

# Ma cuisine

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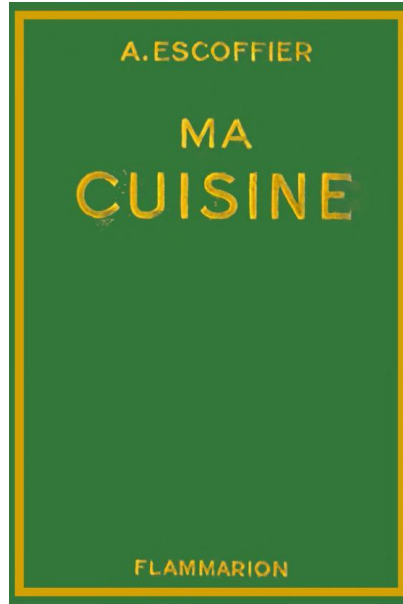
Doğan, M., (2025). From Auguste Escoffier's Ma Cuisine (1934) (2) p. 9-31.

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A. ESCOFFIER

# SAUCES

## CULINARY FOUNDATIONS

### PREPARE JUS OR BROWN FOUNDATION

To make 5 to 6 liters of brown stock: 3 kilograms of beef shank, 2 kilograms of veal shank, a few dried pork skins blanched in boiling water for 10 minutes, 200 grams of carrots, 200 grams of onion, parsley sprigs, a bay leaf, thyme sprigs, and a small clove of garlic.

Remove the meat from the bones and cut it into 50 to 60 gram pieces; set aside. Cut the bones into as small pieces as possible; remove the marrow from the beef bones. Fill a suitable-sized pot with the pork skins, finely chopped onions, and carrots; arrange the bones on top of this layer of vegetables. Add half a liter of water, place the pot over low heat, cover, and allow the water to completely absorb. Add another half liter of hot water and cook until the liquid is completely absorbed. Then, add 7 to 8 liters of boiling water. Add the bundle, 3 grams of salt per liter, and a few grinds of black pepper. Bring to a boil and simmer for at least 5 hours, maintaining a balanced water level throughout the cooking time.

When the fondant is ready, lightly brown the meat pieces you've set aside in a pan in butter. Add a quarter liter of the prepared fondant, cover the pot, and cook over medium heat until completely absorbed. Repeat this process twice more. Then add the remaining fondant. Bring to a boil, skim off any foam if necessary, cover the pot by a third, and continue cooking very slowly for 3 hours. Then, skim off the jus fat, strain it through a fine strainer into a bowl, and set it aside for future uses.

If the meat used for the second jus isn't completely cooked, you can add water and simmer it slowly for another 2 hours, or you can make excellent ground meat dishes.

The jus from this second boil can be used for various stews. The bones used to make the first jus should be soaked again in hot water and boiled very slowly for 4 to 5 hours to remove all the gelatin. The resulting jus is mixed with the previous jus and reduced to a dark brown syrup consistency, creating a form of aspic (*glace de viande*).

## **SIMPLE WHITE FOND**

To make 5 to 6 liters of white stock: 6 kilograms of veal shank and shoulder, 200 grams of carrots, 200 grams of onion, 60 grams of leeks, half a small celery stalk, parsley sprigs, a bay leaf, a sprig of thyme, and a bunch of 2 cloves; and 6 to 8 liters of water.

Separate the meat from the bones, tie it with a string, place it in a pot with the broken bones, add water, and add 30 grams of salt. Bring to a boil, carefully skim off the foam, and add the garnish. Cooking time: approximately 2.5 hours over low, steady heat. Strain through a fine strainer into a bowl and set aside for later use.

## **POULTRY FONDUE**

The proportions are the same as for “Simple White Fond,” but add some poultry offal and carcass and a chicken.

## **BROWN BEEF FONDUE OR BROTH**

Proportions for 4 liters of water: 3 kilograms of beef shank and shoulder meat,

A few pork skins, deboned and blanched in boiling water for 8 minutes; finely broken bones, 150 grams of carrots, 200 grams of thickly sliced onions, parsley stems, a bay leaf, and a sprig of thyme. For the soaking:

6 liters of white fondue.

Line a large, heavy-bottomed pot with the onion, carrot, and pork skins. Arrange the meat pieces and bones on top of this aromatic layer. Soak in half a liter of white fondue. Place the pot in the oven, uncovered. Once the fondue is completely absorbed, add another half a liter of white fondue. Wait until it is completely absorbed, then add the remaining 6 liters of fondue and the bouquet.

Remove the pot from the oven, place it on the edge of the stove, cover it, and reduce the heat by three-quarters; bring it to a boil, skim off the foam, and then simmer gently for 3 hours.

Strain through a fine strainer and store the broth according to its intended use.

Re-soak the meat and bones used in this broth in hot water, simmer gently for 2 hours, then strain the broth through a fine strainer. It can be used as a soaking agent in various stews or boiled further to make meat aspic.

### **VEAL BROTH INJECTED WITH ARROWROOT**

Proportions for 1 liter: Boil 2 liters of brown broth, prepared according to the formula above, until it reaches 1 liter. Mix 30 grams of arrowroot with a little cold broth; add to the boiling broth; cook for 1 minute and strain through a fine strainer.

### **MEAT JELLY**

A good meat aspic is made by boiling brown and white broth.

As the boiling progresses and thickens, the broth is strained through cheesecloth and placed in smaller pots. The purity of the broth depends on careful skimming of the foam during boiling.

