

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

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

Sauce	Ingredients
Basic stock	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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

Sauce	Ingredients
Béchamel	<ol style="list-style-type: none">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	<ol style="list-style-type: none">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	<ol style="list-style-type: none">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	<ol style="list-style-type: none">1. Bring the reduction to the correct temperature.2. Gradually incorporate butter.3. Add additional ingredients and serve.