

# THE MOTHER SAUCES



**The 5 Major Sauces Used in Cooking**

# SAUCES

Liquid served or used in the preparation of foods such as soups, stews, gravies,

**Add texture, flavor and appeal to food dishes.**

An essential element in cuisines all over the world.

**Can be purchased ready made or freshly prepared by the cook.**

Sauces for salads are called salad dressings.

**A cook who specializes in making sauces is called a *saucier*.**



# BECHAMEL

## (be sha mel)



**Know as a white sauce**

**Used in both French and Italian Cuisines.**

**Base for many other sauces:**

**Cheese Sauce**

**Mornay Sauce**

**Mustard Sauce**



**Made by gradually whisking milk into a butter flour roux (mixture of equal amounts of butter and flour cooked to eliminate flour's starchy taste.)**

# VELOUTE SAUCE

## (veh loo TAY)



White sauce made from  
light stock and a blond roux.

Stock used is chicken, veal, or fish.

Used as the base for:  
Sauce Allemande  
Sauce Supreme



*Wild Mushroom Veloute Sauce*

# ESPAGNOLE SAUCE

(es pun YOWL)



Sauce made from dark roux (drippings of cooked meat and bones thickened with flour) and veal or beef stock or water.

Strong flavored, rarely served over food but rather for a base for food to rest upon.

Espagnole sauce is the base for:  
Mushroom Sauce  
Bordelaise Sauce  
Lyonnaise Sauce



*Grilled Angus Beef with Espagnole Sauce*

# TOMATO SAUCE



Any of a large number of sauces made largely from tomatoes.

Common for meat and vegetables but best know for sauces in pasta dishes.



Sauce thickens as it cooks down and doesn't require a roux.

*Pasta with Chicken and Tomato Sauce*

# HOLLANDAISE SAUCE



An emulsion of eggs, and butter seasoned with lemon juice and salt served warm on eggs, vegetables and fish.

Light yellow, opaque and creamy with a mild tang that doesn't overpower mild foods.

The eggs rather than a roux acts as the thickening agent.



*Fresh Tuna Steaks with Hollandaise Sauce*

# MIRE POIX

(meer PWAH)



Mixture of finely diced onions, celery and carrots, sautéed in butter.

Added to sauces and various other dishes to give flavor.

