STOCKS

Four essential parts:
- Major flavoring ingredient
- Liquid
- Mirepoix
- Aromatics
Mirepoix:
- Coarsely chopped onions, carrots, and celery
- Provides flavor base
- 50% onions
- 25% carrots
- 25% celery

White mirepoix:
- Substitute parsnips
- Additional onions, leeks, and mushrooms for carrots
Aromatics:
- Herbs, spices, and flavorings
- Create a savory smell

*Bouquet garni*:
- “Bag of herbs”
- Bundle of fresh herbs—thyme, parsley stems, bay leaf
- Tied together

*Sachet d’épices*:
- Cheesecloth
- Parsley stems, dried thyme, bay leaf, cracked peppercorns
TYPES OF STOCKS

Stock:
• Flavorful liquid
• Simmering bones and/or vegetables
• 24 hours to cook
• Cost-effective
• “Building blocks”
  o Base for soups and creams
TYPES OF STOCKS

Bouillon
- Liquid from simmering meats or vegetables
- Broth

Brown stock
- Amber liquid
- Simmering poultry, beef, veal, or game bones
- Bones browned first

Court bouillon
- Aromatic vegetable broth
- Poaching fish or vegetables
TYPES OF STOCKS

- **Fumet**
  - Similar to fish stock
  - Highly flavored stock
  - Made with fish bones
  - Reduced to intensify flavor

- **Glace**
  - “Glaze”
  - Reduced stock with jelly-like consistency
  - Made from brown, chicken, or fish stock

- **Jus**
  - Rich, lightly reduced stock
  - Sauce for roasted meats
TYPES OF STOCKS

Remouillage

- Weak stock
- Bones used from another preparation
- Replace water as the liquid
- “Rewetting”

Vegetable stock

- Made from mirepoix, leeks, and turnips
- Tomatoes, garlic, and seasoning—darken stock
- Avoid leafy greens—bitter

White stock

- Clear, pale liquid
- Simmering poultry, beef, or fish bones
PREPARING BONES FOR STOCK

Blanching:
• Rids impurities—cloudiness

Browning bones:
• Roast at 400°F (200°C) for one hour
• Rich flavor and deep color

Sweating:
• Bones and mirepoix release flavor
BLANCHING BONES

1. Eight pounds of bones
   - Cover with cold water
2. Bring to slow boil
   - Skim surface if needed
3. After full boil, drain bones
4. Ready for desired recipe
PREPARING INGREDIENTS FOR STOCK

Mirepoix:
- Short cooking times
  - Sliced or diced in half-inch cuts
- Longer cooking times (> one hour)
  - One- to two-inch cuts or whole

Bouquet garni or sachet d’ épices:
- Add to simmering stock
- Heat brings out flavors
- Last hour of cooking
- Prevents loss of flavor
### Preparing Ingredients for Stock

<table>
<thead>
<tr>
<th>Stock</th>
<th>Bones/Vegetables</th>
<th>Water</th>
<th>Mirepoix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, beef, veal game</td>
<td>8 pounds</td>
<td>6 quarts</td>
<td>1 pound</td>
</tr>
<tr>
<td>Fish/shellfish or fumet</td>
<td>11 pounds</td>
<td>5 quarts</td>
<td>1 pound</td>
</tr>
<tr>
<td>Vegetable</td>
<td>4 pounds</td>
<td>4 quarts</td>
<td>¾ pound</td>
</tr>
</tbody>
</table>
PREPARING STOCK

1. Combine major flavorings and cold liquid
2. Bring to simmer
3. Skim as necessary
4. Add mirepoix and aromatics
   - Last hour of cooking
5. Simmer
   - Develop flavor, body, and color
6. Strain
   - Cheesecloth or coffee filter
   - Use immediately or store
FAT REMOVAL FROM STOCK

- Fat removal
  - Remove cooled and hardened fat from surface
  - Lift or scrape away fat

- Clearer and purer color

- Removes some fat content—healthier

- Reheating stock
  - Skim additional impurities
COOLING STOCK

- Transfer to container
- Place in ice-water bath
- Stir often
- Once cooled, place in cooler
- Do not place stockpot in cooler
- Cooling
  - 135°F to 70°F (57°C to 21°C) within two hours
  - 70°F to 41°F (21°C to 5°C) or lower in the next four hours
MOTHER SAUCES

• Sauce
  • Liquid or semisolid product
  • Used to prepare other foods
• Saucier
  • Specializes in making sauces
• Roux
  • Main ingredient
  • Thickener
  • Equal parts flour and fat
Five classical mother sauces—basis of sauces—“grand sauces”

- Béchamel—milk and white roux
- Velouté—veal, chicken, or fish stock and white or blond roux
- Brown or espagnole sauce—brown stock and brown roux
- Tomato sauce—stock and tomatoes
- Hollandaise—emulsion made from eggs, butter, and lemon
Béchamel