Boiling can be started over high heat initially, but should be done slowly over very low heat towards the end.

The jelly is ready when it reaches a syrupy consistency and coats a spoon dipped into it with a glossy, sticky layer, effectively “nappé.”

In larger kitchens, after the initial simmering process, the meat is soaked in boiling water until it's completely covered and simmered over low heat for several hours.

This second boiling process completely removes the gelatin from the bones (this is not possible with the first process), and this gelatin mixes with the meat pulp to form a clear jelly, giving it the name “Meat Jelly.”

Meat jelly is particularly used as the finishing touch to certain sauces; it adds lightness, flavor, and an undeniable subtlety. However, it should be used judiciously, not overdone, and added at the right time. It is truly beneficial in many situations.

### **ROUX (ROACHED FLOUR AND FAT MIXTURE)**

Roux forms the binding base of sauces.

## **Brown Roux**

The proportions for 100 grams of roux are 50 grams of clarified butter and 60 grams of sifted flour.

Place the butter in a saucepan large enough to accommodate its volume, add the flour, and cook over low heat. Once cooked, the brown roux should be hazelnut brown and very smooth.

These 100 grams of roux are used as a binder for 1.5 liters of brown fond.

## **Yellow Roux**

The proportions are the same as for the brown roux: 50 grams of clarified butter and 60 grams of sifted flour.

Cook very slowly until the roux takes on a light yellow color.

## **BASIC GREAT SAUCES**

Preparing sauces requires great care. It's important to remember that French cuisine's global dominance stems from the meticulous attention it pays to its sauces.

I won't delve into the details of restaurant and hotel kitchens here; that would be unnecessary. The goal of this book is to simplify the recipes, make them as understandable as possible, present them in a way everyone can follow, and make the job of homemakers easier.

There are three basic sauces in the kitchen:

1. Espagnole Sauce: Essentially, it consists of a brown base made with equal parts fat and flour, bound with a brown roux.
2. Velouté: The only difference from Espagnole is the use of a white base and bound with a roux that is kept as white as possible.

These brown and white bases are made with neutral-tasting meats; veal and beef come first, followed by poultry.

Sauces prepared with these bases are perfect for fish dishes, meats in general, poultry, game, etc. Their addition definitely enhances the flavor. 3. Béchamel Sauce: In terms of affordability, it can be considered the “Queen of Sauces.” It adapts to many delicious preparations and pairs perfectly

with eggs, fish, meat, poultry, various game, and vegetables. It's also easy to prepare and doesn't require much time.

Then there's tomato sauce, which plays an important role in modern cuisine.

Also, we shouldn't forget meat aspic, which isn't always appreciated, but when prepared with care, offers great benefits in many situations.

In large restaurant and hotel kitchens, these basic sauces are prepared every morning. Only this way can they be served quickly under the best conditions.

Mother sauces allow for the instant preparation of many smaller sauces, the recipes of which you'll find later.

## **BASIC SAUCES**

### **Brown Sauce Called “Espagnole”**

To make 1 liter of brown sauce, prepare 100 grams of roux as described. Once thickened, remove the pot from the heat, let the roux cool for a few minutes, and stir in 1 liter of brown fond with an egg white whisk until a smooth, lump-free consistency is achieved. Continue stirring constantly with a whisk or spatula until the sauce comes to a boil.

Then, keep the sauce at a gentle, steady simmer on the stovetop. Add a mirepoix prepared as follows: 30 grams of breast bacon, diced; 30 grams of onion; 50 grams of carrots, diced; a sprig of thyme; a small bay leaf; and a few parsley sprigs.

Melt the bacon with 30 grams of butter in a large saucepan, add the prepared vegetables and aromatics, and sauté until lightly browned.

Continue to simmer for 3 hours, occasionally adding a few deciliters of cold brown fond to help render the sauce. This process of rendering the fat is faster depending on how rich the fond is with the essence of the meats used. Once the sauce reaches the desired consistency, gently press it through a fine sieve into a bowl and let it cool until almost completely cool. Store.

## **DEMI-GLACE SAUCE**

The sauce called “demi-glace” is espagnole sauce, finished with the last-minute addition of a little thickened browned beef fondue or thin meat aspic.

### **Tomato Demi-Glace**

Add one-third of the tomato sauce to the above recipe.

## **SIMPLE VELOUTÉ**

To make a good velouté, follow the steps for “Espagnole Sauce,” but use yellow roux and white fondant instead of browned roux, observing the same proportions as for “Espagnole.”

Keep the velouté at a very gentle simmer to facilitate the skimming and create a clear sauce.

Cooking and skimming time: one and a half hours. Then, pass the velouté through a fine sieve into a bowl and let it cool completely. Store.

NOTE: While cooking and skimming off the fat from Espagnole and Velouté sauces, you should occasionally carefully skim off any butter or foam that accumulates on the surface.

For velouté, the mirepoix specified for espagnole can be omitted.

To facilitate skimming off the fat from the sauces, pots used for this purpose should be higher than they are wide.

The pot's bottom should not sit completely on the stovetop; one side should be slightly elevated with a piece of cork or another solid object.

## **SAUCE OR PARIS SAUCE**

(formerly known as “German Sauce”)

This is a version of regular velouté, thickened with egg yolks.

Proportions for 1 liter: Regular velouté: one liter.

