

ESPAGNOLE OR BROWN SAUCE

As one glance at the procedure for making espagnole will tell you, this sauce is more complicated than béchamel or velouté. Because it is the starting point for the hearty, flavorful sauces that accompany red meats, it is necessary to give it extra flavor and richness with mirepoix. Some chefs even add more browned bones and cook the sauce as long as a stock.

Note how the roux is made in the espagnole recipe. Though mirepoix is also cooked in the fat, the basic principle is the same as when you make a simple roux in a separate pot.



Brown Sauce or Espagnole



Yield: 1 gal (4 L)

U.S.	Metric	Ingredients
		Mirepoix:
1 lb	500 g	Onions, medium dice
8 oz	250 g	Carrots, medium dice
8 oz	250 g	Celery, medium dice
8 oz	250 g	Butter
8 oz	250 g	Bread flour
6 qt	6 L	Brown stock
8 oz	250 g	Tomato purée
		Sachet:
½	½	Bay leaf
¼ tsp	1 mL	Thyme
6-8	6-8	Parsley stems

PROCEDURE

1. Sauté the mirepoix in the butter until well browned.
2. Add the flour and stir to make the roux. Continue to cook until the roux is browned.
3. Gradually stir in the brown stock and tomato purée, stirring constantly until the mixture comes to a boil.
4. Reduce heat to simmer and skim the surface. Add the sachet and let simmer for about 2 hours, until the sauce is reduced to 1 gal (4 L). Skim as often as necessary.
5. Strain through a china cap lined with several layers of cheesecloth. Press on the mirepoix gently to extract their juices.
6. Cover or spread melted butter on surface to prevent skin formation. Keep hot in a bain-marie, or cool in a cold-water bath for later use.

Per 1 ounce:

Calories, 25; Protein, 1 g; Fat, 1.5 g (53% cal.); Cholesterol, 5 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 20 mg.

Fond Lié

In its simplest form, *fond lié*, or *jus lié*, is a brown stock thickened lightly with cornstarch. Its quality can be improved, however, by applying the technique used for making espagnole. That is, reduce brown stock with browned mirepoix and tomato purée or tomato paste. Then thicken with cornstarch and strain. You can use the same ratio of stock to mirepoix as for espagnole.



Fond Lié or Jus Lié



Yield: 1 qt (1 L)

U.S.	Metric	Ingredients
1 qt	1 L	Brown stock
1 oz	30 g	Cornstarch or arrowroot

PROCEDURE

1. Bring the stock to a boil in a saucepan. Reduce heat to a simmer.
2. Dissolve the starch in a small amount of cold stock or water. Stir it into the simmering stock.
3. Simmer until thickened and clear.

Per 1 ounce:

Calories, 5; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 0 mg.

VARIATION

For added flavor, the stock can be reduced with browned mirepoix and tomato (as for espagnole) before being thickened. Browned bones may also be added.



PROCEDURE

1. Combine the sauce and stock in a saucepan and simmer until reduced by half.
2. Strain through a chinois (fine china cap) or a regular china cap lined with cheesecloth. Cover to prevent a skin from forming. Keep hot in a bain marie, or cool in a cold-water bath for later use.

Per 1 ounce:
 Calories, 25; Protein, 1 g; Fat, 1.5 g (53% cal.); Cholesterol, 5 mg;
 Carbohydrates, 2 g; Fiber, 0 g; Sodium, 20 mg.

Yield: 1 gal (4 L)

Small Sauces

For each of the following sauces, add the listed ingredients to 1 qt (1 L) demiglace, as indicated.

Bordelaise

Reduce by three-fourths: 1 cup (250 mL) dry red wine, 2 oz (60 g) chopped shallots, ¼ tsp (1 mL) crushed peppercorns, a pinch of thyme, and ½ bay leaf. Add 1 qt (1 L) demiglace, simmer 15 to 20 minutes, and strain. Swirl in 2 oz (60 g) raw butter, cut in pieces. Garnish with diced or sliced beef marrow, poached in salted water.

Marchand de Vin (Wine Merchant)

Reduce 6 oz (200 mL) red wine and 2 oz (60 g) chopped shallots by three-fourths. Add 1 qt (1 L) demiglace, simmer, and strain.

Robert

Cook 4 oz (125 g) chopped onion in butter without browning. Add 1 cup (250 mL) white wine and reduce by two-thirds. Add 1 qt (1 L) demiglace and simmer 10 minutes. Strain and add 2 tsp (10 mL) dry mustard and a pinch of sugar dissolved in a little lemon juice.

Charcutière

Garnish Robert sauce with sour pickles, cut julienne.

