

# Sauce

Greek [Tzatziki](#) yoghurt sauce

[Mornay sauce](#)

[Jamaican](#) reggae reggae sauce

In [cooking](#), a **sauce** is a [liquid](#) mixture added to another [food](#) for [flavour](#). Sauces are not normally eaten by themselves; they add [flavour](#), [moisture](#), and visual appeal to another dish. Sauces are an essential element in cuisines all over the world.

The main sauces of [French cuisine](#) are built on a basis of [roux](#), which is just flour and the liquid part of butter. Examples from Italian cuisine are the egg, cheese and [ham](#) sauce called [Carbonara](#); the ground [meat](#) sauce called [bolognese](#), and the [herbs](#) and [garlic](#) sauce called [pesto](#).

Bottled sauces can be poured over food when it is served. An example would be the [tomato](#)-based sauce that is usually poured over [spaghetti](#). Gravy is a brown sauce served with meat.

*Sauce* is a [French](#) word taken from the [Latin](#) *salsus*, meaning *salted*. Possibly the oldest sauce recorded is [garum](#), the [fish sauce](#) used by the [Romans](#).

Sauces need a liquid component, but some sauces (for example, [pico de gallo salsa](#) or [chutney](#)) may contain more solid elements than liquid.

Sauces may be used for savoury dishes or for desserts. They can be prepared and served cold, like [mayonnaise](#), prepared cold but served lukewarm like [pesto](#), or can be cooked like [bechamel](#) and served warm or again cooked and served cold like [apple sauce](#).

Some sauces are commercial products like [Worcestershire sauce](#), [HP sauce](#), [soy sauce](#) or [ketchup](#). In French cuisine they are freshly prepared by the chef. Sauces for salads are called [salad dressing](#). A cook who specializes in making sauces is a [saucier](#).

## French cuisine

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[Béarnaise sauce](#) (*Sauce béarnaise*) made of clarified butter and egg yolks flavored with shallots, chervil and tarragon

Sauces in [French cuisine](#) date back to the Middle Ages. There were hundreds of sauces in the culinary repertoire, and were a major defining characteristic of French cooking of the 19th and 20th centuries, until [nouvelle cuisine](#).

In the 19th century, the chef [Antonin Carême](#) classified sauces into four families, each of which was based on a **mother sauce** (Also called *grandes sauces*). Carême's four mother sauces were:

- [Béchamel](#), based on milk, thickened with a white [roux](#).
- [Espagnole](#), based on brown [stock](#) (usually veal), thickened with a brown roux.
- [Velouté](#), based on a white stock, thickened with a blonde roux.
- [Allemande](#), based on velouté sauce, is thickened with egg yolks and heavy cream.

In the early 20th century, the chef [Auguste Escoffier](#) updated this classification to five mother sauces. They are:

- Sauce [Béchamel](#), Milk based sauce, thickened with a white roux.
- Sauce [Velouté](#), White stock based sauce, thickened with a [roux](#) or a liaison.
- Sauce [Tomate](#), Tomato based sauce, thickened with a roux.
- Sauce [Espagnole](#), Roasted veal stock based sauce, thickened with a brown roux.
- Sauce [Hollandaise](#), an [emulsion](#) of [egg yolk](#), [butter](#) and [lemon](#) juice or [vinegar](#). [Béarnaise sauce](#) (sauce béarnaise) is a "child" of hollandaise, meaning it is a variation on the theme.

A sauce which is based on one of the mother sauces is sometimes called a **small sauce**, **minor sauce**, or **secondary sauce**.<sup>[1]</sup> Most sauces commonly used in classical cuisine are small sauces, or derivatives of one of the above-mentioned mother sauces.

Mother sauces are not commonly served as they are; instead they are augmented with additional ingredients to make small (derivative) sauces. For example, Bechamel can be made into [Mornay](#) by the addition of [Gruyère](#) or any cheese one may like, and Espagnole becomes Bordelaise with the addition and reduction of red wine, shallots, and poached beef marrow.

## References

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1. <sup>↑</sup> <http://www.recipetips.com/glossary-term/t--34435/small-sauce.asp>  
Small sauce, definition

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