



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 11

TERM 2 WEEK 7

SAUCES NOTES

This document consists of 10 pages.

CLASSIFICATION

- Sauces are hot or cold flavoured liquids that have been thickened and seasoned and add the final touch to dishes.
- Sauces are classified into 5 Mother / main sauces.
- Each Mother sauce has Daughter or small sauces that are derived from the Mother sauce (flavourings/ seasonings are added to the mother sauce to form a daughter sauce)
- Not all sauces fall under these traditional classifications though.
- Some sauces use purées of fruit and vegetables as their base (**coulis**)
- Other sauces include: salsas, flavoured butters and oils, oil-based sauces, and sweet sauces (chocolate / custards / cream)

	MOTHER / MAIN SAUCE	BASIC INGREDIENTS	SMALL / DAUGHTER SAUCES
1	Brown sauce (Espagnole)	Brown stock or demi-glace	<ul style="list-style-type: none"> • Chasseur • Bordelaise • Sauce Robert • Sauce Colbert
2	White sauce (Béchamel)	Milk and roux	<ul style="list-style-type: none"> • Sauce Mornay • Sauce Persil • Sauce Aurora
3	Velouté	Chicken stock and roux Fish stock and roux	<ul style="list-style-type: none"> • Sauce Supreme • Allemande Sauce • Sauce vin Blanc
4	Butter sauces	Butter and egg	<ul style="list-style-type: none"> • Hollandaise • Béarnaise
5	Oil-based sauces (mayonnaise and vinaigrettes)	Oils	<ul style="list-style-type: none"> • Tartare sauce • Remoulade • Salsa Verde
6	Special sauces (Hot or cold)		<ul style="list-style-type: none"> • Curry sauces • Bread sauces • Apple sauce • Tomato sauce • Mint sauce • Horseradish sauce

TYPES OF SAUCES

HOT SAUCES

(1) Hot white sauces:

- **Béchamel** – roux and milk
- **Velouté** – roux and white stock



Flavoured milk



Béchamel Sauce



Velouté Sauce

(2) Hot Brown sauces:

- **Espagnole** – original brown sauce made with brown stock, mirepoix and tomatoes. Thickened with a brown roux. Used to make demi-glace.
- **Jus-roti** – unthickened gravy made from roasted meat juices
- **Jus-lie** – brown stock is thickened with cornflour
- **Demi-glace** – mixture of ½ brown stock and ½ brown sauce reduced by half



Espagnole



Jus-roti



Jus-lie



Demi-glace

(3) Hot emulsified sauces:

- **Hollandaise** – emulsified sauce made from melted butter, egg yolks and flavourings



(4) Other sauces:

- **Tomato sauce** – tomatoes, onions, vegetables, seasoning and white stock. Can be thickened with a roux.
- **Curry sauce (Sauce indienne)**- chopped, seeded tomatoes, spices, curry and seasoning is added to a thin Béchamel sauce. Served with eggs, fish and vegetables.



COLD SAUCES

- (a) **Mayonnaise** - thick creamy sauce made from oil and vinegar.
Egg yolks are used as an emulsifying agent.
- (b) **Vinaigrette**- temporary emulsion of oil and vinegar (3 oil: 1 vinegar).
Seasoned with herbs, Dijon mustard, salt and pepper



Mayonnaise



Vinaigrette

SWEET SAUCES

- (a) **Egg custard** – liquid (milk) thickened by the coagulation of egg proteins.
Vanilla custard = crème anglaise
- (b) **Caramel sauce** – mixture of caramelized sugar and cream
- (c) **Chocolate sauce** – finely chopped / grated chocolate is added to warm vanilla custard. A dark syrup can be made by using cocoa powder or unsweetened chocolate
- (d) **Apple sauce** – fruit pulp and a sweetener. Used as a condiment and served cold.



Egg custard



Caramel sauce



Chocolate sauce



Apple sauce

COMPOUND BUTTER SAUCES

- Made by mixing various seasonings into softened butter
- *Parsley butter* (**maitre d'hôtel butter**) is placed on grilled steak or chicken. It melts to form a sauce.
- Store in the fridge for 3 days or freeze for a couple of months



COMPOUND BUTTERS

(1) Dehydrated convenience sauces:

- **Bisto** – meat flavoured gravy powder. Gives taste and aroma
- Available in granulated and powdered form
- Saves time/ money and labour

