

THE FIVE BASIC SAUCES OR MOTHER SAUCES



1. Béchamel Sauce

Main ingredient: whole milk

Thickener: white roux, a thickener made with wheat flour and butter.



Main seasonings: onion, chives, cloves, bay leaves, white pepper or nutmeg.

Secondary sauces: mornay sauce, sauce à la crème, soubise sauce and cardinal sauce.

Used with: pasta, vegetables, egg, fish, poultry.

2. Espagnole Sauce

Main ingredient: veal or chicken stock

Thickener: brown roux or brun, a thick cream made with all-purpose flour and butter cooked to brown.

Main seasonings: mirepoix, mixture of onions, celery, carrots and sometimes ham or bacon sautéed in butter, tomato puree, bouquet garni with bay leaves, thyme and parsley.



Secondary sauces: demi-glace, bretonne sauce, charcutiere sauce, bordelaise, diable sauce, robert sauce, perigueux sauce, poivrade sauce, chasseur sauce and madeira sauce.

Used with: with roasted meat, mainly beef, veal, lamb or duck.

3. Velouté Sauce

Main ingredient: veal, chicken or fish stock.

Thickener: roux blond, a thick cream made with wheat flour and butter cooked until golden in color or liaison, a thickener made with egg yolk and sour cream.

Main seasonings: red tomato, orange juice, lemon juice and parsley.



Secondary sauces: white wine sauce, supreme sauce, allemande sauce, paulette sauce, aurore sauce, berycy sauce, normandy sauce.

Used with: lighter dishes such as vegetables, fish, pasta and poultry.

4. Hollandaise Sauce



Main ingredient: egg yolk and clarified butter

Thickener: egg yolk lecithin stabilized emulsion

Main seasonings: black pepper, cayenne and lemon

Secondary sauces: béarnaise, maltase, mousseline and sauce à la moutarde

Used with: eggs, beef, vegetables and fish, especially salmon and poached fish.

5. Red Sauce

Main ingredient: tomato

Thickener: roux blond or reduction

Main seasonings: pepper, garlic, beef stock, pork stock, mirepoix, a mixture of onion, celery, carrot and sometimes ham or bacon sautéed in butter and often a sweet ingredient is added to reduce the acidity, such as sugar or carrots.

Secondary sauces: puttanesca, creole, bolognese, soffrito which is a Spanish tomato sauce made



with sautéed tomato, onion, garlic, green pepper and olive oil, tomato which is a Portuguese tomato sauce with onion, garlic, red pepper, red wine, vinegar red and blonde, among others.

Used with: pasta, vegetables, fish, beef, poultry, polenta, bread, among others.