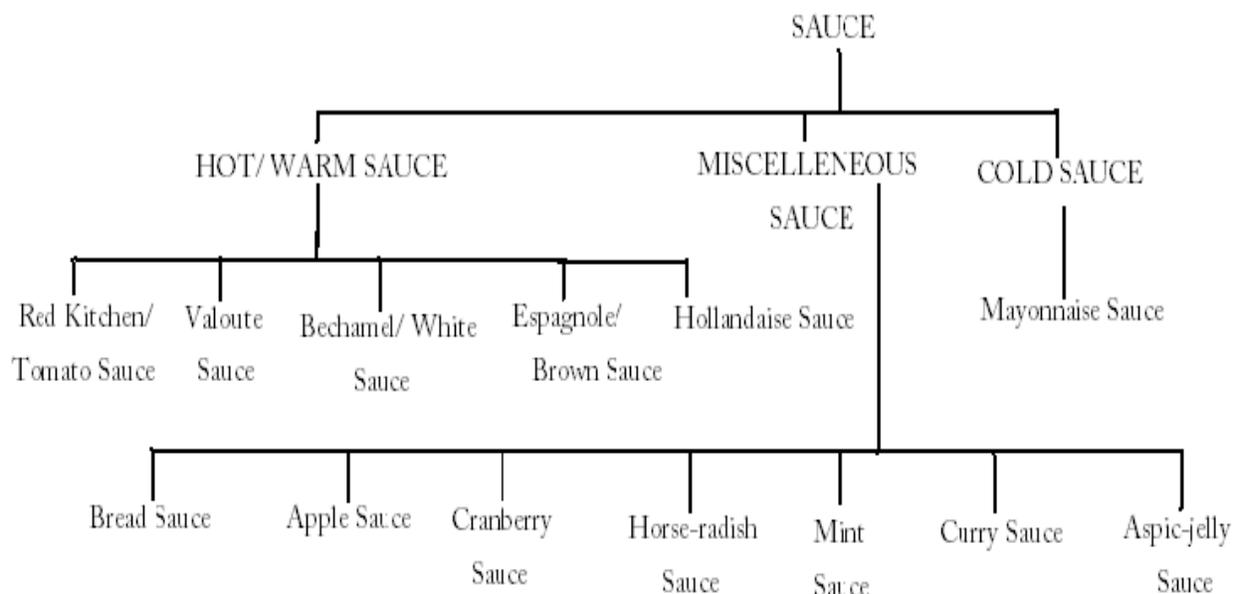


Figure: 2

A. Béchamel/white sauce:

Definition

One kind of basic mother sauce which is prepared by the use of milk and white roux combination. Also known as a cream sauce, basically used for vegetarian dish preparation. Example:- Vegetable –al-gratin.

Béchamel/white sauce (1 ltr.)

Sl. No.	Ingredients	Quantity
1	Flour	90gm.
2	Butter	90gm.
3	Milk	1 ltr.
4	Onion, clove, bay leaf	As per requirement

Method

- i. Melt the butter in a thick bottom pan.
- ii. Add flour and mixed it.
- iii. Cooked for a few minutes over a gentle heat without colouring (white roux).
- iv. Remove from the heat.
- v. Gradually add the warm milk and stir still smooth.
- vi. Add the onion and clove, bay leaf.
- vii. Allow the simmer for 30 min.
- viii. Remove the onion and pass the since in conical strainer.

