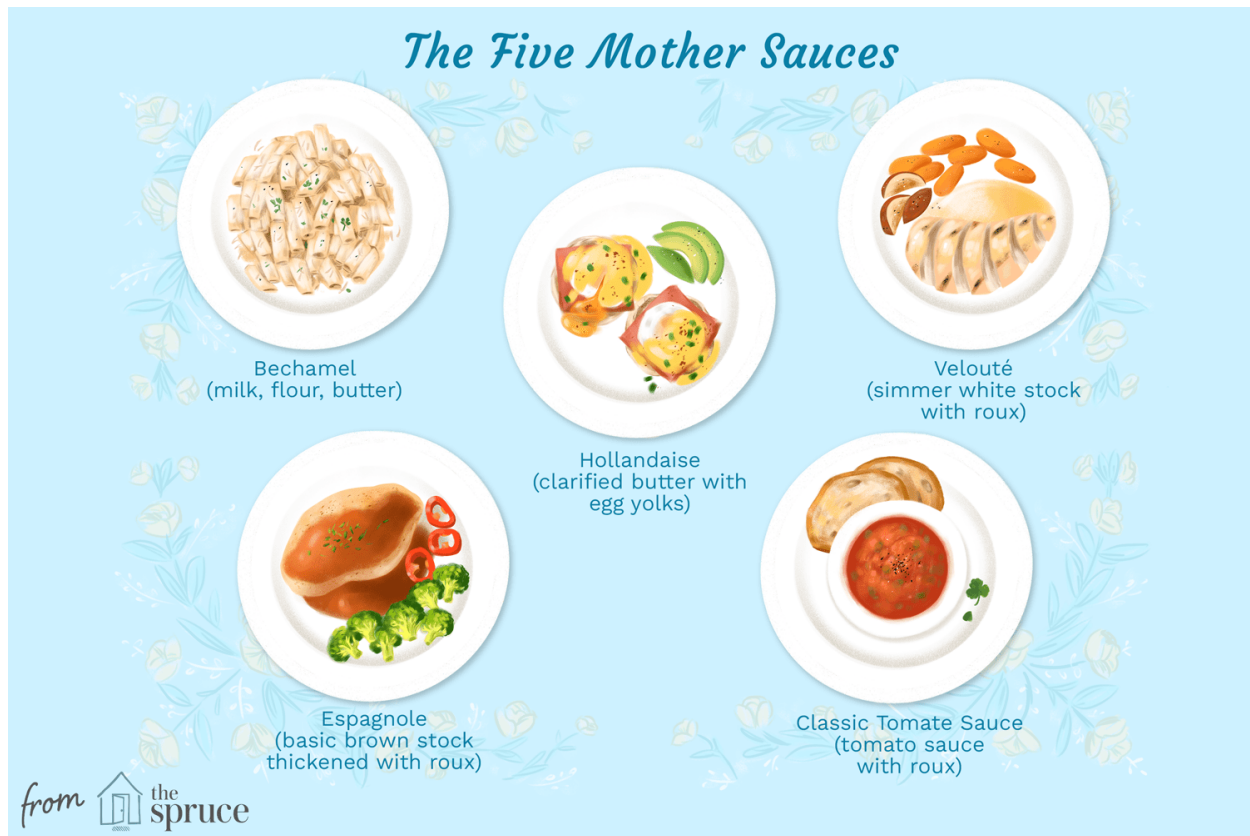


Five Mother Sauces of Classical Cuisine

Hollandaise, Bechamel, Velouté, Espagnole, Tomate



These five mother sauces are the basis of all classical 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."

They're called mother sauces because each one is like the head of its own unique family.

A sauce is essentially a liquid plus some sort of thickening agent along with other flavoring ingredients. Each of the five mother sauces is made with a different liquid, and a different thickening agent—although three of the mother sauces are thickened with roux, in each case the roux is cooked for a different amount of time to produce a lighter or darker color.

There are countless varieties of French sauces, the majority of which are derived from one of these five mother sauces.

● Hollandaise Sauce

Hollandaise is a tangy, creamy sauce made from butter, lemon juice, and raw egg yolks. Both hollandaise and its derivative sauces are popularly served over eggs, vegetables, fish, or chicken.

Hollandaise stands out from the other French mother sauces because it relies on the emulsification – or mixing – of egg yolks and butter in place of roux.

The key to making a proper hollandaise is slightly room temperature egg yolks, room temperature butter, and steady, constant whisking. It's essential to add the butter to the yolks slowly and incrementally so that the ingredients remain stable and don't separate.

Hollandaise Ingredients

3 large room temp egg yolks
1 T. fresh lemon juice
 $\frac{3}{4}$ cup room temp butter

Hollandaise is delicious on its own but also kickstarts other sauces, such as:

- **Choron:** hollandaise with tarragon and tomato
- **Maltaise:** hollandaise with blood orange juice
- **Mousseline:** hollandaise with whipped heavy cream
- **Bearnaise:** hollandaise with white wine, tarragon, and peppercorn

● Bechamel Sauce

Béchamel is a rich, white sauce made from flour, butter, and milk. It's often used to create classic cream-based sauces. Béchamel and its derivative sauces can be used in countless dishes, including casseroles, creamy soups, and pastas.

