



Sauces You'll Use – a lot

Easy homemade sauces, that you will use over and over.

Charlie DeSando – Cooking Secrets for Men

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Easy Homemade Sauces

First topic in our e-cookbook series is sauces that you can easily make at home. Usually with ingredients already in your kitchen.

Cooking at home, in many ways, is a creative art. My very successful wife likes to say that cooking is one of the most creative outlets that she has.

She's right. Cooking can and should be fun and have a sense of creativity in the meals you are preparing. Adding an ingredient here and a spice there help make a recipe come alive with your personal touch.

Homemade sauces can sometimes provide that extra creative ingredient. There are several classic sauces like béchamel, espagnole, and veloute. Since this is Cooking Secrets for Men, we are not worrying about classic French sauces, because we

may never use them in every day cooking.

Most sauces are not normally eaten by themselves; they add flavor, moisture, and visual appeal to a recipe.

The sauce recipes in this eBook you will use many times over. An easy dipping sauce for fries, a classic tomato based sauce for burgers and seafood and several more.

We hope you enjoy this eBook and will find it useful.

Happy Cooking!!



Sauces for the grill

Try these sauces to enhance food cooked on the grill. Or even food not cooked on the grill. Very versatile sauces here.

Chimichurri Sauce



INGREDIENTS

- 1 cup fresh cilantro, chopped
- 1 cup fresh parsley, chopped
- 2 Tbsp. oregano chopped
- 1 shallot or small onion, chopped
- 3-4 cloves garlic, peeled and chopped
- ¾ cup olive oil
- 2 Tbsp red wine vinegar
- ½ tsp each salt & pepper
- Red pepper flakes to taste
- 2 tsp lemon zest (optional)



SERVES 4

Chimichurri is a sauce that's very popular in Argentina. This herby, garlicky, tangy, spicy, and very green condiment is great on all kinds of grilled meats, chicken or even roasted potatoes.

INSTRUCTIONS

1. Place all ingredients in a food processor or blender and blend until combined.
2. Pulse blender/Food processor 2-3 times; scrape the sides using a rubber spatula.
3. Repeat pulsing and scraping process until a thick sauce forms.
4. This can be made ahead of time. It will keep in the fridge for a couple of days.

Sriracha Dipping Sauce



INGREDIENTS

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 2 tsp Sriracha sauce
- Splash of lime juice



SERVES 4

INSTRUCTIONS

1. Stir together ingredients in bowl until smooth.
2. Serve with fries or other fried vegetables.

Suggestions for using your Sriracha Dipping Sauce

- Sweet Potato Fries
- Tacos
- [Blistered Shishito Peppers](#)
- Raw Vegetables
- Grilled Chicken or fish
- Store bought Sushi
- Turkey Burgers
- Whatever you like!!!



Pasta Sauces

Some of our best pasta sauces. Use these recipes as a starting point and feel free to add or substitute. These are four-season sauces, to be used all year long.

Pesto (alla Genovese)



INGREDIENTS

- 2 cups packed fresh basil leaves
- 2 clove garlic roughly chopped
- $\frac{1}{3}$ cup pine nuts, toasted
- $\frac{1}{2}$ cup extra virgin olive oil
- $\frac{1}{2}$ cup grated Parmesan cheese
- Salt and pepper to taste

Notes

Pesto is great on pasta, spread on Bruschetta or stuff a chicken breast



SERVES 4

INSTRUCTIONS

- Place the basil, garlic, and pine nuts, in the bowl of a food processor fitted with a blade.
- Pulse 5 times until a coarse mixture forms.
- With the food processor running, slowly add the olive oil in a steady stream.
- Do not run the processor too long, you want to have a little bit of texture to your pesto.
- Transfer the basil mixture to a small bowl.
- Add the Parmesan cheese and season with salt and pepper to taste.
- Mix to combine.
- If needed add a little bit more extra virgin olive oil to mix.

DeSando Family Recipe for Red Sauce



INGREDIENTS

Notes

The original blog post is located at [Cooking Secrets for Men](#)



SERVES 4

Our Family Recipe

This is our family recipe that has been handed down for multiple generations. My grandfather Frank, who emigrated from Calabria, taught my dad, who taught me. And I have subsequently taught my two sons, Luke & Carlo, how to make this rich red sauce and succulent meatballs.

DeSando Family Recipe for Red Sauce

continued

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 1 large onion medium chopped
- Salt & Pepper
- 4 cloves garlic, crushed
- 2 (28-ounce) cans whole peeled tomatoes.
- 1 bottle of good Red wine. (Cook with wine you would drink yourself)
- 1 tsp each oregano, thyme, rosemary
- and basil
- Generous pinch red pepper flakes
- 1 bay leaf
- Sugar to taste
- Tomato paste (optional – read below)
- OPTIONAL – Chicken parts (dark meat) and whole pork chops to flavor the sauce (Read step 9 below for more info)
- Fresh basil (for serving and garnish)