Chasseur

Sauté 6 oz (175 g) sliced mushrooms and 2 oz (60 g) minced shallots in 2 oz (60 g) butter. Add 1 cup (250 mL) white wine and reduce by three-fourths. Add 1 qt (1 L) demiglace and 8 oz (250 g) diced tomato. Simmer 5 minutes and add 2 tsp (10 mL) chopped parsley.

Diabie (Deviled)

Reduce by two-thirds: 8 oz (250 mL) white wine, 4 oz (125 g) chopped shallots, ½ tsp (2 mL) crushed peppercorns.

Madeira

Add 1 qt (1 L) demiglace and simmer 20 minutes. Season with cayenne to taste and strain.

Pergueux

Garnish Madeira sauce with finely diced truffle.

Potvrade

Brown 1 lb (500 g) mirepoix in butter. Add 4 oz (125 mL) red wine and 1½ pt (750 mL) Red Wine Marinade for Game (p. 255) and reduce by one-half. Add 1 qt (1 L) demiglace and reduce by one-third over low heat. Add ½ tsp (2 mL) crushed peppercorns and simmer 10 minutes. Strain.

Port Wine

Follow instructions for Madeira sauce, but use port wine instead of Madeira.

Italian Sauce

Sauté 1 lb (500 g) finely chopped mushrooms and ½ oz (15 g) minced shallots in 2 oz (60 g) butter until all moisture is evaporated. Add 1 cup (250 mL) white wine and reduce by half. Add 1 oz (30 g) tomato paste and 1 qt (1 L) demiglace and simmer 10 minutes. Add 2 tbsp (30 mL) chopped parsley.

Mushroom

Sauté 8 oz (250 g) sliced mushrooms and 1 oz (30 g) minced shallots in 2 oz (60 g) butter until browned. Add 1 qt (1 L) demiglace and simmer about 10 minutes. Add 2 oz (60 mL) sherry and a few drops of lemon juice.

Bercy

Reduce by three-fourths: 1 cup (250 mL) dry white wine and 4 oz (125 g) chopped shallots. Add 1 qt (1 L) demiglace and simmer 10 minutes.

Piquante

Reduce by two-thirds: 4 oz (125 g) minced shallots, 4 oz (125 mL) wine vinegar, and 4 oz (125 mL) white wine. Add 1 qt (1 L) demiglace and simmer until slightly reduced. Add 2 oz (60 g) capers, 2 oz (60 g) sour pickles, cut brunoise, 1 tbsp (15 mL) chopped parsley, and ½ tsp (2 mL) tarragon.

Lyonnaise

Sauté 4 oz (125 g) onions in 2 oz (60 g) butter until slightly browned. Add ½ cup (125 mL) white wine vinegar and reduce by half. Add 1 qt (1 L) demiglace and simmer 10 minutes.



Rice Pilaf

Yield: about 3 lb (1.4 kg)

Portions: 10
 Portion size: 5 oz (150 g)
 12
 4 oz (125 g)
 16
 3 oz (90 g)

PROCEDURE

1. Heat the butter in a heavy saucepan. Add the onion and sauté until it begins to soften. Do not brown.
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter.
3. Pour in the boiling liquid. Return the liquid to a boil with the rice. Taste and adjust seasonings; cover tightly.
4. Place in a 350°F (175°C) oven and bake for 18–20 minutes, until liquid is absorbed and rice is dry and fluffy. Taste the rice and, if it is not done, replace in oven 3–5 minutes.
5. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
6. If desired, additional raw butter may be stirred into finished rice.

Per 5 oz (150 g) serving:

Calories, 190; Protein, 4 g; Fat, 5 g (23% cal.); Cholesterol, 15 mg; Carbohydrates, 33 g; Fiber, 1 g; Sodium, 50 mg.

VARIATIONS

Note: Rice for pilaf is measured by volume rather than by weight. Use 1½–2 times its volume in stock or water (1¾ times is the normal proportion for long-grain rice). For example, use 2 pints liquid per pint of rice if you desire a moister product or if you are using parboiled rice. Use 1½ pints liquid if you desire a drier product and if your cover is tight enough to retain most of the steam.

Tomato Pilaf

Prepare as in basic recipe, using 12–16 oz (375–500 mL) chicken stock and 1½ lb (700 g) chopped canned tomatoes with juice.

Spanish Rice

Prepare like Tomato Pilaf, but use bacon fat and sauté 6 oz (175 g) diced green pepper, 1 crushed clove garlic, and 1 tbsp (15 mL) paprika with the onion.

