

Small Sauces

For each of the following sauces, add the listed ingredients to 1 qt (1 L) tomato sauce, as indicated.

Portugaise (Portuguese)

Sauté 4 oz (125 g) onions, cut brunoise, in 1 fl oz (30 mL) oil. Add 1 lb (500 g) tomato concassé (p. 290) and 1 tsp (5 mL) crushed garlic. Simmer until reduced by about one-third. Add 1 qt (1 L) tomato sauce, adjust seasonings, and add 2–4 tbsp (30–60 mL) chopped parsley.

Spanish

Lightly sauté in oil without browning 6 oz (175 g) onion, small dice; 4 oz (125 g) green bell pepper, small dice; and 1 clove garlic, chopped fine. Add 4 oz (125 g) sliced mushrooms and sauté. Add 1 qt (1 L) tomato sauce, and season to taste with salt, pepper, and hot red pepper sauce.

Creole

Sauté in oil 4 oz (125 g) onion, small dice; 4 oz (125 g) celery, sliced; 2 oz (60 g) green bell pepper, small dice; 1 tsp (5 mL) chopped garlic. Add 1 qt (1 L) tomato sauce, 1 bay leaf, pinch dried thyme, and ½ tsp (2 mL) grated lemon rind. Simmer 15 minutes. Remove bay leaf and season to taste with salt, pepper, and cayenne.

Fresh Tomato Coulis with Garlic

YIELD: 1 PT (500 ML)

U.S.	METRIC	INGREDIENTS
3 oz	90 g	Shallots, chopped fine
6	6	Garlic cloves, chopped fine
2 fl oz	60 mL	Olive oil
1 lb 8 oz	750 g	Tomatoes, peeled, seeded, and chopped
to taste	to taste	Salt
to taste	to taste	White pepper

Per 1 fl oz (29.57 mL): Calories, 45; Protein 1 g; Fat, 3.5 g (66% cal.); Cholesterol, 0 mg; Carbohydrates, 3 g; Fiber, 1 g; Sodium, 5 mg.

PROCEDURE

1. Sweat the shallots and garlic in olive oil until soft.
2. Add the tomatoes and cook until excess liquid has cooked out and the sauce is thick.
3. Season to taste.



Fresh Tomato Coulis

BUTTER SAUCES

The fifth leading sauce is hollandaise. Hollandaise and its cousin, béarnaise, are unlike the sauces we have been studying because their major ingredient is not stock or milk but butter.

Before tackling the complexities of hollandaise, we first look at simpler butter preparations used as sauces.

1. Melted butter.

This is the simplest butter preparation of all, and one of the most widely used, especially as a dressing for vegetables.

Unsalted or *sweet butter* has the freshest taste and is ideal for all sauce making.

2. Clarified butter.

Butter consists of butterfat, water, and milk solids. **Clarified butter** is purified butterfat, with water and milk solids removed (Fig. 9.6). It is necessary for many cooking operations. Clarified butter is used in sautéing because the milk solids of unclarified butter would burn at such high temperatures. It is used in making hollandaise because the water of unclarified butter would change the consistency of the sauce. Method 1 in the procedure below is the most widely used in North American and European kitchens. Method 2 is used for the style of clarified butter called *ghee*, used in Indian cuisine.

3. Brown butter.

Known as **beurre noisette** (burr nwah zett) in French, this is whole melted butter that has been heated until it turns light brown and gives off a nutty aroma. It is usually prepared at the last minute and served over fish, white meats, eggs, and vegetables.

Care must be taken not to burn the butter, as the heat of the pan will continue to brown it even after it is removed from the fire.

PROCEDURES for Clarifying Butter

METHOD 1

1. Melt the butter in a heavy saucepan over moderate heat.
2. Skim the froth from the surface.
3. Carefully pour off the clear melted butter into another container, leaving the milky liquid at the bottom of the saucepan.

METHOD 2

1. Melt the butter in a heavy saucepan over moderate heat.
2. Skim the froth from the surface.
3. Turn the heat to very low to avoid burning the butter. Leave the pan on the heat and continue to skim the froth from the surface at intervals. The water in the bottom will boil and gradually evaporate.
4. When the butter looks clear and no longer forms a scum on top, strain off the butter through cheesecloth into another container.

