



# SAUCES VOCABULARY

## Resource Guide

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### Aïoli [ay-OH-lee, i-OH-lee]

A strongly flavored garlic mayonnaise from the Provence region of southern France. It's a popular accompaniment for fish, meats and vegetables.

### Au jus [oh-ZHOO]

A French phrase describing meat served with its own natural juices, commonly used with beef.

### Béchamel Sauce [bay-shah-MEHL, BEH-shah-meh]

French white sauce is made by stirring milk into a butter-flour roux. The thickness of the sauce depends on the proportion of flour and butter to milk. The proportions for a thin sauce would be 1 tablespoon each of butter and flour per 1 cup of milk; a medium sauce would use 2 tablespoons each of butter and flour; a thick sauce, 3 tablespoons each. Béchamel, the base of many other sauces, was named after its inventor, Louis XIV's steward Louis de Béchamel.

### Beurre Blanc [burr BLAHN , burr BLANGK]

Meaning "white butter," this classic French sauce is composed of a wine, vinegar and SHALLOT REDUCTION into which chunks of cold butter are whisked until the sauce is thick and smooth. It's excellent with poultry, seafood, vegetables and eggs.

### Bouillon [BOOL-yahn]

Any broth made by cooking vegetables, poultry, meat or fish in water. The liquid that is strained off after cooking is the bouillon, which can form the base for soups and sauces.

### Broth

A liquid resulting from cooking vegetables, meat or fish in water. The term is sometimes used synonymously with bouillon .

### Coulis [koo-LEE]

A general term referring to a thick puree or sauce, such as a tomato coulis. The word can also refer to thick, pureed shellfish soups. Originally, the term coulis was used to describe the juices from cooked meat.

### Crème Fraîche [krehm FRESH]

This matured, thickened cream has a slightly tangy, nutty flavor and velvety rich texture. The thickness of crème fraîche can range from that of commercial sour cream to almost as solid as room-temperature margarine. In France, where crème fraîche is a specialty, the cream is unpasteurized and therefore contains the bacteria necessary to thicken it naturally. Crème fraîche is the ideal addition for sauces or soups because it can be boiled without curdling. It's delicious spooned over fresh fruit or other desserts such as warm cobblers or puddings.

Consommé [KON-suh-may, kon-suh-MAY]

A clarified meat or fish broth. Consommé can be served hot or cold, and is variously used as a soup or sauce base. A double consommé has been reduced until it is half the volume (and has twice the flavor) of regular (or single) consommé.

Demi-glaze [DEHM-ee glahs]

A rich brown sauce that begins with a basic espagnole sauce, which is combined with beef stock and Maderia or Sherry and slowly cooked until it's reduced by half to a thick glaze that coats a spoon. This intense flavor is used as a base for many other sauces.

Jus

Usually refers to the natural juice from meat.

Maitre d'Hotel, a la (French)

A yellow butter sauce consisting of lemon juice, parsley, salt, pepper, and drawn butter. Butter: Same as the other but with whole butter.

Melba Sauce

This sauce is a combination of pureed and strained fresh raspberries, red currant jelly, sugar and cornstarch. It accompanies the dessert Peach Melba, but can also top ice cream, fruit, pound cakes and puddings. It was created by the famous French Chef Auguste Escoffier for Australian opera singer Dame Nellie Melba.

Sabayon

A frothy custard of egg yolk, sugar, and wine that is made by whisking the ingredients over simmering water. Served warm as a dessert or sauce.

Veloute (French)

A sauce made with veal stock, cream, and tightened with a white roux.