# 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 liquid  2. Bring to a simmer  3. Skim as necessary throughout cooking time  4. Add the mirepoix and aromatics at the appropriate point  5. Simmer the stock until it develops flavour, body, and colour  6. Strain  7. Use immediately or cool and store |
| Sauce espagnole | 1. Sweat the mirepoix  2. Add the tomato puree; sauté until lightly caramelized  3. Add the brown roux and heat thoroughly  4. Incorporate the brown veal stock  5. Simmer 2 ½ to 3 hours; skim the surface as necessary  6. Strain the sauce, cool, and store properly |
| Demi-glace | 1. Combine the brown veal stock and sauce espagnole  2. Bring to a boil  3. Pull the pot off centre  4. Simmer  5. Skim  6. Transfer to a small pot  7. Strain, use, or cool and store |
| Jus lié | 1. Brown the trimmings, mirepoix, and tomato product  2. Deglaze the pan  3. Add the remaining liquid and bring to a boil  4. Reduce heat and simmer  5. Skim  6. Add the remaining ingredients  7. Add the thickening agent  8. Strain  9. Finish, garnish, use, or cool and store |
| Velouté | 1. Combine stock and roux  2. Bring to a boil  3. Pull the pot off centre  4. Skim  5. Stir frequently  6. Simmer  7. Strain  8. 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. |