You need 1¼ lb (625 g) raw butter to make 1 lb (500 g) clarified butter; 1 lb (500 g) raw butter yields 12–13 oz (about 400 g) clarified butter.

FIGURE 9.6 Clarifying butter.



(a) Skim the foam from the top of the melted butter.



(b) Ladle off the clear, melted fat.



(c) Continue until only the milky liquid remains in the bottom of the pan.

4. Black butter.

Black butter, or *beurre noir* (burr nwahr), is made like brown butter but heated until it is a little darker, and it is flavored with a few drops of vinegar. Capers, chopped parsley, or both are sometimes added.

To avoid dangerous spattering of the vinegar in the hot butter, many chefs pour the butter over the food item, then deglaze the pan with the vinegar and pour that over the item.

5. Meunière butter.

This is served with fish cooked à la Meunière (p. 638). Brown butter is seasoned with lemon juice and poured over the fish, which has been sprinkled with chopped parsley.

As in the case of black butter, dangerous spattering can result when moisture is added to hot butter. To avoid this, cooks often sprinkle the lemon juice directly on the fish before pouring on the brown butter.

6. Compound butters.

Compound butters are made by softening raw butter and mixing it with flavoring ingredients. The mixture is then rolled into a cylinder in waxed paper.

Compound butters have two main uses:

- Slices of the firm butter are placed on hot grilled items at service time. The butter melts over the item and sauces it.
- Small portions are swirled into sauces to finish them and give them a desired flavor.

Easy as they are to make, compound butters can transform a plain broiled steak into a truly special dish.

The favorite compound butter for steaks is maître d'hôtel (may truh doh tel) butter. Variations are given after the recipe (p. 198).

7. Beurre blanc.

Beurre blanc (burr blon) is a sauce made by whipping a large quantity of raw butter into a small quantity of a flavorful reduction of white wine and vinegar so the butter melts and forms an emulsion with the reduction. The technique is basically the same as monter au beurre (p. 183), except the proportion of butter to liquid is much greater.

Beurre blanc can be made quickly and easily by adding cold butter all at once and whipping vigorously over moderately high heat. The temperature of the butter keeps the sauce cool enough to prevent it from separating. Be sure to remove it from the heat before all the butter is melted, and continue whipping. It is better to remove the sauce from the heat too soon rather than too late because it can always be rewarmed slightly if necessary. Figure 9.7 illustrates this procedure.

Some chefs prefer to use low heat and add the butter a little at a time in order to reduce the chance of overheating and breaking the sauce. The process takes a little longer, but the result is the same.

FIGURE 9.7 Preparing beurre blanc.



(a) Reduce the liquids (usually wine and vinegar) with chopped shallots.



(b) Whip in the raw butter just until the butter is melted and forms a smooth sauce.



(c) Leave in the shallots, or strain them out. Strained beurre blanc has a light, smooth, creamy texture.

Beurre blanc should be held at a warm, not a hot, temperature and stirred or whipped from time to time so the fat and water do not separate. For more stable mixtures of fat and water—called **emulsions**—see the discussion of hollandaise beginning on page 199.

Butter-Enriched Sauces

As already noted, the technique for making beurre blanc is the same as monter au beurre, except the proportion of butter is much higher. The same technique can be used to finish a great variety of sauces, usually white sauces, although brown sauces can be finished the same way.

To improvise a butter-enriched version of a classic white sauce, refer to the sauce variations on page 190. In place of the 1 qt (1 L) velouté or other white sauce base, substitute 1 pt (500 mL) concentrated white stock. Combine with the flavoring ingredients indicated in the variation. Reduce to a slightly syrupy consistency. Whip in 8 oz (250 g) raw butter and strain.

Many other sauces for sautéed meat, poultry, or fish items can be improvised using the same technique. Deglaze the sauté pan with wine, stock, or other liquid, add desired flavoring ingredients, reduce, and finish by whipping in a generous quantity of raw butter. Season and strain.