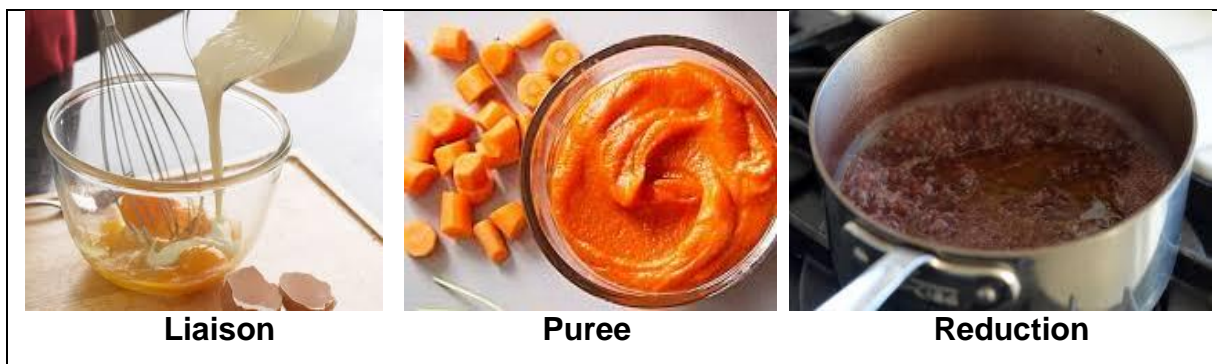


CONVENIENCE SAUCES

THICKENING METHODS

THICKENING AGENTS		
1	Roux	<ul style="list-style-type: none"> • Equal amounts of butter and flour melted together • Can be white, blond or brown • Liquid is then added and stirred
1	Beurre manie	<ul style="list-style-type: none"> • Equal amounts of butter and flour kneaded together • It is whisked into the boiling liquid
3	Cornflour (Maizena)	<ul style="list-style-type: none"> • A paste is made from cornflour and water. • The paste is whisked into boiling liquid
4	Arrowroot	<ul style="list-style-type: none"> • From the roots of a tropical plant • Use as for cornflour • Mixture is more stable and clearer
THICKENING PROCESSES		
1	Liason	<ul style="list-style-type: none"> • Mixture of egg yolk and cream • Enriches the sauce, while making it smooth and thick • Shock the mixture first with some of the hot liquid, and then add to the pot (to prevent the egg curdling)
2	Purée	<ul style="list-style-type: none"> • Puréed fruit or vegetables can be added to a sauce
3	Reduction	<ul style="list-style-type: none"> • Process of thickening a sauce by evaporation. • The remaining liquid is concentrated, thicker and flavourful

<p>Roux</p> 	<p>Beurre Manie</p> 
 <p>Cornflour</p>	 <p>Arrowroot</p>



PREPARATION METHODS

(1) Béchamel and Velouté sauces:

- Made with roux and milk (béchamel) or white stock (velouté)
- Should be rich, creamy and smooth
- The thickness depends on the ratio of roux to liquid and the use of the sauce.

	Uses	Ratio of Flour: Butter: Liquid
Thin	Base for cream soups	15ml : 15ml : 250ml
Medium	To serve as a sauce	25ml : 25ml : 250ml
Thick	As the base of a dish (pies, savoury tarts and soufflés)	50ml : 50ml : 250ml

(2) Demi-Glace:

- Equal quantities of Espagnole sauce and brown stock are reduced to half their volume
- Rich flavour and thickish consistency
- Used as a bases for sauces e.g. Bordelaise, Chasseur and Robert

(3) Meat Sauces:

- a) **Jus-roti** – Thin meat sauce made from juice of browned bones and meat, which is simmered with stock and browned with mirepoix
- b) **Jus-lie** – Tomato paste is added to jus-roti and thickened with cornflour

(4) Hollandaise Sauce:

- Made by beating egg yolks and a vinegar reduction over a moderate heat until the eggs coagulate and start to thicken.
- Clarified butter is then beaten slowly into the egg mixture.

If it splits or curdles, it can be corrected by:

- (a) Pouring 5ml of boiling water into a bowl. Beat the curdled sauce into the water, bit by bit.
- (b) Beating an egg yolk and 15ml water over moderate heat until mixture starts to thicken and forms a new base for the sauce. Remove from heat and beat the curdled sauce in, little by little.

(5) Mayonnaise:

- Beat egg yolks and flavourings together.
- Beat in the oil, drop by drop, until thick and creamy.
- It will curdle if the oil is added too quickly, it is not beaten enough or the yolks are too cold.

To correct it:

- (a) Pour 5 ml boiling water into a bowl and gradually beat the curdled mixture into it.
- (b) Beat 1 yolk and 5 ml water together and beat in the curdled sauce slowly

CHARACTERISTICS OF A GOOD SAUCE

- Light texture
- Glossy appearance
- Definite taste
- Smooth
- No lumps
- Complement the food it's served with
- It should not dominate or disguise the taste of the food

USES OF SAUCES

- Sauces add contrasting flavour and texture and made the dish appealing.
- Classically paired with certain foods, and adds complementary flavours
- Adds moisture to foods
- Improves appearance of dish by adding colour and makes it glossy
- Some sauces garnish and add texture to the finished dish
- Can be used as a soup base, or to bind pastas and stews
- There should be enough sauce for every bite of the sauced food, but not too much that the food drowns in the sauce.

Guidelines: 25 -50ml per person, depending on the dish

Salsa: Cold, chunky mixture of fresh herbs, spices, fruits and vegetables. Used as a sauce for meat, poultry, fish or shellfish.

Mint sauce: Made with finely chopped mint leaves, sugar and vinegar.

Served with Roast Lamb.

Horseradish Sauce: Made from finely grated horseradish root, vinegar and cream.

Served with Roast Beef.