Derivative of white/Béchamel Sauce:

SL. No.	Name of the sauce	Ingredients	Use of sauce
01	Morney	50gm cheese+1 egg yolk Mixed well in the boiling sauce but unstarling. It necessary but do not recoil.	Serve with different types of veg. fish preparation. Exam.- Mixed veg with morney sauce, veg-at-gratin fish morney.
02	Anchovy sauce	Add 1 tbs anchovy essence + 1 ½ lit white sauce.	Served with fried fish preparation. Exam.- Fish cut late serve with anchovy sauce (accompaniment).
03	Onion sauce	100gm fine chopped onion cooked without colour (sauté) + Mixed with ½ white sauce.	Serve with roast preparation. Exam.- Roast mutton and egg.
04	Soubise sauce	Same as well as onion sauce but passed through a conical strainer.	Served with roast mutton.
05	Parsley sauce	1 tbs fine chopped fresh parsley + ½ lit of white sauce.	Serve with pork preparation and boiled fish. Exam.- Fish parsley.
06	Mustard sauce	Diluted English mustard + white sauce.	Served with grilled herrings.

B. Veloute Sauce:

Definition

The another name of veloute sauce is basic blond sauce. It is one kinds of mother sauce and prepared from blond (light brown), roux and stock. Veloute gets its name from the types of stock used. Exam.- Fish veloute – fish stock and veloute sauce.

Chicken veloute → Chicken stock and brown roux.

Veloute Sauce (1 Itr.)

Sl. No.	Ingredients	Quantity
1	Flour	90-100gm.
2	Butter	90-100gm.
3	Stock (chicken, fish, veal)	1 Itr.
4	Mushroom (as per requirement)	25gm.

Method

- i. Melt the butter in a thin bottom pan,
- ii. Add the flour and mixed it.
- iii. Cooked to a sandy texture over gentle heat without colour or little bit of colour (bland roux).
- iv. Allow to cool.
- v. Gradients add the boiling stock, stir until smooth and allow simmering approx 1 hrs.
- vi. Pass through a conical strainer.

Derivative of Veloute Sauce:

Sl. No.	Name of the Sauce	Ingredients	Use
01	Caper Sauce	Veloute sauce + melt from moton stock with the addition of 1 tbs of caper.	Serve with boiled leg of moton.
02	Supreme sauce	Half lit of chicken veloute + 25gm mushroom + 60 ml cream + 1 egg yolk + Few drop of lemon juice.	Served with boiled chicken and fish.
03	Aurora	Supreme sauce + 1 tbs tomato sauce or puree.	Served with boiled chicken or poach egg.
04	Mushroom sauce	Supreme sauce + 100gm well washed slice sauté mushroom, after the strain supreme sauce and finish with egg yolk and cream.	Serve with boiled chicken and sweet bread.
05	Ivory	Supreme sauce + Meat glide and ivory colour.	Serve with boiled chicken.

C. Espanola Sauce/ Brown Sauce:

Definition

Brown sauce is made from brown roux and brown stock or glaze of brown stock. It is one of most widely used basic or mother sauce and demy-glaze is a derivative of brown stock and is widely used for the preparation of other brown sauce derivative.

Espanola Sauce/ Brown Sauce (1 ltr.)

Sl. No.	Ingredients	Quantity
1	Flour	70gm.
2	Butter	70gm.
3	Tomato Puree	30gm.
4	Brown Stock	1 ½ ltr.

5	Carrot	70gm.
6	Onion	70gm.
7	Garlic	70gm.
8	Ginger	20gm.
Flavouring Agent		
9	Pursley, Bay leaf, Celery (Fine chopped)	3gm.

Method

Put the butter in thick bottom pan.

2. Add the flour and cooked to a light brown colour and stir.
3. Cool and mixed it in the tomato puree.
4. Gradually mixed the boiling stock and bring in the boil.
5. Washed, peel and mirepoxing the vegetable.
6. Lightly brown in a little fat in a frying pan (Roast the vegetable).
7. Drain of the fat and add to the sauce.
8. Simmer gently for 3-4 hrs. And strain.

Recipe of demy-glaze (1 lit):

Sl. No.	Ingredients	Quantity
01	Brown sauce	1 lit
02	1 st class brown sauce	1 lit

This is refined sauce and it is made it is made by simmering of 1 lit of brown stock and 1 lit of brown sauce and reduced by a half, skim of all ingredients and they rise on the surface of the sauce during the cooking and pass through a strainer, recoil and collect the seasoning.