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cream</td>
<td>Cream (instead of milk)</td>
<td>Over chicken or fish</td>
</tr>
<tr>
<td>Cheddar cheese</td>
<td>Cheddar cheese</td>
<td>Macaroni and cheese</td>
</tr>
<tr>
<td>Soubise</td>
<td>Puréed cooked onions</td>
<td>Roasted meats, game, poultry, and vegetables</td>
</tr>
</tbody>
</table>
# Mother Sauces and Their Derivatives

## Brown (Espagnole)

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bordelaise</td>
<td>Red wine, parsley</td>
<td>Red meats such as filet mignon</td>
</tr>
<tr>
<td>Chasseur (also called hunter’s sauce)</td>
<td>Mushrooms, shallots, white wine, tomato concassé</td>
<td>Wild game meats, such as venison and rabbit</td>
</tr>
<tr>
<td>Lyonnaise</td>
<td>Sautéed onions, butter, white wine, vinegar</td>
<td>Roasts and steaks</td>
</tr>
<tr>
<td>Madeira</td>
<td>Madeira wine</td>
<td>Roasts and steaks</td>
</tr>
</tbody>
</table>
### Hollandaise

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Béarnaise</td>
<td>Tarragon, white wine, vinegar, shallots</td>
<td>Steaks, asparagus, or salmon</td>
</tr>
<tr>
<td>Maltaise</td>
<td>Blood orange juice and zest</td>
<td>Fish and vegetables</td>
</tr>
</tbody>
</table>
# Mother Sauces and Their Derivatives

## Tomato

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creole</td>
<td>Sweet peppers, onions, chopped tomatoes</td>
<td>Shrimp, chicken, or sausages</td>
</tr>
<tr>
<td>Portuguese</td>
<td>Onions, chopped tomatoes, garlic, parsley</td>
<td>Chicken and fish</td>
</tr>
</tbody>
</table>
### Chicken velouté

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mushroom</td>
<td>Cream, mushrooms</td>
<td>Steak, chicken, or potatoes</td>
</tr>
<tr>
<td>Supreme</td>
<td>Reduced with heavy cream</td>
<td>Chicken and vegetables</td>
</tr>
<tr>
<td>Hungarian</td>
<td>Cream, Hungarian paprika</td>
<td>Chicken, fish, veal, and dumplings</td>
</tr>
</tbody>
</table>
## MOTHER SAUCES AND THEIR DERIVATIVES

### Fish velouté

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White wine</td>
<td>White wine</td>
<td>White fish</td>
</tr>
<tr>
<td>Bercy</td>
<td>White wine, shallots, butter, parsley</td>
<td>White fish</td>
</tr>
<tr>
<td>Herb</td>
<td>White wine, herbs</td>
<td>White fish</td>
</tr>
</tbody>
</table>
Veal velouté

<table>
<thead>
<tr>
<th>Small Sauce</th>
<th>Additional Ingredients</th>
<th>Examples of Sauce Usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allemande</td>
<td>Egg yolks</td>
<td>Veal</td>
</tr>
<tr>
<td>Hungarian</td>
<td>Egg yolks, Hungarian paprika</td>
<td>Chicken, fish, veal, and dumplings</td>
</tr>
<tr>
<td>Curry</td>
<td>Egg yolks, curry spices</td>
<td>Meats and vegetables</td>
</tr>
</tbody>
</table>
**BASIC INGREDIENTS IN SAUCES**

*Beurre manié:*
- Thickener
- Equal parts flour and butter
- Small-sized spheres
- Add to cooking sauce
- Thickens quickly
- End of cooking process
BASIC INGREDIENTS IN SAUCES

Slurry:
• Cornstarch and cold liquid

Liaison:
• Egg yolks and heavy cream
• Rich flavor and smoothness
• Temper liaison—prevent curdling
PREPARING DIFFERENT KINDS OF SAUCE

Compound butter:
- Butter and flavoring ingredients
- Finish grilled or broiled meats, fish, poultry, game, pastas, and sauces
- Maître d’hôtel butter—lemon juice and parsley
  - Garnish grilled meat or fish
PREPARING DIFFERENT KINDS OF SAUCE

Coulis
- Thick, puréed sauce—tomato coulis

Jus lié:
- Cooked meat juices and brown stock

Au jus:
- Meat served with its own juices
PREPARING DIFFERENT KINDS OF SAUCE

Wringing method:
• Cheesecloth over bowl
• Cheesecloth catches
  o Lumps of roux
  o Herbs, spices
• China cap with cheesecloth
• Chinois
BASIC KINDS OF SOUP

Clear soup:
- Flavored stocks, soups, and consommés
- Chicken noodle soup, minestrone, onion soup

Thick soup:
- Cream and purée soups
- Bisques, chowders, cream of tomato, lentil, split pea
CLEAR SOUPS

Consommé:
- Rich, flavorful broth or stock—clarified
- *Oignon brûlé*—burnt onion
  - Cut in half
  - Char flat part
  - Adds color and flavor
- Simmer slowly
- Clear and aromatic
THICK SOUPS

- **Cream soup**
  - Thickened with starch—roux
  - Smooth texture
  - Never boil—fat breaks down

- **Purée soup**
  - Thickened with starch from main ingredient—potatoes