

# **CFG: Sauces**

**Jeff's AppBooks Network**

**... Compartmentalizing Anthologies ...**

## **Country Gravy**

Use meat drippings and fat or fry / render down bacon and sausage (caseless) or other fatty meats in butter. Brown slightly.

Fry in onions if you like.

Slowly stir in flour to make a thick paste, simmer to take edge off floury taste.

**For WHITE** gravy add milk.

**For BROWN** gravy add beef broth and Worcestershire sauce.

Add salt, pepper, onion and garlic powder to taste.

*Roughly 1/3 cup flour in 2-3 cups liquid, with fat to taste.*

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## **Sweet and Sour Sauce**

Equal parts vinegar and sugar. Be creative, white or brown, malt or apple cider.

Heat and stir.

Stew in fresh fruit to taste.

Thicken with cornstarch and water. (Just dry cornstarch will ball up)

Add peppers, celery, salt and pepper to taste.

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## **White Sauce**

White Sauce is a combination of butter, flour and milk. It can be as light as 1x1 tablespoon (1 butter, 1 flour) per cup of milk (or blend). Or it can be as heavy as 4x4.

Start by melting the butter in a pan and mix in the flour stirring / simmering in just butter for a couple of minutes. This takes the floury edge off.

Slowly add the milk, stirring and thickening as desired.

Add salt and pepper to taste.

Bulgogi is Korean for Fire (Bul) Meat (Gogi). It is both a marinade and a way of preparing and BBQ'ing a poorer cut of meat.

The keys are :

1. Cut the meat into thin strips, across the grain.
2. When the marinade is done, drain the liquid, remove the pulp and let the meat dry to 'tacky dry'.
3. SEAR the meat. Put the meat in a hot, greased pan, one strip at a time. Put them far enough apart so that the heat drives the water out as steam and the steam goes out and up but not into the meat next to it.

## **Maangchi's Simple Bulgogi**

→ 1 lb of thinly sliced, cross grain, meat

→ 4 cloves of minced garlic

→ 2 diced onions

→ 2 tablespoons of soy sauce

→ 3 tablespoons of water

→ 1 tablespoon of toasted sesame oil

→ 1 tablespoon of toasted sesame seeds

→ 1/2 teaspoon of black pepper

Mix, add meat, marinade for atleast 30 min in the fridge.

→ SEAR the meat.

## **Rinella's Venison Heart Bulgogi**

→ grate an apple or pear

→ add honey or brown sugar to taste

→ grated fresh ginger to taste

→ Soy Sauce to taste

→ grated fresh garlic to taste

→ grated fresh onion to taste

→ toasted sesame oil to taste

→ add HEAT to taste (red pepper flakes etc)

Mix, add meat and marinade for a few hrs.

→ strain off liquid and pulp

→ SEAR the meat.

## **Wild Marinades : Rinella's Squirrel and Rabbit**

- equal parts apple cider vinegar and water
- pickling spice
- a little salt
- chopped onions
- soak meat overnight
- pat dry, roll in flour, fry crispy
- fry in onions from marinade
- make roux and add to make stew

## **Wild Marinades : Greg Ovens' Whitetail**

- 1 bottle (0.5 L or close to it) of Soy Sauce
- diced onion and garlic to taste
- 1-2 teaspoons of vinegar
- 1 tablespoon of Worcestershire Sauce
- 1 cup'ish of brown sugar
- marinade over night

## **Cowboy Candy**

- 1 lb of jalapeno (seeds in for heat)
- 2 cups sugar (white or brown)
- 2/3 cup vinegar (apple or not)
- 1/4-1/2 tsp of favorite spices (turmeric, celery seeds, peppers)
- bring everything not jalapeno to a boil then simmer for 5 min
- add jalapenos, bring to boil then simmer for 5 min
- strain off jalapenos (slotted spoon works)
- boil sauce for 5 min

### **... Short Term**

- Thicken the sauce by reducing / boiling another 20 min.
- Keep refridgerated for up to 3 months
- Best if allowed to sit for 24 hrs.

### **... Long Term**

- Place strained jalapenos in a quart (2 pint) or 1 L (2 x 500 ml) canning jars.
- Fill with sauce - leaving adequate head space (use to be an inch - I'm using 2 inches these days - cheap replacement lids)
- Seal per normal canning process and water bath for 10 min.
- Best if allowed to sit for 4 wks.
- Good for a year.

## Wild Shoulder : Pig, Bear, Deer

Marinade 24-48 hrs in :

- orange juice concentrate
  - onions
  - lemons and limes
  - beer
  - salt
  - ground pepper
  - vinegar for bear or pork
  - enough water to submerge the meat
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- Take out the meat and allow to drain
- coat in favorite meat seasonings
- ground pepper
- powdered garlic
- touch of cayenne

slow Smoke / BBQ to your heart's content (3 to 4 hrs) turning occasionally.

Eat as is, make tacos or bone it out and freeze it in serving sized bags as 'pulled' meat.

## Babe Winkleman

- 1 cup of olive oil
- 3/4 cup of soy sauce
- 1/2 cup lemon juice (extract / concentrate)
- 1/4 cup Worcestershire Sauce
- cloves of garlic
- cracked or ground pepper

→ 1/4 cup mustard

→ Marinade for 30 min to 24 hrs