Maître d'Hôtel Butter

YIELD: APPROX. 1 LB (500 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	500 g	Butter, unsalted (see <i>Note</i>)	1. Using a mixer with the paddle attachment, beat the butter at low speed until smooth and creamy.
2 oz	60 g	Chopped parsley	2. Add remaining ingredients and beat slowly until completely mixed.
1½ fl oz	50 mL	Lemon juice	3. Roll the butter into a cylinder about 1 inch (2½ cm) thick in a sheet of parchment or waxed paper. Chill until firm.
2 tsp	10 mL	Salt (see <i>Note</i>)	4. To serve, cut slices ¼ inch (½ cm) thick and place on broiled or grilled items just before service.
pinch	pinch	White pepper	

Per 1 ounce (28.35g): Calories, 230; Protein 0 g; Fat, 25 g (98% cal.); Cholesterol, 70 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 300 mg.
Note: If using salted butter, omit the salt.

VARIATIONS

For each kind of seasoned butter, add to *1 lb (500 g) butter* the listed ingredients instead of the parsley, lemon juice, and pepper.

Anchovy Butter

2 oz (60 g) anchovy fillets, mashed to a paste

Garlic Butter

1 oz (30 g) garlic, mashed to a paste (p. 295)

Escargot (Snail) Butter

Maître d'Hôtel Butter plus 1 oz (30 g) garlic, mashed to a paste

Shrimp Butter

½ lb (250 g) cooked shrimp and shells, ground very fine. Force shrimp butter through a fine sieve to remove pieces of shell.

Mustard Butter

3–4 oz (100 g) Dijon-style mustard

Herb Butter

Chopped fresh herbs to taste

Scallion or Shallot Butter

2 oz (60 g) minced scallions or shallots

Curry Butter

4–6 tsp (20–30 mL) curry powder heated gently with 1 oz (30 g) butter, then cooled

Beurre Blanc

YIELD: 1 PT (500 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 fl oz	250 mL	Dry white wine	1. Combine wine, vinegar, and shallots in a saucepan. Reduce until about 1 fl oz (30 mL) liquid remains.
1½ fl oz	50 mL	White wine vinegar	2. Cut the butter into small pieces.
1 oz	30 g	Shallots, chopped	3. Add the butter to the hot reduction. Set pan over moderately high heat and whip vigorously. When butter is nearly all melted and incorporated, remove from heat and continue to whip until smooth.
1 lb	500 g	Cold butter	4. Season to taste. Shallots may be left in sauce or strained out.
to taste	to taste	Salt	5. Hold the sauce in a warm, not hot, place until served. Stir or whip it from time to time.

Per 1 fl oz (29.57 mL): Calories, 210; Protein, 0 g; Fat, 23 g (94% cal.); Cholesterol, 60 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 240 mg.

VARIATIONS

Herbed Butter Sauce

Add your choice of chopped fresh herbs to finished beurre blanc, or use an herbed compound butter instead of plain raw butter to make beurre blanc.

Beurre Rouge (Red Butter Sauce)

Use dry red wine instead of white wine to make the reduction, and increase the quantity of wine to 1 pt (500 mL). As in basic recipe, reduce the wine to about 1 fl oz. (30 ml). For good color, use a young, bright red wine.

Beurre Rouge for Fish

After reducing red wine for Beurre Rouge, add 6 fl oz (180 ml) fish stock. Reduce the liquid to 2 fl oz (60 ml).

HOLLANDAISE AND BÉARNAISE

Hollandaise is considered an egg-thickened sauce, but the egg doesn't thicken by coagulation as it does in a liaison or in a custard sauce. Instead, it works by emulsification.

An **emulsion** is a uniform mixture of two unmixable liquids. In the case of hollandaise, the two liquids are melted butter and water (including the water in the lemon juice or the vinegar reduction). The two stay mixed and thick because the butter is beaten into tiny droplets and the egg yolks hold the droplets apart. You will encounter emulsion again when you prepare mayonnaise and other salad dressings in Chapter 22.

Two recipes for hollandaise are given. The first is the classic version, flavored with lemon and a vinegar reduction (Fig. 9.8). (You may also see recipes that include shallots in the reduction, in imitation of *beurre blanc*, but this is not traditional, according to Escoffier.) The second recipe, flavored with just lemon juice, is slightly quicker and easier to make.

