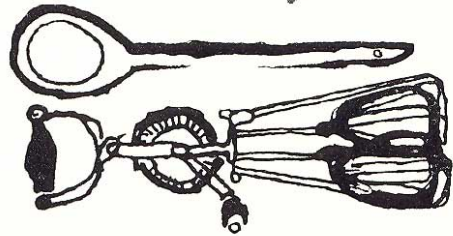


A CHART OF CLASSIC FRENCH SAUCES

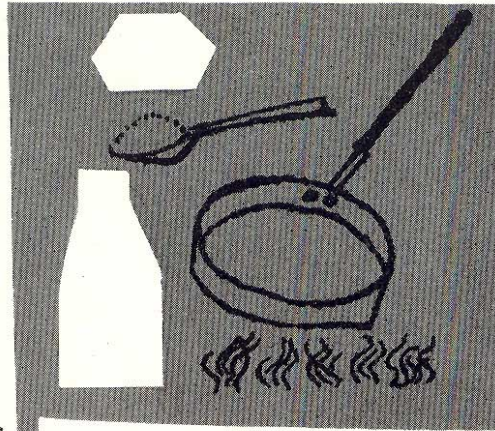
COMPILED
AND
ILLUSTRATED
BY
LEN DEIGHTON

Key: **T** = tablespoon
t = teaspoon
bg = bouquet garni
(parsley, thyme and bayleaf)
S = seasoning to taste
***** = served with
Fumet = reduced fish stock
EQ = in equal quantities



MAYONNAISE Ingredients at room temp. To 2 yolks + **S** + **t** vinegar gradually add, while beating, $\frac{1}{2}$ pt. olive oil. *Cold fish, eggs, white meat, vegetables.

REMOULADE *Mayonnaise* + capers, gherkins and herbs finely chopped. *Cold meat, poultry, lobster.



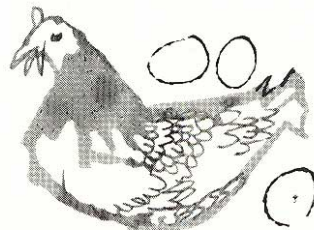
BECHAMEL Butter + flour **EQ**.
Cook over low heat. Add milk.

MORNAY *Béchamel* + Parmesan (or Gruyère) and cayenne. *Eggs, fish, vegetables.

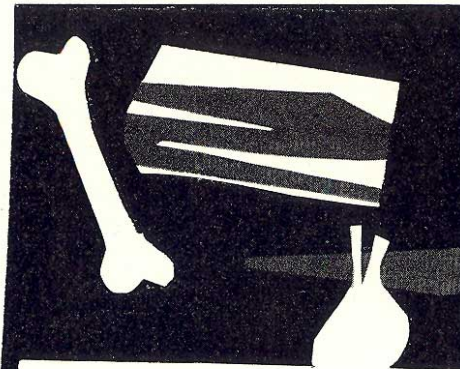
SAUCE CREME *Béchamel* + 2 **T** cream. *Boiled fish, vegetables, poultry, eggs.

SAUCE A LA CREME *Béchamel* + egg yolk when removed from heat, stir while thickening. *Chicken, fish.

AURORA *Béchamel* + a little tomato purée and butter. *Fish, eggs and poultry.



SAUCE AUX ŒUFS DURS *Béchamel* + 2 chopped hard-boiled eggs. **S** + chopped parsley. *Fish, particularly cod.



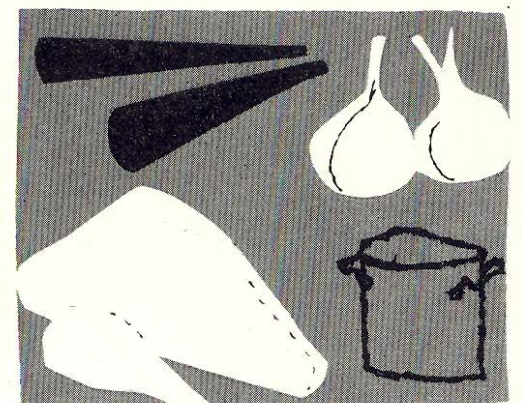
LE JUS BRUN $2\frac{1}{2}$ lb. beef bones and veal, bacon rinds, carrot, onion. **S**, **bg**. Brown in oven, then add $3\frac{1}{2}$ -5 pts. water. Cook 4 hrs. Skim fat. Strain. This *Jus Brun* is used to make *demi glace* (as below), but meanwhile cover the bones, etc., with fresh water. Add any meat scraps, except lamb. Cook 2 or 3 hrs. Remove fat. Strain. Put into small saucepan. Boil fast until left with a thick blackish syrup—*La glace de viande*. Use like commercial meat extracts.

DEMI GLACE Make roux, fat (not butter) + flour **EQ**. Cook till brown. Add *Jus Brun* to thin consistency + tomato purée (to taste). Stir till boiling. Simmer unstirred 2 hrs. Skim occasionally. Strain. Will keep several days.

ITALIENNE Cook well in oil, ham, mushrooms and shallot. Add $\frac{1}{4}$ pt. any wine. Reduce to $\frac{1}{2}$ vol. Add $\frac{1}{2}$ pt. *demi glace*. **T** tomato sauce, chopped parsley. **S**. Simmer 15 mins. *Liver, eggs, red meat.

AU MADERE Reduce 3 **T** Madeira + equal stock to $\frac{1}{2}$ vol. + *demi glace*. Add butter. *Meat, ham, kidneys, duck, foie gras.

PERIGUEUX *Au madère* + chopped truffles. *Brains, pheasant, red meat.



WHITE STOCK Fry 2 carrots + 2 onions in 2 **T** butter without browning. Add 2 or 3 lb. bones + white meat (veal + whole chicken pierced to release juices is ideal). Cover with cold water. **S** + clove. Boil. Skim. Cover. Cook 4 hrs. Strain. Cool. Remove fat.

VELOUTE Butter + flour **EQ**. Fry without browning. Add *white stock* to thin consistency.

POULETTE Add cooked mushrooms to *Velouté*. Remove from heat. Thicken with 2 yolks + 2 **T** fresh cream. Add chopped parsley, lemon juice, **S**. *White meat, veal ragout, mussels.

ALLEMANDE (also **BLONDE** or **PARISIENNE**) Reduce *Velouté* by $\frac{1}{2}$ in double boiler. Add 2 beaten yolks + butter or cream, nutmeg, lemon juice. Stir over heat until thick. *White meat and fish.

VICTORIA *Allemande* + $\frac{1}{2}$ vol. white wine, mushrooms, lobster coral, butter. White fish.

SUPREME *Velouté* (made with chicken stock) + fresh cream just before serving. *Chicken, lamb and veal sweetbreads.