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Sauces and Stocks

UNIT 5





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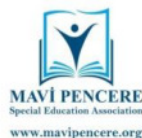
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UNIT 5

Sauces and Stocks

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5.1. Basic Sauces

Sauces are flavoured, intensified complementary products that accompany meals and increase the flavour of the food. Stocks have an important place in sauce making. It is enriched by adding spices, thickening products and various flavouring elements. However, there are also sauces (béchamel and Hollandez sauce) made without stock. The biggest difference between stocks and sauces is that sauces must be concentrated.

Intensifying Elements:

- Flour
- Roux: It is the process of cooking by mixing equal amounts of butter and flour until the taste of raw flour is gone.
- Corn starch
- Beurre Blanc: It is cubed or chopped butter that is thrown into hot sauces to thicken and complete the sauces.
- Beurre Manie: It is a mixture obtained from flour and butter like Roux. Flour and butter are mixed at room temperature without heating or cooking and the mixture is added to hot sauces by whisking as a thickener. The flour in the beurre manie is boiled in the hot sauce until cooked and taken from the stove.
- Liaison: It is the mixture of egg yolk and cream to thicken the sauces and give the sauce consistency. Before being added to a hot sauce, it should be mixed with a small amount of sauce in a separate bowl and added little by little to the high-temperature sauce. This method is also used in the preparation of soups.
- Reduction: It is the process of reducing the stock desired to obtain sauce over low heat without adding any additional product.
- Spices and Various Flavourings: Sauces have a natural flavour due to their ingredients, but sometimes supplements are needed. Spices and herbs can completely change the flavour of a sauce.

Basic Sauces

Other sauces are also available. Basic sauces are standardised. The basic sauces are:

Espagnol Sauce: Espagnol sauce, which can also be called brown stock, is obtained from a mixture of brown stock and roux.



Tomato Sauce: It is a sauce made by adding tomatoes, tomato products and various vegetables to stocks.

Béchamel Sauce: A milk-based sauce made by condensing milk with white roux. When making bechamel sauce, it is recommended to use equal amounts of butter and flour first.

Velouté Sauce: It is obtained by condensing stocks with roux. It is recommended to use equal amounts of butter and flour in making the sauce. After the butter is melted in a suitable saucepan, the flour is roasted on low heat and cold stock is added to this mixture by mixing.

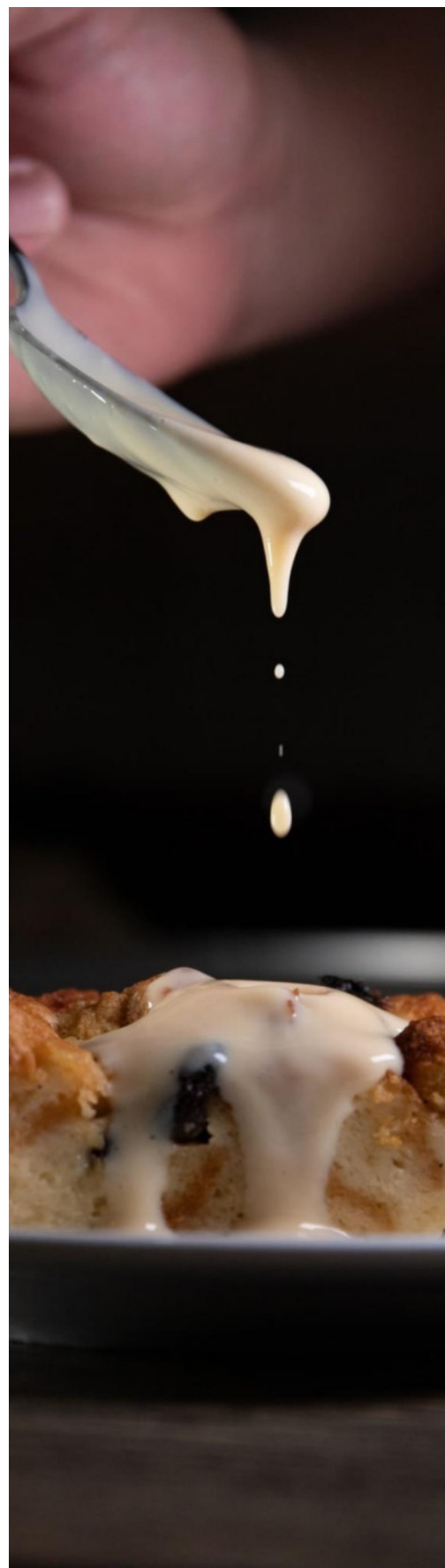
Hollandaise Sauce: It is a sauce in which oil and egg yolk are mixed and concentrated. To make hollandaise sauce, egg yolks must be whisked well in a bowl. Warm plain oil should be slowly dripped into the egg yolks and whisking should also continue. Preparing hollandaise sauce may not always yield successful results because it is prepared with a certain technique unlike other basic sauces. Due to the use of eggs in the hollandaise sauce, it is necessary to be more careful. Hollandaise sauce is a sauce that should be kept warm for service and should be kept at around 60°C to prevent the egg from being clotted. However, since this temperature will accelerate the formation of bacteria, attention should be paid to storage and presentation conditions.