Derivative of Brown Sauce:

Sl. No.	Name of Sauce	Ingredients	Use
01	Demy-glaze	50% of brown stock + 50% of brown sauce reduced ½.	Use for preparation of other sauces and stocks preparation.
02	Bordelaise sauce	Red wine + chopped chalets + colary + brown paper + demy-glaze.	Served with fried stock and paltry preparation.
03	Robert sauce	Butter + onion + vinegar + demy-glaze + Eng.mustard + caster sugar.	Serve with fried chopped pork (pork bauna).
04	Charcutiere	Same as Robert sauce but adding 25gm. Slice or Julian of gherkins.	Grilled pork or grilled pork chop.
05	Devil sauce	Chop salads + paper +	Serve with grilled

		white wine + vinegar + demy-glaze.	or fried fish and meat preparation.
06	Chasseur	Butter + chop mushroom + chop salads + white wine + tomato sauce + demy-glaze.	Serve with stacks preparation and poultry egg also.
07	Madeira	Demy-glaze + Madeira wine.	Small item or veal, beef, poultry, game and eggs. (starter course)

D. Tomato Sauce/Red Sauce:

Definition

It is a red kitchen sauce and some piquancy. It is served with lots with the pasta related dish. Ravi-oil or Spaghetti, eggs, fish and meat preparation and it is also used for increasing the colour of preparation.

Tomato Sauce/Red Sauce (1 Itr.)

SI. No.	Ingredients	Quantity
1	Flour	10gm.
2	Butter	100gm.
3	Tomato Puree	50gm.
4	Brown Stock	350ml.
5	Carrot	50gm.
6	Onion	50gm.
7	Garlic/ Clove	Few no.
8	Bay Leaf	1- 2no.
9	Celery	25gm.
10	Spring thyme	1 branch
11	Small dice cut of bacon	10gm.
12	Salt & pepper	To taste

Method

- i. Melt the butter in a sauté pan.
- ii. Add the mire proxy veg. and bacon cude and sauté.
- iii. Mixed in the flour and cooked to a scanty texture and allow to lightly colouring (Blond roux).
- iv. Mixed the tomato puree and cold it.
- v. Gradually add the boiling stock and simmer for 1 hour.
- vi. Correct the seasoning and cold it.
- vii. Pass through a conical strainer.

Derivative of tomato sauce:

SL. No.	Name of Sauce	Ingredients	Use
01	Barbeque Sauce	Tomato sauce + Tomato Ketchup + vinegar + sugar.	Serve with barbeque meal.
02	Portuguese	Tomato sauce + white wine + Tomato concase + garlic.	Serve with shell fish and meat preparation.
03	Italian Sauce	Tomato sauce + demy-glaze + chop shallots + herbs + ham + mushroom.	Serve with roasted liver and lamp preparation.
04	Provençal Sauce	Tomato sauce + sauté slice mushroom + garlic + tomato concase + sugar + fresh chop parsley.	Serve with egg fish and various types of Hors D'oeuvre.
05	Bretonneau Sauce	Tomato sauce + sauté chop onion + white wine + strain + butter + fresh parsley chop.	Serve with haricots.

E. Hollandaise Sauce/Hot Sauce:

Definition

It is a warm, yellow and rich sauce. It contains a high percentage of fat and egg yolk. The name of the technique is called 'emulsion' (means mixture of butter, lemon juice and egg yolk). It is served with grilled and baked related fish, veg. and eggs and it is also used as an accompaniment of continental veg.

Hollandaise Sauce/Hot Sauce (1ltr.)

Sl. No.	Ingredients	Quantity
1	Egg yolk	2 no.
2	Butter	100gm.
3	Crush pepper corn	6 no.
4	Salt	To taste
5	Vinegar/ lemon juice	1 tbs.