Ingredients: 5 egg yolks, half a liter of cold white fondant, a pinch of coarsely ground black pepper, a pinch of grated nutmeg, and a few tablespoons of freshly cooked mushroom broth (never use canned mushrooms for this purpose).

In a heavy-bottomed sauté pan, combine the mushroom broth, white fondant, egg yolks, black pepper, and nutmeg. Mix everything together with a whisk. Add the velouté, bring to a boil, and reduce the volume by one-quarter over high heat, stirring constantly, pressing the bottom of the pan with a spatula.

Simmer until the sauce thickens until it sticks to the spatula and strain through cheesecloth into a bowl.

Aerate slightly; cover with a pat of butter to prevent a skin from forming on the surface. Store away from heat. SUPREME SAUCE

Proportions for 1 liter: 1 liter of poultry velouté, boiled to the desired consistency; add 2 deciliters of very fresh cream, simmer for a few more minutes, and strain the sauce through cheesecloth.

The cream is added to the velouté at the last minute, and along with the cream, a few spoonfuls of yellow meat aspic, made from veal and poultry white fondant, are added.

## **VEAL BROTH INCLUDED WITH ARROWROOT**

Proportions for 1 liter: Boil 2 liters of brown stock, prepared according to the formula above, until it reduces to 1 liter. Mix 30 grams of arrowroot with a little cold fondant; add to the boiling fondant; cook for 1 minute and strain through a fine strainer.

## **MEAT JELLY**

A good meat aspic is made by boiling brown and white fondant.

As the boiling progresses and thickens, the stock is strained through cheesecloth and placed in smaller pots. The purity of the jelly depends on carefully skimming off any foam during the boiling process.

The boiling can be started over high heat at the beginning but should be done slowly over very low heat towards the end.

The jelly is ready when it reaches a syrupy consistency and coats a spoon dipped into it with a glossy, sticky layer, effectively “nappé.”

In larger kitchens, after the first stock is removed, the meat is completely covered in boiling water and simmered over low heat for several hours.

This second boiling process completely removes the gelatin from the bones (this is not possible with the first process), and this gelatin mixes with the meat essence to form a clear jelly, giving it the name “Meat Jelly.”

Meat jelly is used especially as a finishing touch to certain sauces, adding lightness, flavor, and an undeniable delicate touch. However, it should be used judiciously, not overdone, and added at the right time. It is truly beneficial in many situations.

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Place the butter in a saucepan large enough for its volume, add the flour, and cook over low heat. When cooked, the brown roux should be hazelnut brown and very smooth.

This 100 grams of roux is used as the binding agent for 1.5 liters of brown fondue.

### **Yellow Roux**

Proportions are the same as for brown roux: 50 grams of clarified butter and 60 grams of sifted flour.

Cooking should be done very slowly, until the roux takes on a light yellow color.

## **BASIC GREAT SAUCES**

Preparing sauces requires great care. It's important to remember that the worldwide supremacy of French cuisine is due to the refinement it lends to its sauces.

I won't delve into the details of restaurant and hotel kitchens here; that would be unnecessary. The goal of this book is to simplify the recipes, make them as understandable as possible, present them in a way that anyone can follow, and make things easier for homemakers.

There are three basic sauces in the kitchen:

1. Espagnole Sauce: Essentially, it consists of a brown base made with equal parts fat and flour, bound with a brown roux.
2. Velouté: The only difference from Espagnole is the use of a white base and bound with a roux that is kept as white as possible.

These brown and white bases are made with neutral-tasting meats; veal and beef come first, followed by poultry.

Sauces prepared with these bases pair well with fish dishes, meats in general, poultry, game, and more. Their addition definitely enhances the flavor.

3. Béchamel Sauce: From an economic perspective, it can be considered the “Queen of Sauces.” It adapts to many delicious preparations and pairs perfectly with eggs, fish, meat, poultry, various game, and vegetables. It's also easy to prepare and doesn't require much time.

There's also tomato sauce, which plays a significant role in modern cuisine.

And don't forget meat aspic, which isn't always appreciated, but when prepared with care, offers great benefits in many situations.

In large restaurant and hotel kitchens, these basic sauces are prepared every morning. Only this way can they be served quickly under the best conditions.

Mother sauces allow for the instant preparation of many smaller sauces, the recipes of which you'll find later.

## **BÉCHAMEL SAUCE**

Proportions for 1 liter: Prepare a yellow roux as directed, combine it with 1 liter of boiling milk, bring to a boil, stirring with a whisk, place the pot on the stovetop, and add 8 grams of salt, a pinch of coarsely ground black pepper, a pinch of grated nutmeg, a medium onion halved (studded with cloves), parsley stems, half a bay leaf, and a small bouquet garni of thyme. Gently lift a corner of the pot's base and simmer over low heat for 25-30 minutes.

Strain the sauce through cheesecloth into a bowl and brush the surface with a pat of butter. Reserve.

## **TOMATO SAUCE**

Proportions for 1 liter: To make 1 liter of good tomato sauce, select 3 kg of fresh tomatoes, halve them, and remove the seeds without squeezing them. Chop the tomatoes and place them in a pot with 75 grams of butter, or preferably 5 tablespoons of olive oil, 10 grams of salt, a pinch of black pepper, and a bunch of parsley with half a clove of garlic in it. Cover the pot and simmer over low heat for 30-35 minutes. Strain the sauce through a fine sieve; transfer the puree to a bowl; brush the surface with a pat of butter. Store.