Derivative Sauces: They are sauces that can be derived by using various additional ingredients after the basic sauces are prepared. Many different flavours of derivative sauces can be produced from the five basic sauces.

5.2. Basic Stocks

It is the juice or extract of boiled vegetables or bones, chicken, fish or seafood enriched with spices. The stocks used in the preparation of the dishes form the basis of many different sauces and soups, and it is a cooking water that adds flavour to the dish. The sauces obtained from the stocks are prepared within the framework of some basic rules based on determined standards.

Stock Making: Cold water is added to cover the material (vegetables, meat, bones, chicken, fish, etc.) to be used and boiled. When the stock starts to boil, the foam that accumulates on it is taken with the help of a ladle. The stove is turned down and the boiling is continued at low heat. Spices can be added at the beginning or later according to the boiling time. When the stock is ready, it can be used immediately, if desired, by





carefully straining it with the help of a fine cheesecloth or strainer, or it can be cooled quickly and stored for later use. The preparation time of the stocks to be used for meat and bone takes a long time (12-24 hours). While preparing the stock, you should definitely start with cold water and not use more water than necessary. Using more water than necessary will prolong the boiling time of the stock.

While preparing stock, it is necessary to pay attention not to use some materials. These materials are;

- Starchy vegetables (they cause the stock to become cloudy),
- Green leafy vegetables (They melt in the stock, they are not resistant to boiling for a long time),
- Foods with colouring feature (red beet, etc.),
- Foods with strong odour (cauliflower, cabbage).

Spices can be used alone in stock making, or they can be tied with a clean cheesecloth and used in mixtures such as a spice bag (sachet) or a vegetable bouquet (bouquet garni).

Sachet: It is the addition of fresh spices and herbs such as parsley stalks, thyme, rosemary, bay leaves, black pepper and garlic into cheesecloth.

Bouquet garni: Parsley stalks, bay leaves, leeks, celery stalks are tied longitudinally and put into the stock.

Stock Types

White Stocks

They are obtained from chicken bones, veal bones, beef bones or fish bones boiled with vegetables. White stock, which is usually colourless during cooking, can be precooked to become clear. To prepare a white stock, vegetables must also be used from white “mire poix” vegetables.

White Mire Poix: It is the use of the white parts of the mire poix vegetables used for stocks, sauces or soups that we do not want to change the colour of. The white part of the celery, the white part of the leek, onion, carrot are cut in the mirepoix cutting technique. White pepper and bay leaf are added as spice. The reason for using the white parts is to obtain a colourless and clear flavour without spoiling the colour of the stock.



White stock making method:

- If bones are to be used, cut the bones in 10 cm length and blanch them.
- Transfer the bones and white mire poix to the stock pot and add sufficient amount of water to it.
- Add the spice bag.
- After the stock reaches the boiling point, boil it at low heat.
- Clear the foam etc. that accumulates on the pot after boiling starts.
- Do not close the lid of the pot.
- After the stock is ready, filter it with the help of a fine cheesecloth or a strainer.
- After being cooled quickly, label the stock and store in the fridge.

Brown Stocks

These are obtained by using chicken bones, beef bones and game bones boiled with vegetables. Stock takes its colour by cooking the ingredients in the oven until they turn brown. Baked bones, sometimes tomato juice or tomato paste is also added.

Brown stock making method:

- Cut the bones into 10 cm lengths and place them on the baking tray.
- Bake for 30-40 minutes in a preheated oven at 200°C.
- Add mire poix and continue to cook the stock until it turns brown.
- Transfer the bones and mire poix to the stock pot and add sufficient water to it.
- Boil the brown bone and vegetable pieces remaining in the baking tray with water or red wine and separate them from the tray.
- Transfer the separated liquid to the stock pot.
- Add tomato or tomato paste with a spice bag.
- Continue to boil at low heat for 6-8 hours.
- Take the foam or other ingredients accumulating on the pot with the help of a ladle.
- The lid of the pot should not be closed.
- Filter the ready stock with the help of a fine cheesecloth or strainer.
- Cool the stock quickly, and after labelling, store it in the fridge.





Fish Stocks

Stocks prepared with shellfish or lean fish bones are among the white stocks. To make fish stock:

- Put the bones and mire poix into the stock pot and add water until it is covered.
- Add the spice bag.
- After boiling starts, continue to be cook at low heat.
- Clean the foam formed during boiling with the help of a ladle.
- Do not close the lid of the pot.
- When the stock is ready, filter it with the help of a fine cheesecloth or a strainer.
- After filtering, label and store it in the fridge.

Vegetable Stocks

These stocks do not contain any meat products but vegetables, spices, herbs and water. It is prepared in a shorter time compared to other stock types.

To make vegetable stock;

- Put vegetables such as carrots, onions, leeks to the stock pot.
- If you want to increase the flavour, caramelize vegetables with a little oil before adding water.
- Add sufficient amount of water to cover it.
- Add the Spice bag.
- After reaching the boiling point, continue to be boil at low heat.
- Clean the foam formed during boiling with the help of a ladle.
- Do not close the lid of the pot.
- When the stock is ready, filter it with the help of a fine cheesecloth or a strainer.
- After filtering, label and store it in the fridge.