Method

- i. Melt butter in a pan and kept aside.
- ii. Placed coarse paper corn and vinegar in a pan and reduced completely.
- iii. Add 1tbs cold water.
- iv. Mixed the egg yolk and whisk properly.

- v. Placed to a gentle heat and whisk continuously till to a sabayon consistency (thick or sauce like consistency).
- vi. Then gradually add the melted butter until it is blended and forms a smooth sauce. Then add few drop of lemon juice.
- vii. Strain through a fine strainer and curette the seasoning.
- viii. Store at 30⁰-37⁰C.

Derivative of Hollandaise Sauce:

SL. No.	Name of Sauce	Ingredients	Use
01	Béarnaise Sauce	Hollandaise sauce + chop shallots + chop Tarragona + chervils.	Serve with grilled fish or grilled meat. Ex.- Steak preparation.
02	Maltaise Sauce	Hollandaise sauce + grated orange rind (zest) + orange juice.	Serve with hot veg. (Asparagus hot).
03	Nosiest	Hollandaise sauce + nut brown + cooked butter.	Serve with poached salmon.
04	Choron	Béarnaise sauce + tomato sauce.	Grilled or sauté meat.
05	Foyot	Béarnaise sauce + Meat glaze.	Serve with sauté meat.

Note:

Why the sauce is curden?

- The cur den Hollandaise sauce is caused by the rapidly adding of butter or become of access heat which will cause the albumin in the egg yolk to harden shortly and separated from the liquid part.

How to rectify it?

- If the sauce is cur den, placed 1 tbs of boiling water in a clean pan and gradually add in the cur den of sauce. In this method is failure then take a clean pan and placed an egg yolk then add 1 dessert spoon of water and whisk highly over a gentle heat until slightly thicken.

F. Mayonnaise Sauce (Cold Sauce):

Definition

It is basic called and used as a salad dressing and as a accompaniment. It has a wide variety of use, particularly in horsed oeuvre and salad purpose. It is rich sauce as it is thicken with egg yolk and has a high percentage of fat. Sometime it thickens with gelatin and it used as shiny flavourful coating to decorate cold dish and buffets.

Mayonnaise Sauce (Cold Sauce)(1ltr.)

Sl. No.	Ingredients	Quantity
1	Egg yolk	8 no.
2	Olive/ Salad oil	1ltr.
3	French mustard powder	¼ tps.
4	Salt, pepper	To taste
5	Vinegar	25ml.

Method

- i. Placed vinegar, egg yolk and seasoning in a bowl and whisked properly.
- ii. Gradually add oil very slowly and whisked continuously.
- iii. Correct the seasoning and consistency.

Note:

Mayonnaise sauce curden for several reason-

1. If the oil is added to quickly.
2. If the oil is to cold.
3. If the sauce is not sufficiently whisk.

The method of recitation of the cur den of Mayonnaise sauce:-

1. Take a clean bowl and add 1 tbs of boiling water and gradually whisk in the cur den of mayonnaise sauce.
2. Take another clean bowl with egg yolk, whisk properly, the added the cur den of mayonnaise sauce.

Derivative of Mayonnaise Sauce:

SL. No.	Name of Sauce	Ingredients	Use
01	Tar tare sauce	Mayonnaise sauce + grated hard egg yolk + Fine chop onion + Gherkins + Black olive + Parsley chop + chives	Serve with deep fried fish.
02	Cocktail sauce	Mayonnaise sauce + tomato ketchup + tobacco + lemon juice.	Serve with various kinds of shell fish.
03	Remo lade	Tar tare sauce + anchovy essence	Serve with fish dishes.
04	Green	Mayonnaise sauce + blanch or puree of herbs.	Serve with shell fish.
05	Thousand island Dressing	Mayonnaise sauce + hard boil egg + tomato ketchup + chop gherkins + chop onion + chop parsley + chop pimentos + olives + paprika powder.	Serve with cold meat and salad preparation.
06	Andalusia	Mayonnaise sauce +	Serve with cold

		tomato puree + garnish with capsicum.	meat.
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Various Kinds of butter Sauce:

- A. Beurre-maitre-d-hote (Parsley butter) [M.D.H]:
Ing: Butter + chop parsley + lemon juice + seasoning.
Use: Serve with grilled meat, fish and fried dish.
- B. Anchovy Butter:
Ing: Butter + Anchovy essence + Seasoning.
Use: Serve with grilled or fried fish.
- C. Shrimp Butter:
Ing: Butter + fine chopped cooked shrimp + lemon juice.
Use: Serve with shell fish.
- D. Beurre-noir (Black butter):
Ing: Black the butter in the gentle heat and get even black colour.
Use: Serve with fried fish.
- E. Peuree Nosiest (Brown Butter):
Ing: Brown the butter in gentle heat and get even to brown colour.
Use: Serve with fried fish.
- F. Garlic Butter:
Ing: Butter + garlic paste with adding of lemon juice.
Use: Serve with grilled stacks.

Miscellaneous Sauce:

A. Bread Sauce:-

SL No.	Ingredients	Quantity
01	Fresh white bread chums	25gm
02	Milk	375ml.
03	Salt paper	To taste
04	Onion with cloves	Few no.
05	Butter	10gm

Method:

- i. Simmer milk with the onion for 15 minutes.
- ii. Remove the onion, mix the bread crumes, and simmer for 2-3 minutes.
- iii. Add the seasoning agent and make a correct consistency.
- iv. Mixed well when serving.

Use:

Serve with roast chicken and game.

B. Apple Sauce:

SL No.	Ingredients	Quantity
01	Cooking apple	400gm
02	Sugar	25gm
03	Butter	25gm

Method

- i. Peel and wash the apple.
- ii. Place with the sugar, butter and water in a saucepan with tight filling lid.
- iii. Cooking and make a puree.
- iv. Pass through a strainer.

Use

Serve with roast pork and duck.

C. Cranberry Sauce:

SL No.	Ingredients	Quantity
01	Cranberry	400gm
02	Water	100ml.
03	Sugar	50gm

Method

- i. Boiled together in a suitable pan until soft.
- ii. Pass through a strainer.

Use

Serve with roast turkey.

D. Horse-radish Sauce:

SL No.	Ingredients	Quantity
01	Grated horse-radish	50gm
02	Vinegar	1tbs
03	Salt, pepper	To taste
04	Lightly whipped cream	

Method

- i. Wash and peel the horse-radish.
- ii. Mixed all the ingredients together to make a right consistency.

Use

Serve with roast beef.

E. Mint Sauce:-

SL No.	Ingredients	Quantity
01	Mint juice	5-6 tbs
02	Easter sugar	2 dsp.
03	Vinegar	250 ml.

Method

Mixed the mint juice with sugar.
Place in a china bowl and add the vinegar.

Use

Serve with roast lamb and mutton.

F. Curry Sauce:

SL No.	Ingredients	Quantity
01	Stock	375ml.
02	Chopped onion	50gm.
03	Oil/butter	10ml./gm.
04	Garlic	1 no.
05	Flour	10gm.
06	Curry powder	5gm.
07	Tomato puree	5gm.
08	Chopped apple	25gm.
09	Grated ginger	10gm.
10	Coconut	10gm.
11	Salt	To Taste

Method

Gently cook the onion and garlic in a fat small sauté pan without colouring.
Mixed the flour and the curry powder.
Cook for few minutes and make a scanty texture.
Mixed the tomato puree, Stair and cool it.
Gradually add the boiling stock.
Add the remaining ingredients.
Simmer for 30 minutes.
Skim and correct the seasoning.

Use

Serve with prawn, shrimp, egg and vegetable.