This method of preparing tomato sauce has the advantage of being quick and preserving the freshness and essence of the fruit.

When fresh tomatoes are unavailable, canned diced tomatoes, available at all grocery stores, can be successfully substituted.

NOTE: In the various sauces described above, I used a 1-liter quantity as the basis for the proportions; these proportions can be increased as desired.

## **COMPOSED LITTLE BROWN SAUCES**

Bigarade or orange sauce (for roast duck)

For duck: Cook the finely julienned peels of one orange and half a lemon in boiling water for 5-6 minutes, drain, and heat in a small saucepan with the juice of the orange and half a lemon.

Separately, in a small saucepan, boil one glass of old Frontignan wine until reduced by half; add one small glass of dry curaçao and about one and a half deciliters of a slightly dark, thin demi-glace sauce; boil for a few seconds, then add the orange and lemon peels and their juices. Serve in a separate saucepan, and also present the peeled orange slices in a salad bowl.

### **Bordelaise sauce**

For one-quarter liter of sauce: Boil one deciliter of red or white wine (optional), one teaspoon of chopped shallot, and a pinch of coarsely ground black pepper until reduced by half. Add one and a half deciliters of light tomato demi-glace sauce; Simmer for a few minutes, then strain the sauce through a fine strainer into a small saucepan.

In the final step, add 50 grams of very fresh beef marrow, diced or sliced, blanched for a few seconds in salted water or broth.

(Especially for butchers' dark meat grills.)

### **Burgundy sauce**

For 3-4 deciliters of sauce: Lightly sauté a mirepoix consisting of 60 grams of bacon, 2 tablespoons of onion, 2 tablespoons of carrots (diced), a bay leaf, a sprig of thyme, chopped parsley stalks, and a few crushed black peppercorns in butter. Deglaze with three-quarters of a liter of good red wine; bring to a boil until reduced by half. Strain the sauce through a fine strainer into a saucepan; combine with 2 tablespoons of butter mixed with 1.5 tablespoons of flour; finally, add 60 grams of butter.

(Especially for various egg dishes and some fish.)

### **Breton sauce**

Lightly sauté 2 tablespoons of chopped onion in butter. Deglaze with 2 deciliters of white wine; reduce by half and add 3 deciliters of Espagnole sauce and the same amount of tomato sauce, a pinch of crushed garlic, and a few chopped parsley leaves. Simmer for 8-10 minutes, then strain through a fine sieve.

NOTE: This sauce is used almost exclusively in conjunction with Breton Beans.

### **Cherry Sauce**

For this sauce, lightly sweetened canned Montmorency cherries and their juice are best.

Instructions: In a saucepan, combine 1 deciliter of port wine, the same amount of cherry juice, a pinch of English spice, and the grated zest of one orange. Boil until reduced by half; add 4-5 tablespoons of blackcurrant jelly and about the same amount of pitted cherries. Simmer for a few minutes. Serve in a saucepan.

Serve with game, pan-fried duck, roast duck, and goose. Chasseur Sauté

Fry 150 grams of chopped raw mushrooms in butter and olive oil until lightly browned. Add a teaspoon of chopped shallots and immediately glaze with 1/2 cup of good cognac and 1/2 cup of white wine. Reduce the heat to a simmer. Top with 3 cups of demi-glace sauce, 2-3 tablespoons of

tomato sauce, and a tablespoon of meat jelly. Simmer for a few minutes, then add a pinch of chopped parsley.

Serve with tournedos, lamb loin, filet mignon, chicken fillet, etc.

### **Brown hot and cold sauce**

Proportion for 1 liter: 1/3 liter of demi-glace sauce, boiled until thickened; 5 deciliters of veal foot jelly. Bring the sauce to a rapid boil for one-quarter of its volume.

Check the seasoning and ensure the sauce is the right consistency for its intended purpose. Top it up with a few tablespoons of Madeira wine; strain it through cheesecloth into a saucepan, and let it cool until the sauce is cool enough to coat the hot and cold dish.

When making brown hot and cold sauce for duck and game, add 1.5 deciliters of the juices from the duck or game used to the boiling demi-glace sauce.

When fresh truffles are in season, a few rinds from the truffle tuber can be added to the boiling demi-glace sauce.

A hot and cold sauce with tomatoes can also be prepared. In this case, add one-third of the tomato sauce to the boiling demi-glace sauce.

### **Venison Sauce**

For 1 liter of sauce: Boil 2 deciliters of good wine vinegar until reduced by half. Add 1 liter of demi-glace sauce, boil for 10-12 minutes, season with a few crushed black peppercorns, continue boiling for another 5-6 minutes, and strain the sauce through a fine sieve in a double boiler. (Especially for the game.)

### **Diable Sauce**

This sauce is usually made in small quantities as needed.

Proportions for 4-6 people: Boil 3 deciliters of white wine with 2 finely chopped shallots until it reaches two-thirds of its volume. Add 2 deciliters of demi-glace sauce, boil for a few minutes, and season the sauce with a pinch of paprika or a small pinch of chopped chili pepper.

Especially for chicken, pigeons, and pigs' feet.

For variations, add 1 teaspoon of English mustard, 1 teaspoon of “Lea & Perrins Sauce,” and 1 tablespoon of anchovy paste to this sauce.