PREP TIME
30 MINS



COOK TIME
2 HOURS+



SERVES
6 or more

INSTRUCTIONS

1. Use a wide skillet or a wide-bottomed pot and heat the olive oil over med heat
2. Sauté chopped onions until they begin to sweat, about 5 minutes.
3. Add the chopped garlic and sauté for 1 minute. Do not let the garlic burn, just cook until fragrant.
4. Add the tomatoes. If using whole, peeled tomatoes, squish them in your hands to break them up. The tomatoes will continue to break down the longer the sauce cooks.
5. Use the red wine to swirl in the empty cans of tomatoes, to catch-all the extra juices. You can also use water to swirl in the empty cans.
6. Add Oregano, Thyme, Rosemary, Basil, Bay Leaves, Salt & pepper to taste, Crushed Red peppers.
7. Add sugar if desired, to counterbalance the acidity of the tomatoes. Start small, with a teaspoon or two. You can always add more, but you can't take it out once you have put the sugar in.
8. Some recipes call for tomato paste, which is used to thicken the sauce. Cooking over several hours over low heat will accomplish the same thing.
9. **Optional step** – I also cook raw pork chops and raw chicken in the sauce. Let those cook thoroughly (about 30-40 minutes). Remove pork chops and chicken and eat them while you wait for the sauce to cook down. Especially if you are simmering the sauce for several hours.
10. Simmer on low for about 2 hours. Stir every 30 minutes, so the tomatoes don't stick to the pan.
11. Remove the bay leaf before serving. The sauce will continue to thicken the longer it cooks. There is no right or wrong amount of time for a sauce to simmer. When my dad cooked sauce when I was growing up, it simmered overnight, the smell wafting throughout the house into the morning.
12. Skim off any grease on top of the sauce. Add fresh basil as a garnish and serve over pasta.



Best of the Rest

Here are some sauces that are easy to make, yet indispensable in the kitchen.

These are perfect for when you reach in the fridge and discover that your cocktail sauce or tartar sauce actually expired in 2018.



Cocktail Sauce



INGREDIENTS

1. 1 cup ketchup
2. 1/2 tsp lemon juice
3. 1-2 tsp prepared horseradish
4. Splash of Worcestershire sauce (optional, but tasty)



SERVES 4

Cocktail sauce is great with shrimp and other seafood.

According to the Horseradish Information Council, prepared horseradish will keep its quality 4 to 6 months in the refrigerator and longer in the freezer.

INSTRUCTIONS

1. In a bowl, stir the ketchup, horseradish, lemon juice and splash of Worcestershire sauce together until combined.
2. Whatever you do, don't use horseradish "sauce" because it contains mayonnaise and other unnecessary ingredients.
3. This is another sauce where a slice of lemon compliments the ingredients.

Tartar Sauce



INGREDIENTS

- 1 cup mayonnaise
- 2 tsp sweet pickle relish
- 1 tsp lemon juice (fresh or bottled)
- 1 slice of lemon if desired



SERVES 4

This is a quick and easy sauce to make with items already in your fridge. No need to get store bought tartar sauce

INSTRUCTIONS

1. Stir the mayonnaise, relish, and lemon juice together in a bowl.
2. Serve with your favorite fish, shrimp or fried seafood entrée
3. A slice of lemon compliments the sauce nicely.

Basic Homemade Vinaigrette



INGREDIENTS

- 3 tbsp Olive Oil
- 1 tbsp Vinegar (Red Wine or Balsamic)
- Salt & pepper

•Optional Extras

- Dijon Mustard
- Minced Garlic
- Dry herbs



SERVES 4

Vinaigrette or Salad Dressing – for home cooks, it's really the same thing. If you use ingredients in your pantry, your home made Vinaigrette will last for months. All the ingredients are shelf stable, therefore the vinaigrette will be shelf stable.

INSTRUCTIONS

- Traditional vinaigrettes have an oil to vinegar ratio of 3:1
- Add ingredients in a jar with a lid or cruet. Shake to combine.
- If you add any ingredient non shelf stable, you should refrigerate

Hollandaise Sauce



- 3 large egg yolks
- 2 tbsp fresh lemon juice
- 1 stick butter, cut into 8 pieces
- Pinch of cayenne pepper

Hollandaise sauce is a classic that's perfect for brunch! This recipe is easy and no-fail. It takes just 5 minutes.

INSTRUCTIONS

1. Over LOW HEAT, Wisk egg yolks and lemon together in a small saucepan.
2. Wisk until the edges are bubbling
3. Stir in butter, 1 piece at a time, until butter is melted and sauce has thickened
4. Remove from heat right away.
5. Stir in cayenne, salt and pepper
6. Pour over your Eggs Benedict and enjoy



SERVES 4

The Best Turkey Gravy



INGREDIENTS

- Turkey pan drippings
- Lots of flour
- 2 c. low-sodium chicken broth
- Soy Sauce to taste



SERVES 4

In turkey gravy, you won't actually taste the **secret ingredient of soy sauce**, you'll just react more strongly to depth of flavor. It'll also add a meatiness to vegetarian gravies. Soy Sauce adds flavor and color to otherwise bland gravy.

INSTRUCTIONS

1. Remove turkey from roasting pan to rest.
2. Using the same roasting pan, whisk in flour, stock and some soy sauce
3. Keep adding ingredients and whisking until desired amount of gravy is realized.
4. Adjust as needed with more flour if too wet or more stock if too dry
5. Soy sauce adds color and sodium. No need for extra salt or pepper.

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*Cooking should be
enjoyed by family
and friends.*





Next e-Cookbook Volume 2 – Soups

Our follow up edition of Cooking Secrets for Men e-Cookbooks will be Vol. 2 – Soups. Easy soup recipes for home cooks.

We want to thank our subscribers on the various social media platforms.

These free e-cookbooks are our little way of saying “Thanks” for following us and taking the time to view, read or even try our recipes.

Hope you enjoy Volume 1 – Sauces.

Happy Cooking! And don't be afraid to be creative and experiment in the kitchen. You may surprise yourself!

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