

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

Handout 11: Warm emulsified sauces

Sauce	Ingredients	Uses
Hollandaise	Egg yolks, clarified butter, lemon juice, salt, cayenne pepper	Warm vegetables, artichoke hearts, fish, eggs
Mousseline	Three parts hollandaise and one-part whipped cream	Same as hollandaise
Moutarde	Hollandaise and mustard	Same as hollandaise
Maltaise	Hollandaise, blood orange juice, blanched orange zest	Fish mousses or turbot
Mikado	Hollandaise, mandarin orange juice, blanched mandarin orange zest	Poached fish
Béarnaise	Egg yolks, clarified butter, salt, tarragon, chervil, reduction of white wine, vinegar, shallots, tarragon, peppercorns	Grilled meats or fish
Foyot or Valois	Béarnaise and meat glaze	Grilled fish
Choron	Béarnaise and tomato concassé	Grilled meat or fish
Paloise	Béarnaise with mint instead of tarragon	Lamb or shellfish
Tyrolienne	Béarnaise with a neutral oil instead of clarified butter	Grilled meat