Perfect for grilled fish. Grand Veneur sauce

Proportions for 1 liter of sauce: Melt 3 tablespoons of blackcurrant jelly in a saucepan, gradually add 2 quarts of fresh cream, mix with an egg whisk, and add 1 liter of venison sauce. Boil for a few minutes.

### **Italian sauce**

To 3/4 liter of tomato demi-glace sauce, add 4 tablespoons of Duxelles and 125 grams of cooked lean ham (finely chopped brunoise). Let it simmer for 5-6 minutes. Finish with a pinch of chopped parsley.

### **Marrow sauce**

Simmer the demi-glace sauce until thickened, optionally with a little butter. Finally, add 100 grams of very fresh marrow, diced and boiled for a few minutes, and a pinch of chopped parsley.

### **Périgueux sauce**

To 1/2 liter of demi-glace sauce, simmer until thickened, add 3 tablespoons of carefully peeled and chopped truffles, and add a few tablespoons of Madeira wine to finish. (Especially for small entrees.)

### **Piquant sauce**

Boil 2 deciliters of vinegar with 2 tablespoons of finely chopped shallots until reduced by half. Add 1/2 liter of demi-glace sauce and simmer over low heat for 8-10 minutes. Remove from heat and add 2 tablespoons of pickled gherkins, parsley, and chervil.

This sauce is especially suitable for boiled or grilled pork. It is also used for boiled beef and butcher's cuts.

## **Regular poivrade sauce**

Fry a mirepoix of 50 grams of onion, 50 grams of carrots (diced), a bay leaf, thyme sprigs, and chopped parsley stalks in butter until golden brown.

Dry it with 1.5 liters of wine vinegar, bring it to a boil, and add 1/2 liter of demi-glace sauce. Simmer for a few more minutes and strain the sauce through a fine sieve. Finish the sauce by adding 50 grams of butter.

This sauce serves approximately 8-10 people.

NOTE: If regular poivrade sauce is used to accompany game or other game, and the game has been marinated, a few tablespoons of the marinade can be added.

## **LITTLE WHITE SAUCES**

Aurora Sauce.

Velouté sauce with red tomato puree is prepared at a ratio of three-quarters of velouté to one-quarter of tomato puree. Finally, add 100 grams of butter per liter to complete the sauce. Another Way to Prepare Aurora Sauce.

Melt 2 tablespoons of butter in a small saucepan, add 1 teaspoon of sweet pink paprika, heat for a few seconds, and combine with 1 liter of Creamy Béchamel Sauce.

NOTE: It's important that the paprika is sweet and not mixed with cayenne pepper.

**Béarnaise Sauce.**

For half a liter of sauce: Reduce the sauce by two-thirds by adding 1 deciliter of white wine and 1 deciliter of tarragon vinegar. Add 2 teaspoons of chopped shallots, a pinch of chopped tarragon leaves, a pinch of mignonette pepper, a pinch of salt, and a walnut-sized piece of butter. Remove the sauce from the heat and let the reduced mixture cool for a few minutes. Add 3 egg yolks and 250 grams of soft or slightly melted butter, cut into small pieces, similar to mayonnaise or Hollandaise sauce. Using a small whisk, whisk the sauce over low heat until thick. The sauce thickens as the egg yolks cook slowly, so it's crucial to prepare the Béarnaise sauce over low heat.

After adding the butter, strain the sauce through cheesecloth or a fine cloth; add a pinch of cayenne pepper to adjust the seasoning; and finish with a pinch of tarragon and half a pinch of chopped chervil.

This sauce doesn't need to be served very hot.

### **Tomato Béarnaise Sauce (Choron Sauce).**

Prepare the Béarnaise sauce as above, but omit the chopped tarragon and chervil at the end. Keep the sauce thick and add a quarter of the volume of very thick tomato purée.

### **Valois Sauce with Meat Aspic.**

Prepare the Béarnaise sauce according to the proportions specified in the basic recipe. Finish by adding 2 heaping tablespoons of melted meat aspic.

### **Butter Sauce.**

Mix 40 grams of flour with 40 grams of melted butter. Pour in 6 deciliters of boiling water with 6 grams of salt at once; whisk rapidly; add 4-5 egg yolks thinned with 2 tablespoons of hot milk or cream as a binder.

Strain the sauce through cheesecloth, and after removing it from the heat, top it with 250 grams of butter.

### **Caper Sauce.**

Add 2-3 tablespoons of small capers per liter to the “Butter Sauce” above at the last moment. (Served with poached fish.)

### **Cardinal Sauce.**

Add 75-100 grams of lobster butter to the creamy Béchamel sauce per half liter of sauce; season with a pinch of cayenne pepper.

### **Ordinary White Knight Sauce.**

Proportions for 1 liter: 3.5 liters of ordinary velouté, 6-7 deciliters of veal trotter gelatin, and 3 deciliters of cream.

Place the velouté in a heavy-bottomed pan and reduce it over high heat, stirring with a spatula, until it has absorbed one-third of the gelatin and cream.

The total should be reduced by one-third.

Check the seasoning and consistency; strain through cheesecloth; gradually add the remaining cream, and stir until the sauce has cooled to the desired temperature, covering the velouté ingredients.

### **Yellow Chevron Sauce.**

Prepare as you would regular Chevron Sauce, but use Yellow Chevron Sauce, also known as “German Chevron Sauce,” instead of velouté and halve the amount of cream.

