# Unit 308: Produce and present advanced main course dishes using standardised recipes

# Handout 10: How to – quick guide to stocks and sauces

| **Sauce** | **Ingredients** |
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| Basic stock | 1. Combine the major flavouring ingredient and liquid2. Bring to a simmer3. Skim as necessary throughout cooking time4. Add the mirepoix and aromatics at the appropriate point5. Simmer the stock until it develops flavour, body, and colour6. Strain7. Use immediately or cool and store |
| Sauce espagnole | 1. Sweat the mirepoix2. Add the tomato puree; sauté until lightly caramelized3. Add the brown roux and heat thoroughly4. Incorporate the brown veal stock5. Simmer 2 ½ to 3 hours; skim the surface as necessary6. Strain the sauce, cool, and store properly |
| Demi-glace | 1. Combine the brown veal stock and sauce espagnole2. Bring to a boil3. Pull the pot off centre4. Simmer5. Skim6. Transfer to a small pot7. Strain, use, or cool and store |
| Jus lié | 1. Brown the trimmings, mirepoix, and tomato product2. Deglaze the pan3. Add the remaining liquid and bring to a boil4. Reduce heat and simmer5. Skim6. Add the remaining ingredients7. Add the thickening agent8. Strain9. Finish, garnish, use, or cool and store |
| Velouté | 1. Combine stock and roux2. Bring to a boil3. Pull the pot off centre4. Skim5. Stir frequently6. Simmer7. Strain8. Finish, garnish, use, or cool and store |
| Béchamel | 1. Sweat the onion with no colour.2. Add the milk and bring to a simmer.3. Incorporate the roux.4. Bring to a boil.5. Pull the pot off centre.6. Skim.7. Stir frequently.8. Simmer.9. Add nutmeg.10. Finish, garnish, use, or cool and store. |
| Tomato Sauce | 1. Fry off bacon.2. Add the mirepoix and sweat.3. Add the remaining ingredients and bring to a simmer.4. Stir frequently.5. Simmer.6. Strain.7. Puree.8. Finish, garnish, use, or cool and store |
| Hollandaise | 1. Make the reduction.2. Add the egg yolks and blend.3. Place the bowl over simmering water.4. Whip.5. Gradually add warm butter and whip.6. Strain.7. Adjust seasoning and serve or hold. |
| Beurre Blanc | 1. Bring the reduction to the correct temperature.2. Gradually incorporate butter.3. Add additional ingredients and serve. |