STOCKS - STUDY SHEET

**aromatics**
A food added to enhance the natural aromas of another food such as herbs and spices and some vegetables.

**(court) bouillon**
Stock simmered with vegetables, seasonings and an acidic product like vinegar or wine.

**bouquet garni**
Fresh herbs and vegetables tied into a bundle with twine and used to flavour stocks, sauces, soups and stews.

**caramelization**
The process of cooking sugars (for example: onions or browning bones for stock); the browning of sugar enhances the flavour and an appearance of food.

**clarification**
The process of transforming a broth into a clear consommé by trapping impurities with a clearmeat consisting of the egg white protein albumen, ground meat, an acidic product, mirepoix and other ingredients.

**pan drippings**
The concentrated juices, drippings and bits of food left in a pan after foods are roasted or sautéed; it is used to flavour sauces made directly in the pan.

**fumet**
A stock made from fish bones and vegetables simmered in a liquid with flavourings.

**glaze/glace**
The dramatic reduction and concentration of a stock.

**sachet**
Aromatic ingredients tied in a cheesecloth bag and used to flavour stocks and other foods; usually contains parsley stems, peppercorns, dried thyme, bay leaves, cloves and garlic.

**simmer**
Maintaining the temperature of a liquid just below the boiling point.
THE VELOUTE FAMILY

Veloute sauces are made by thickening a fish stock or white stock with roux.*

**Fish Stock**

- **Fish Veloute**
  - **Vin Blanc**
  - **Bercy**
  - **Cardinal**
  - **Normandy**

■ **Vin Blanc**: white wine

■ **Bercy**: shallots, butter heavy cream, parsley and lemon juice

■ **Cardinal**: fish fumet, béchamel, fish veloute, heavy cream, cayenne pepper, lobster butter, brandy and garnish

■ **Normandy**: mushroom trimmings, shellfish liquor, lemon juice, egg-yolk and cream liaison.

*roux – a cooked mixture of equal parts flour and fat, by weight; used as a thickener for sauces and other dishes.
**THE VELOUTE FAMILY (CON’T)**

**White Stock**

**Veal or Chicken Veloute**

- **Veal Allemande**
- **Chicken supreme**

**Horseradish**
- **Mushroom**
- **Poulette**

(liaison)    (cream)

**Ivory**   **Hungarian**   **Aurora**

- **Allemande** sauce is made by adding lemon juice, veal stock and mushrooms to a veal veloute and finishing it with a liaison:

  - **Horseradish** – cream, dry mustard, fresh grated horseradish added just before serving (don’t cook horseradish with the sauce)
  - **Mushroom** – mushrooms, butter, white wine, garnished with parsley and chives
  - **Poulette** – mushrooms, shallots, butter, finished with lemon juice and chopped parsley

- **Supreme sauce** is made by reducing cream and chicken stock:
  - **Ivory** – add glace de volaille to supreme sauce
  - **Hungarian** – onion, butter, paprika, white wine and cream
  - **Aurora** – tomato sauce, cream and butter
THE ESPAGNOLE (BROWN SAUCE) FAMILY

Made of brown stock, mirepoix* and tomatoes, thickened with brown roux; often used to produce demi-glace.

Brown Stock

Glace de viande  Espagnole Sauce  Jus de roti  jus lie

Demi-Glace

Bordelaise  Chasseur  Chateaubriand  Madeira  Mushroom  Piquant  Robert  Poivrade  Port

Perigueux  Charcuterie

- **Demi-glace** – half brown sauce and half brown stock, reduced by half and used to produce many derivative sauces

Demi-glace is the based used to make the following derivative sauces:

- **Bordelaise** - chopped shallots, bay leaf, thyme, chopped peppercorns and dry red wine.
- **Chasseur (Hunter’s Sauce)** – diced shallots, sliced mushrooms, butter, white wine, brandy and tomato concasse.
- **Chateaubriand** – sliced shallots, mushrooms, butter, thyme, bay leaves and white wine.
- **Madeira** – made with Madeira wine
- **Perigueux** – add finely diced truffles to Madeira sauce
- **Mushroom** – shallots, sliced mushrooms, butter with red, white or Madeira wine.
- **Piquant** – shallots, white wine and white wine vinegar, cracked peppercorns. Simmer with demi-glace, then add diced cornichons, capers, fresh tarragon, parsley and chervil.
- **Robert** – chopped onion, butter, dry white wine, dry mustard, wine and meat glaze.
- **Charcuterie** – Robert sauce garnished with sliced julienne of sour pickles (cornichons)
- **Poivrade** – mirepoix, butter, bay leaf, thyme, parsley stems, crushed garlic, clove, white wine, white wine vinegar (can also be done with red wine and red wine vinegar), crushed peppercorns, meat glaze.
- **Port** – made with Port

* **mirepoix** – a mixture of coarsely chopped onions, carrots and celery used to flavour stocks, stews and other foods (50% onions, 25% carrots, 25% celery)
THE HOLLANDAISE FAMILY

Warm, emulsified* sauces. Made from egg yolks, warm butter, water, lemon juice or vinegar.

Hollandaise Sauce

- Bernaise
- Grimrod
- Mousseline
- Maltaise
- Choron
- Foyot

Hollandaise Sauce Derivatives:

- **Grimrod** – infuse a hollandaise sauce reduction with saffron.
- **Mousseline** – (Chantilly Sauce) cream, usually glazed under a broiler
- **Maltaise** – blood orange juice and zest (may also use regular oranges)
- **Bernaise Sauce** – is a Hollandaise with tarragon.

Bernaise Sauce Derivatives:

- **Choron** – tomato puree
- **Foyot** – melted glace de viande

*emulsification* – the process by which generally unmixable liquids, such as oil and water, are forced into a uniform consistency.
THE TOMATO SAUCE FAMILY

Tomato sauce is made from tomatoes, vegetables, seasonings and white stock. It may or may not be thickened with a roux.

Tomato Sauce

- **Creole:** onion, celery, garlic, bay leaf, thyme, diced green pepper, diced okra, sliced green olives and hot pepper sauce.

- **Spanish:** onions, celery, sweet peppers, garlic, olive oil, mushrooms, chiles, salt and pepper.
THE BÉCHAMEL FAMILY

Named after its creator, Louis de Bechamel (1630 – 1703), béchamel sauce is the easiest basic sauce to prepare. Today, the sauce is made by thickening scalded milk with a white roux and adding seasonings. It is used for vegetable, egg, gratin and pasta dishes.

**Milk and Roux**

Bechamel

- **Cream**: scalded cream and a few drops of lemon juice
- **Cheddar**: grated old or medium cheddar cheese, a dash of Tabasco sauce and dry mustard
- **Mornay**: grated gruyere and parmesan cheeses
- **Nantua**: heavy cream, crayfish butter and paprika

*roux – a cooked mixture of equal parts flour and fat by weight; used as a thickener for sauces and other dishes*