### **Aurora Chevron Sauce.**

Prepare the Chevron Sauce according to the original recipe; add one and a half deciliters of very thick tomato puree or one teaspoon of sweet pink paprika lightly heated in butter.

### **Shrimp Sauce.**

For half a liter of Creamy Béchamel or half a liter of Yellow Sauce: 100 grams of pink shrimp butter and 2 teaspoons of sweet pink paprika.

Garnish: Small pink shrimp tails, deveined.

### **Creamy Curry Sauce.**

In a small saucepan, melt 50 grams of butter and add a tablespoon of finely chopped onion. When the onion begins to brown slightly, add a teaspoon of mild sweet curry powder. Heat for a few seconds, stirring with a spoon. Then add a quarter liter of Béchamel Sauce and simmer for a few minutes. Strain the sauce through cheesecloth or a fine strainer and top with a few tablespoons of fresh cream.

You can use velouté or yellow sauce instead of béchamel sauce, adding a few tablespoons of fresh cream.

### **Pink Paprika Sauce (Aurora Sauce).**

The ingredients and preparation method are the same as “Curry Sauce,” but use the same amount of sweet pink paprika powder instead of curry powder. Top with a few tablespoons of fresh cream.

NOTE: It is difficult to give exact proportions for curry and paprika, as these products contain varying amounts of cayenne pepper.

### **Diplomat Sauce (Rich Sauce).**

To half a liter of Yellow Sauce, add 1 deciliter of fish fumet, a few tablespoons of fresh mushroom broth, a few pats of fresh butter, and 2 tablespoons of lobster butter.

Garnish: Finish with 2-3 tablespoons of lobster meat and a tablespoon of diced truffle.

### **Gooseberry Sauce.**

Select 250 grams of unripe, green gooseberries; cook them in boiling water in a copper pan for a few minutes. Drain and finish cooking with 2 tablespoons of white wine. Pass through a fine sieve. Add 2 deciliters of butter sauce or fish sauce to the resulting puree.

This sauce is especially good with grilled or English-style poached mackerel.

### **Dollarine Sauce.**

For 500 grams of very fresh, premium butter, place 4 egg yolks, 4 tablespoons of cold water, a pinch of salt, and a pinch of mignonette pepper in a saucepan.

Place the pot on the edge of the stove over very low heat and gradually add the butter to the eggs, using a small whisk, as if making mayonnaise. Add a few teaspoons of water in small portions as you prepare the sauce.

This sauce should be quite thick but light. To achieve this, the egg yolks and butter should be heated to the desired consistency as the butter is added.

Season with salt and a few drops of lemon juice, and strain the sauce through cheesecloth or a fine cloth.

### **Oyster Sauce.**

This sauce usually serves 3-4 oysters per person.

The oysters are gently heated in their own juices, drained, and de-bearded, then covered with a creamy Béchamel sauce or a yellow sauce with fish fumet.

### **Ivory Sauce.**

To the yellow sauce or German sauce, add one-quarter of the volume of veal shank and poultry fondant aspic.

### **Joinville Sauce.**

Add 125 grams of crayfish butter to half a liter of Yellow Sauce.

Garnish: Small, deveined pink shrimp and 2 teaspoons of julienned truffle.

### **Mornay Sauce.**

Add 100 grams of butter and 3 tablespoons of grated Parmesan to half a liter of creamy Béchamel sauce at the last moment.

(Served with fish, poultry, and vegetables of the same name.)

### **Mousseline Sauce.**

Add 2 tablespoons of whipped cream per half a liter of sauce to the Hollandaise Sauce at the time of serving.

Serve this sauce with poached fish and vegetables such as asparagus, wild asparagus, and cardoons.

### **Mustard Sauce.**

Add 1 tablespoon of Dijon or English mustard to a quarter liter of butter sauce or hollandaise sauce.

This sauce is prepared just at the time of serving. Alternatively, a Maître d'Hôtel butter can be made by adding 2 teaspoons of mustard to 100 grams of butter. This butter pairs well with all grilled fish.

### **Normandy Sauce.**

In the past, this sauce was prepared in Parisian restaurants in the following proportions: ½ liter of Yellow Sauce or German Sauce, reduced to the desired consistency, and 150-200 grams of very good butter added at the time of serving. Today, a white wine sauce with fish fumet has replaced the old Normandy sauce.

### **Smitane Sauce (Sour Cream).**

Lightly brown 2 tablespoons of finely chopped onion in butter. Add 2 deciliters of dry white wine and reduce completely. Add ½ liter of sour cream; simmer for a few minutes. Pass through a fine sieve and add the juice of a small lemon.

### **Soubise Sauce or Purée.**

Finely chop 500 grams of white onion and cook it in boiling water for 5-6 minutes. Drain and place in a saucepan with plenty of butter. Add 150 grams of Carolina rice, two and a half liters of white broth, a pinch of salt, a pinch of white pepper, and a pinch of sugar. Bring to a boil, cover the pot, and simmer gently in the oven.

Mash the rice and onions in a mortar and pestle; strain through a fine sieve.

Place the puree in a saucepan; heat thoroughly, and finish the sauce by adding 2 tablespoons of butter and 1 deciliter of very fresh cream.

### **Tomato Soubise Sauce.**

Add 1.5 deciliters of very thick tomato puree to 3 deciliters of Soubise puree.