FIGURE 9.8 Making hollandaise sauce.



(a) Combine the egg yolks and reduction in a stainless-steel bowl.



(b) Whip over a hot-water bath.



(c) Continue to whip over a hot-water bath until thick and light.



(d) Very slowly whip in the butter. (Set the bowl in a saucepan lined with a kitchen towel to hold it steady.)



(e) The finished sauce should be thick but pourable.

Holding Hollandaise Sauce

Hollandaise sauce, as well as other sauces in this family, poses a special safety problem. It must be kept warm for service at a holding temperature of 145°F (63°C) but must not be allowed to get much warmer or the eggs may curdle. Unfortunately, this is only slightly above the Food Danger Zone, at which bacteria grow quickly. Therefore, extra care must be taken to avoid foodborne diseases.

The following sanitation procedures must be observed to avoid the danger of food poisoning:

1. Make sure all equipment is perfectly clean.
2. Hold sauce no longer than 2 hours. Make only enough to serve in this time, and discard any that is left over.
3. Never mix an old batch of sauce with a new batch.
4. Never hold hollandaise or béarnaise—or any other acid product—in aluminum. Use stainless-steel containers.

GUIDELINES for Preparing Hollandaise and Béarnaise



Students tend to be afraid of hollandaise because it has a reputation for being difficult to make. True, precautions are necessary to avoid overcooking the eggs and to get the right consistency. But if you follow the instructions in the recipe carefully and keep in mind these guidelines, you should have no trouble.

Many of these rules have one object in common: Don't overcook the egg yolks, or they will lose their ability to emulsify.

1. Cool the reduction before adding the yolks, or they will overcook.

2. Use the freshest eggs possible for the best emulsification.

For safety, pasteurized eggs are recommended (pp. 776 and 1040).

3. Beat the yolks over hot water.

An experienced cook is able to beat them over direct heat, if care is taken, without making scrambled eggs. Until you have gained some confidence, it is safer to use a hot-water bain-marie.

4. Use a round-bottomed stainless-steel bowl.

The whip must be able to reach all the eggs to beat them evenly. Also, stainless steel will not discolor the sauce or give it a metallic flavor.

5. Have the butter warm but not hot, or it may overcook the eggs. If it is too cool, it might solidify.

6. Add the butter slowly at first.

The yolks can absorb only a little at a time. Add a few drops at first and beat in thoroughly before adding more. If you add butter faster than it can be absorbed, the emulsion may break.

7. Don't add more butter than the egg yolks can hold.

Remember this standard proportion:
6 egg yolks per 1 pound (450 g) clarified butter

8. Broken or curdled hollandaise can be rescued.

First, try adding 1 teaspoon (5 mL) cold water and beating vigorously. If this doesn't work, start over with a couple of egg yolks and repeat the procedure from step 6 in the recipe, adding the broken sauce as you would the butter.



Hollandaise Sauce I



YIELD: 24 FL OZ (720 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 4 oz	600 g	Butter	1. Review guidelines for preparing hollandaise and béarnaise (above).
1/8 tsp	0.5 mL	Peppercorns, crushed	2. Clarify the butter (p. 196). You should have about 1 pt (480 mL) clarified butter. Keep the butter warm but not hot.
1/8 tsp	0.5 mL	Salt	3. Combine peppercorns, salt, and vinegar in a saucepan and reduce until nearly dry (au sec). Remove from heat and add the cold water.
3 fl oz	90 mL	White vinegar or wine vinegar	4. Pass the diluted reduction through a fine strainer into a stainless-steel bowl. Use a clean rubber spatula to make sure you transfer all flavoring material to bowl.
2 fl oz	60 mL	Water, cold	5. Add the egg yolks to bowl and beat well.
6	6	Egg yolks (see Note after Hollandaise II)	6. Hold the bowl over a hot-water bath and continue to beat the yolks until thickened and creamy.
1–2 tbsp	15–30 mL	Lemon juice	7. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in warm clarified butter, drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice.
to taste	to taste	Salt	8. When all the butter is added, beat in lemon juice to taste and adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.
to taste	to taste	Cayenne	9. Strain through cheesecloth if necessary and keep warm (not hot) for service. Hold no longer than 2 hours (p. 199).
			10. Evaluate the finished sauce (p. 202).