To make béchamel, start by cooking butter and flour in a saucepan until it forms a thick, paste-like substance called a roux. The roux is responsible for thickening the sauce.

There are many styles of roux, but the one used for béchamel is called white roux. It's only cooked for about 2-3 minutes – long enough to remove the starchy texture of the flour but not so long that the butter begins to brown.

When the roux is ready, slowly whisk in warm milk and simmer it until it forms a smooth, creamy sauce. With the addition of a few extra seasonings like salt, pepper, and cloves, béchamel is complete – though it may be used as a base for many other sauces.

Bechamel Sauce Ingredients

2 tablespoons butter
2 tablespoons flour
1¼ cups milk, heated
cloves
Salt
Freshly ground pepper

Popular sauces made from béchamel include:

- **Mornay:** béchamel with onion, cloves, Gruyère cheese, and Parmesan
- **Cream sauce:** béchamel with heavy cream
- **Soubise:** béchamel with butter and caramelized onions
- **Nantua:** béchamel with shrimp, butter, and heavy cream
- **Cheddar sauce:** béchamel with whole milk and cheddar cheese

● Sauce Velouté

A velouté is a simple sauce made from butter, flour, and stock. A basic velouté can be used by itself on meats and vegetables, or fashioned into numerous secondary sauces.

To make velouté, start by making a white roux with butter and flour. Next, slowly stir in warm stock and let it simmer until a creamy, light sauce forms.

Stock is a savory, flavorful cooking liquid created by simmering bones, herbs, and aromatic vegetables for several hours.

Velouté is similar to béchamel because it's a white sauce thickened with roux, but it features stock for the base instead of milk. Chicken stock is the most common choice, but you can also use other white stocks, such as those made from veal or fish. Although it's not traditional, you can also make vegetarian velouté using vegetable stock.

Sauce Velouté Ingrédients

1 tablespoon unsalted butter
1 tablespoon all-purpose flour
1 cup chicken broth
¼ teaspoon kosher salt
Freshly ground white pepper

Some popular sauces derived from velouté include:

- **Supreme:** chicken velouté with heavy cream and mushrooms
- **Hungarian:** chicken or veal velouté with onion, paprika, and white wine
- **Normande:** fish velouté with cream, butter, and egg yolks
- **Venetian:** chicken or fish velouté with tarragon, [shallots](#), and parsley
- **Allemande:** chicken or veal velouté with lemon juice, egg yolk, and cream

● Sauce Espagnole

Espagnole is a basic brown sauce made from brown roux, brown stock, puréed tomatoes, and mirepoix. Because espagnole and its derivative sauces tend to be heavy and thick with rich, complex flavor they pair well with dark meats, such as beef and duck.

Like velouté, espagnole uses roux and stock as the main ingredients. However, instead of white roux and stock, it calls for brown stock and brown roux.

Brown stock is made from beef or veal bones that have been roasted and simmered, while brown roux is flour and butter that's cooked just long enough to brown the butter. These ingredients give espagnole an especially rich, complex flavor.

Sauce Espagnole Ingrédients

1 bay leaf
3 to 4 sprigs fresh thyme
3 to 4 fresh parsley stems
7 to 8 whole black peppercorns
1 ounce clarified butter
½ cup chopped onions
¼ cup diced carrot
¼ cup diced celery
1 ounce all-purpose flour
3 cups brown stock (i.e. beef stock)
2 tablespoons tomato paste

Derivatives of Espagnole sauce include:

- **Demi-glace:** espagnole with additional beef or veal stock, herbs, and spices that's reduced to a thick, gravy-like consistency
- **Robert:** espagnole with lemon juice, [dry mustard](#), white wine, and onions
- **Charcutière:** espagnole with dry mustard, white wine, onion, and pickles
- **Mushroom:** espagnole with mushrooms, shallots, sherry, and lemon juice
- **Burgundy:** espagnole with red wine and shallots

● Sauce Tomate

Tomate sauces are remarkably versatile and can be served with stewed or roasted meats, fish, vegetables, eggs, and pasta dishes. Classical French tomato sauce is thickened with roux and seasoned with pork, herbs, and aromatic vegetables then reduced into a rich, flavorful sauce.

SAUCE TOMATE INGREDIENTS

1 $\frac{1}{2}$ oz. salt pork, fine chop
2 tbsp. unsalted butter
1 small carrot (1½ oz.) carrot peeled and coarse chop
 $\frac{1}{2}$ medium white or yellow onion (1½ oz.) coarse chop
1 bay leaf
1 sprig thyme
3 tbsp. all-purpose flour
2 28-oz. cans crushed tomato
2 cups veal or beef stock
1 clove garlic, crushed
pinches of sugar
Kosher salt and freshly ground black pepper

Derivative Tomato sauces include:

- **Creole:** tomato sauce with white wine, garlic, onion, cayenne pepper, and red bell peppers
- **Algerian:** tomato sauce with green and red bell peppers
- **Portugaise:** tomato sauce with garlic, onions, sugar, salt, parsley, and peeled tomatoes
- **Provençal:** tomato sauce with olive oil, parsley garlic, salt, pepper, and sugar
- **Marinara:** tomato sauce with garlic, onions, and herbs