### **Venetian Sauce.**

Reduce 3 deciliters of tarragon vinegar by two-thirds, add 2 chopped shallots, a pinch of chervil, a pinch of mignonette pepper, and a small knob of butter the size of a walnut. Add 3-4 deciliters of Yellow Sauce; boil for a few seconds, then strain through a fine sieve into a small saucepan. Finish the sauce with 100 grams of fresh butter, 2 teaspoons of spinach greens, and a tablespoon each of finely chopped tarragon and chervil.

### **Villeroy Sauce.**

Reduce 1/2 liter of Yellow Sauce over high heat; stir by pressing the bottom of the saucepan with a spatula until the sauce is thick enough to thoroughly coat the ingredients to be dipped.

NOTE: The only use of this sauce is to coat ingredients that will later be breaded in the English style.

### **Tomato Villeroy Sauce.**

Add one-third of tomato purée to regular Villeroy Sauce.

### **White Wine Sauce.**

This sauce can be prepared in two ways. Method One: To half a liter of boiling fish fumet-infused, very thick velouté sauce, add three egg yolks thinned with a few tablespoons of fish fumet. Gradually add 300 grams of butter to complete the sauce. Method Two: Reduce 1.5 deciliters of good fish fumet by half. Add 4-5 egg yolks and prepare as for Hollandaise sauce, thickening the sauce with 500 grams of butter.

## **HOT ENGLISH SAUCES**

### **Cranberry Sauce.**

Cook 250 grams of cranberries in half a liter of water, covered. Once cooked, drain and pass through a fine sieve. Sweeten the resulting puree to taste.

This sauce is especially good with roast turkey.

The cranberries can also be served as a lightly sweetened compote.

### **English Butter Sauce.**

This sauce is almost similar to the French “butter sauce.” The only difference is that it's not bound with egg yolks.

### **Caper Sauce.**

Add 2 tablespoons of small capers to half a liter of butter sauce.

It's served with poached fish and is an essential accompaniment to “English-Style Boiled Leg of Mutton.”

### **Celery Sauce.**

Clean 3 celery stalks, remove the heart and surrounding leaves, finely chop them, and place them in a saucepan; add a chopped onion. Add white broth to the level of the celery; cover the pot and simmer gently.

Drain the celery, crush it in a mortar and pestle, and pass it through a fine sieve. Place the puree in a saucepan and add an equal amount of Béchamel sauce.

This sauce is served with boiled or roasted poultry.

### **English Cream Sauce**

This sauce is essentially French “Diable Sauce” with 2 tablespoons of Lea & Perrin sauce per quart of sauce and a quarter of the cream.

### **Egg Sauce**

Add 2 hot, hard-boiled, diced eggs to a quart of Béchamel sauce.

Serve with haddock and cod.

### **Bread Sauce**

To half a liter of boiling milk, add 80-100 grams of fresh white breadcrumbs, a pinch of fine salt, a small onion (studded with cloves), and a tablespoon of butter.

Simmer slowly for 15 minutes, then remove the onion, whisk the sauce until smooth, and finish with a deciliter of cream.

This sauce is served with grilled poultry and feathered game.

NOTE: For the game, add “Bread-Crumb” (breadcrumbs fried in butter and thoroughly dried) and a plate of “Pommes Chips” (thinly sliced potato fries) to a saucepan.

### **Parsley Sauce.**

Add half a deciliter of parsley leaf infusion to a quarter-liter of “English Butter Sauce”; finish the sauce with a tablespoon of boiled, chopped parsley.

(This sauce is served with veal head, veal feet, brains, etc.)

### **Applesauce.**

Highly sweetened applesauce and a pinch of ground cinnamon.

This puree is served warm and is used with goose, duck, pork, roasts, etc.

NOTE.—This accompaniment to some roasts is not unique to England; it is also practiced in Germany, Belgium, and the Netherlands.

In these countries, roast game is always served with applesauce, cranberries, or hot/cold fruit compote.

### **Reform Sauce.**

This sauce is a Diable Sauce mixture containing, for each half-liter of sauce, 2 medium pickles, 1 hard-boiled egg white, 2 medium mushrooms, 20 grams of truffle, and 30 grams of sole (all julienned).

(This sauce is specifically for “Reformed Style” lamb chops.)

### **Sage and Onion Sauce**

Roast 2 large white onions in the oven. When cooled, peel and finely chop them, then mix with 150 grams of breadcrumbs that have been soaked in milk and squeezed dry. Add a tablespoon of chopped sage and season with salt and pepper.

This sauce is used to stuff duck.

It can also be served in a separate saucepan with a few tablespoons of good braising liquid.

## **Yorkshire Sauce**

In 2 deciliters of port wine, cook one tablespoon of finely julienned orange peel. Drain the julienne and add 2 tablespoons of semi-jelly sauce, the same amount of cranberry jelly, a pinch of ground cinnamon, and a pinch of cayenne pepper to the wine. Boil for a few seconds, strain through a fine sieve, and finish the sauce with the juice of an orange and the julienne zest. (Served with roasted or braised duckling and roasted ham.)

## **COLD SAUCES**

### **Mayonnaise Sauce.**

Most cold composite sauces are derived from mayonnaise and are therefore considered a mother sauce, such as Spanish and Velouté.

Mayonnaise is very simple to prepare; however, there are a few points to keep in mind:

Mayonnaise Sauce Proportions: 3-4 egg yolks, dehulled; half a liter of oil; 6 grams of fine salt, a pinch of white pepper, and a teaspoon of vinegar or the equivalent amount of lemon juice. Optionally, 2 teaspoons of Dijon mustard can be added to the vinegar.

