

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

Handout 9: Cold emulsified sauces

Sauce	Ingredients	Uses
Mayonnaise	Egg yolks, mustard, oil, acid (Vinegar)	Salads, cold fresh shellfish and meats
Verte	Mayonnaise and green herbs	Cold fish, shellfish, and meats
Rémoulade	Mayonnaise, capers, gherkins, chervil, tarragon, parsley, chives, tarragon; chopped onion and hard-cooked egg are optional	Fried fish, cold meats. and poultry
Gribiche	Mayonnaise, hard-cooked eggs, mustard, gherkins, parsley, chervil, parsley, chervil, tarragon	Cold fish and deep-fried foods
Chantilly	Two parts mayonnaise, and one-part whipped cream	Cold asparagus or artichokes
Aïoli	Mayonnaise, garlic, sometimes saffron	Vegetables and fish
Rouille	Mayonnaise, white bread, garlic, paprika, saffron	Traditional accompaniment to Provençal fish soups or stews, especially bouillabaisse
Andalouse	Mayonnaise, tomato coulis, diced peppers	Hard-cooked eggs and vegetables