Turkish Pilaf

Sauté ¼ tsp (1 mL) turmeric with the rice. To finished rice, add 4 oz (125 g) tomato concasse or drained, chopped canned tomatoes, 4 oz (125 g) cooked peas, and 4 oz (125 g) raisins (soaked and drained). Let stand 10–15 minutes before serving.

Cracked Wheat Pilaf

Prepare as in basic recipe, using cracked wheat instead of rice.

Orzo Pilaf

Prepare as in basic recipe, using orzo (rice-shaped pasta) instead of rice.

Barley Pilaf

Prepare as in basic recipe, using pearled barley instead of rice. Use 2½ pints (1.25 L) stock and bake 45 minutes. Mushrooms are often added to barley pilaf.

Additions to rice pilaf

- Pimiento
- Chopped nuts
- Celery, diced
- Carrot, diced or grated
- Scallions
- Peas
- Green pepper, diced
- Spinach, chopped
- Mushrooms
- Olives, chopped or sliced
- Ham, diced or cut julienne
- Raisins or currants
- Water chestnuts
- Bacon



Hollandaise Sauce I

Yield: 1 qt (1 L)

U.S.	Metric	Ingredients
2½ lb	1125 g	Butter

PROCEDURE

1. Review the guidelines for preparing hollandaise and bear-
naise (p. 156).
2. Clarify the butter (see p. 152). You should have about 2 lb
(900 g) clarified butter. Keep the butter warm but not hot.

¼ tsp	1 mL	Peppercorns, crushed
¼ tsp	1 mL	Salt
3 oz	100 mL	White vinegar or wine vinegar
2 oz	60 mL	Cold water
12	12	Egg yolks (see note after Hollandaise II)
2-4 tbsps	30-60 mL	Lemon juice
2-4 tbsps	to taste	Salt
to taste	to taste	Cayenne

3. Combine the peppercorns, salt, and vinegar in a saucepan
and reduce until nearly dry (*au sec*). Remove from heat and
add the cold water.
4. To make it easier to beat with a wire whip, it is best now to
transfer this diluted, cooled reduction to a stainless-steel
bowl. Use a clean rubber spatula to make sure you transfer
all the flavoring material to the bowl.
5. Add the egg yolks to the bowl and beat well.
6. Hold the bowl over a hot-water bath and continue to beat
the yolks until they are thickened and creamy.
7. Remove the bowl from the heat. Using a ladle, slowly and grad-
ually beat in the warm clarified butter. Add the butter drop by
drop at first. If the sauce becomes too thick to beat before all
the butter is added, beat in a little of the lemon juice.
8. When all the butter has been added, beat in lemon juice to
taste and adjust seasoning with salt and cayenne. If neces-
sary, thin the sauce with a few drops of warm water.
9. Strain through cheesecloth and keep warm (not hot) for
service. Hold no longer than 1½ hours (see p. 156).

Hollandaise Sauce II

Yield: 1 qt (1 L)

U.S.	Metric	Ingredients
2½ lb	1125 g	Butter

PROCEDURE

1. Review the guidelines for preparing hollandaise and bear-
naise (p. 156).
2. Clarify the butter (see p. 152). You should have about 2 lb (900 g) clarified
butter. Keep the butter warm but not hot.

12	12	Egg yolks (see note)
2 oz	60 mL	Cold water
3 oz	100 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	Cayenne

3. Place the egg yolks and cold water in a stainless-steel bowl and beat well.
Beat in a few drops of lemon juice.
4. Hold the bowl over a hot-water bath and continue to beat until the yolks
are thickened and creamy.
5. Remove the bowl from the heat. Using a ladle, slowly and gradually beat in the
warm butter. Add the butter drop by drop at first. If the sauce becomes too
thick to beat before all the butter is added, beat in a little of the lemon juice.
6. When all the butter has been added, beat in lemon juice to taste and
adjust seasoning with salt and cayenne. If necessary, thin the sauce with a
few drops of warm water.
7. Keep warm (not hot) for service. Hold no longer than 1½ hours (see p. 156).

Per 1 ounce:
Calories, 280; Protein, 1 g; Fat, 31 g (99% cal.); Cholesterol, 155 mg;
Carbohydrates, 0 g; Fiber, 0 g; Sodium, 300 mg.

Small Sauces

Note: For safety, pasteurized eggs are recommended.

Maitaise

To 1 qt (1 L) hollandaise add 2-4 oz (60-125 mL) orange juice (from blood oranges, if possible) and 2 tsp (10 mL) grated orange rind. Serve with asparagus.

Mousseline

Whip 1 cup (250 mL) heavy cream until stiff and fold into 1 qt (1 L) hollandaise.