1. Place the egg yolks in a concave bowl and add salt, pepper, a splash of vinegar, or a few drops of lemon juice.
2. Mash the egg yolks with a whisk; initially, add the oil drop by drop, and when the sauce begins to thicken, pour in a thin line. Occasionally, add a few drops of vinegar or lemon juice.
3. Finally, add 2 tablespoons of boiling water to the sauce; this will ensure the sauce's consistency and prevent spoilage (if storing).

NOTE.—1. The misconception that spices added to egg yolks cause mayonnaise to separate is unacceptable. It has been scientifically proven that liquefying salt increases the absorbency of egg yolks.

4. It's a mistake to think that mayonnaise should be prepared over ice, as cold is the most common cause of separation. During cold weather, oil should be kept at kitchen temperature.

5. Causes of mayonnaise separation: 1. Adding oil too quickly at the beginning; 2. Using oil that's too cold; 3. Adding too much oil relative to the amount of egg yolks used.

### **Various Mayonnaise Sauces.**

For hors d'oeuvres and cold main courses, many different variations of mayonnaise can be made using egg and creamy parts such as lobster and other crustaceans, spinach, shrimp, crayfish, anchovies, hard-boiled eggs, paprika, curry, tomatoes, etc. Mash one of these ingredients, thin it with a little mayonnaise, strain it through a fine sieve, and add a double amount of mayonnaise or an equal amount to the resulting puree. This depends on taste and preference.

### **Chantilly Sauce.**

At the time of serving, add 2 tablespoons of well-whipped cream to each quart of mayonnaise.

### **Horseradish Sauce with Fresh Walnuts.**

In a bowl, combine 150 grams of grated horseradish, 150 grams of peeled and finely chopped walnuts, a pinch of salt, a teaspoon of granulated sugar, 2 tablespoons of fresh white breadcrumbs, 2 deciliters of very fresh cream, and finally, a teaspoon of good vinegar or the juice of one lemon.

(Special for trout, salmon, and grayling.)

### **Ravigote Sauce or Vinaigrette.**

Proportions: 2.5 deciliters of oil, 1/2 deciliter of vinegar, 1 tablespoon of small capers, a pinch of parsley, the same amount of tarragon, chervil, finely chopped green onions, salt, and pepper. Mix everything thoroughly. Optionally, add 1 tablespoon of finely chopped onion, 1 tablespoon of mustard, 1 tablespoon of English dressing, or even a hard-boiled egg.

(Specially suitable for veal head, veal feet, sheep's feet, and cold fish.)

### **Remoulade Sauce.**

To a quarter-liter of mayonnaise sauce, add 2 teaspoons of Dijon mustard, 1 tablespoon of pickled cucumbers, 1/2 tablespoon of squeezed and chopped capers, a pinch of parsley, equal amounts of chervil and tarragon, and 1/2 teaspoon of anchovy extract.

### **Swedish Sauce.**

To 250 grams of well-thickened applesauce, add one teaspoon of good mustard, one heaping tablespoon of grated horseradish, and 2 tbsp of mayonnaise.

The mayonnaise can be omitted from this sauce and replaced with fresh cream and the juice of one lemon.

NOTE: This sauce is served with fresh pork and roast goose (hot or cold).

### **Tartar Sauce.**

Pass 4-5 hard-boiled egg yolks through a fine sieve. Place in a bowl and mash until smooth. Season with salt and freshly ground pepper. Gradually add 3-4 tbsp of oil and one teaspoon of vinegar. Finish with 2 tablespoons of mayonnaise and a heaping tablespoon of green onion puree sifted through a fine sieve.

### **Green Sauce.**

Blanch in boiling water for 3-4 minutes. 50 grams of spinach leaves, the same amount of watercress, 30 grams of parsley, and equal amounts of tarragon and chervil. Drain. Cool quickly; squeeze the juice; crush these herbs and squeeze them through a cloth to extract the juice. Add this juice to a quarter-liter of mayonnaise sauce, seasoned with a pinch of cayenne pepper.

## **COLD ENGLISH SAUCES**

### **Cumberland Sauce.**

To 4 tablespoons of melted cranberry jelly: one deciliter of port wine; one teaspoon of finely chopped shallot (blanched in boiling water for one minute and squeezed through a cloth); one tablespoon of orange zest and the same amount of lemon zest (finely julienned or grated); blanch for a few minutes, drain well, and cool. Add the juice of one orange and half a lemon, one teaspoon of English mustard powder, a pinch of cayenne pepper, and, optionally, half a teaspoon of ground ginger. Mix everything thoroughly.

(Specially suitable for cold game.)

**Mint Sauce.**

Finely chop 50 grams of mint leaves: Place in a bowl and add 2 tablespoons of granulated sugar or white or brown sugar, 5-6 tablespoons of vinegar, and a pinch of salt. Mix everything thoroughly.

(Served with lamb (hot or cold).)

**Horseradish Sauce.**

In a bowl, combine 100 grams of grated horseradish, 50 grams of granulated sugar, a pinch of fine salt, 100 grams of freshly prepared white bread crumbs, 2-3 deciliters of fresh cream, and a teaspoon of vinegar.

This sauce is served with boiled or fried pieces of beef and should be served cold.

NOTE: In this sauce, the vinegar should be added last.