**SAUCE VELOUTÉ**

Primarily a base sauce—white wine sauce and sauce Allemande are two common derivatives—velouté is essentially béchamel with stock instead of milk.

1. 2 tablespoons butter
2. 2 tablespoons finely chopped shallot (optional)
3. 2 tablespoons flour
4. 2 cups stock (chicken, fish, or vegetable)
5. Salt and pepper to taste

**DIRECTIONS:**

Melt butter in medium saucepan over medium heat. If using, add shallot and cook until soft, about 3 minutes. Stir in flour and cook for a few minutes, stirring constantly, until the mixture bubbles and looks like wet sand, being careful not to brown the flour (reduce heat, if necessary). Slowly whisk in stock in ½-cup batches. Bring to a gentle boil, whisking constantly. When sauce thickens, reduce heat to low and simmer, whisking occasionally and scraping bottom and sides of pan, for about 10 minutes, or until sauce is desired consistency. Add salt and pepper, to taste, and a pinch of nutmeg. If sauce is lumpy, pass through fine strainer.