

Mama Mia!

The Secret is in the Sauce!



The Five Mother Sauces

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Saucier [*fr.* so see ay]



☞ Sauce cook. Prepares sauces and strews and sauté foods to order.

☞ The Chef de Saucier uses flavor profiles from the Five Mother Sauces to compliment meat, fish, poultry and vegetable dishes of various cuisines.

Mother Sauces



- œ A basic sauce used in the production of other sauces. The five leading hot sauces are:
 - œ Béchamel
 - œ Véloute
 - œ Espagnole (brown sauce)
 - œ Tomato
 - œ Hollandaise
- œ The cold sauces are mayonnaise and vinaigrette.

Béchamel



- ❧ (French) A rich cream sauce made from cream and a roux, with an onion pique.
- ❧ Can be used as an ingredient in baked pasta recipes like lasagna, and also in casseroles. But it's also the basis for some of the most common white sauces such as:
 - ❧ Crème Sauce
 - ❧ Mornay Sauce
 - ❧ Cheddar Cheese Sauce
- ❧ **Video Recipe: Bechamel Sauce**
Chef Keith Snow
<http://youtu.be/wfTR7juCgUg>

Espagnole



- ❧ Traditionally made of a rich meat stock, a MIREPOIX of browned vegetables, a brown ROUX, herbs and sometimes tomato paste. Also known as Brown Sauce.
- ❧ Examples of small sauces made from Espagnole:
 - ❧ Mushroom Sauce
 - ❧ Madeira Sauce
 - ❧ Port Wine Sauce



Hollandaise



- œ A sauce made of butter, egg yolks, and flavorings (especially lemon juice).
- œ Particularly delicious on seafood, vegetables and eggs. Small sauces that can be made from Hollandaise:
 - œ Béarnaise Sauce
 - œ Dijon Sauce



Tomato Sauce



- ❧ Made with puréed tomatoes to give the sauce texture and flavor. This type of sauce may be referred to as Coulis (koo-lee) – a French term that means a purée of vegetables and fruit.
- ❧ Small sauces made from the classic tomato sauce:
 - ❧ Spanish Sauce
 - ❧ Creole Sauce



Velouté



- ❧ (French) A sauce made with veal stock, cream, and tightened with a white roux.
- ❧ Chicken velouté fortified with cream becomes the Suprême Sauce.
- ❧ Veal velouté thickened with a liaison of egg yolks and cream becomes the Allemande Sauce.
- ❧ Fish velouté plus white wine and heavy cream becomes the White Wine Sauce.
- ❧ Small sauces from velouté can be derived from the velouté directly, or from each of the three secondary sauces. For example:
 - ❧ Normandy Sauce
 - ❧ Bercy Sauce
 - ❧ Mushroom Sauce
 - ❧ Shrimp Sauce
 - ❧ Herb Seafood Sauce



References and Resources



Textbook:

- ☞ Gisslen, W. (2007). *Professional Cooking, Sixth Edition, Chapter 8, Hoboken, NJ:* John Wiley and Sons pages 159-171.
- ☞ Beasley, E. (2007) *FS Prep Culinary Curriculum Lessons, Third Edition, Unit 4, Sauces, Chicago, IL:* Texas Restaurant Association Education Foundation, pages 4 – 76 to 4 – 80.

Websites:

☞ **What Are The Mother Sauces?**

In the culinary arts, the term "mother sauce" refers to any one of five basic sauces, which are the starting points for making various secondary sauces or "small sauces."

<http://culinaryarts.about.com/od/sauces/tp/Mother-Sauces.htm>

YouTube™:

☞ **Video Recipe: Bechamel Sauce** **Chef Keith Snow**

This classic Mother sauce is one of the 5 foundational sauces in French cuisine. It can be used in many ways and many in variations, or compound sauces can spring from this. <http://youtu.be/wfTR7juCgUg>