Per 1 fl oz (29.57 mL): Calories, 280; Protein, 1 g; Fat, 31 g (99% cal.); Cholesterol, 155 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 310 mg.

Hollandaise Sauce II

YIELD: 24 FL OZ (720 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 4 oz	600 g	Butter	1. Review guidelines for preparing hollandaise and béarnaise (p. 200). 2. Clarify the butter (p. 196). You should have about <i>1 pt (480 mL) clarified butter</i> . Keep the butter warm but not hot.
6	6	Egg yolks (see <i>Note</i>)	3. Place the egg yolks and cold water in a stainless-steel bowl and beat well. Beat in a few drops of lemon juice.
1 fl oz	30 mL	Water, cold	4. Hold the bowl over a hot-water bath and continue to beat until the yolks are thickened and creamy.
1½ fl oz	45 mL	Lemon juice	5. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the warm butter, drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little of the lemon juice.
to taste	to taste	Salt	6. When the butter is all added, beat in lemon juice to taste and adjust seasoning with salt and cayenne. If necessary, thin the sauce with a few drops of warm water.
to taste	to taste	Cayenne	7. Keep warm (not hot) for service. Hold no longer than 2 hours (p. 199). 8. Evaluate the finished sauce (p. 202).

Per 1 fl oz (29.57 mL): Calories, 280; Protein, 1 g; Fat, 31 g (99% cal.); Cholesterol, 155 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 300 mg.

Note: For safety, pasteurized eggs are recommended.

Small Sauces

Maltaise

To 1 pt (500 mL) hollandaise add 1–2 fl oz (30–60 mL) orange juice (from blood oranges, if possible) and 1 tsp (5 mL) grated orange rind. Serve with asparagus.

Mousseline

Whip 4 fl oz (125 mL) heavy cream until stiff and fold into 1 pt (500 mL) hollandaise.

Béarnaise Sauce

YIELD: 24 FL OZ (720 ML)

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 4 oz	600 g	Butter	1. Review guidelines for preparing hollandaise and béarnaise (p. 200). 2. Clarify the butter (p. 196). You should have about <i>1 pt (480 mL) clarified butter</i> . Keep the butter warm but not hot.
1 oz	30 g	Shallots, chopped	3. Combine the shallots, vinegar, tarragon, and peppercorns in a saucepan and reduce by three-fourths. Remove from heat and cool slightly.
4 fl oz	120 mL	White wine vinegar	4. To make it easier to beat with a wire whip, transfer the reduction to a stainless-steel bowl. Use a clean rubber spatula to make sure you get it all. Let the reduction cool a little.
2–3	2–3	Tarragon stems, chopped (see <i>Note</i>)	5. Add the egg yolks to the bowl and beat well.
½ tsp	2.5 mL	Peppercorns, crushed	6. Hold the bowl over a hot-water bath and continue to beat the yolks until thickened and creamy.
6	6	Egg yolks (see <i>Note</i>)	7. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the warm clarified butter, drop by drop at first. If the sauce becomes too thick to beat before all the butter is added, beat in a little lemon juice or warm water.
to taste	to taste	Salt	8. Strain the sauce through cheesecloth.
to taste	to taste	Cayenne	9. Season to taste with salt, cayenne, and a few drops of lemon juice. Mix in the parsley and tarragon.
to taste	to taste	Lemon juice	10. Keep warm (not hot) for service. Hold no longer than 2 hours (p. 199).
1 tbsp	15 mL	Chopped parsley	11. Evaluate the finished sauce (p. 202).
2 tbsp	30 mL	Fresh tarragon, chopped (see <i>Note</i>)	

Per 1 fl oz (29.57 mL): Calories, 280; Protein, 1 g; Fat, 31 g (97% cal.); Cholesterol, 155 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 300 mg.

Note: For safety, pasteurized eggs are recommended.

If fresh tarragon is not available, used 1 tsp (5 mL) dried tarragon in place of the tarragon stems in the reduction, and use ½ tsp (2 mL) dried tarragon in place of the fresh leaves to finish the sauce.