



# The Saucy Dipper's Guide to Making Sauce

*Expert advice from sauce lovers and chefs*

# Get Your Tasting Spoons Ready

Thank you for downloading the Saucy Dipper's Guide to Making Sauce! The following pages are a result of my personal journey to learn how to make sauce. I've taken sauce-making classes, watched endless YouTube videos, read books, failed and succeeded at making sauce, and interviewed several food experts all in an effort to learn the idiosyncrasies of this special food.

You are welcome to share this guide with your friends and do with it what you please, but I ask that you mention Saucy Dipper when you do.

Happy Sauce Making!

Sara Lancaster a/k/a The Saucy Dipper

# Saucy Dipper

## Table of Contents

<i>The History of Sauce</i>	3
<i>In the Beginning, There was Mother Sauce</i>	5
<i>Who's Your Mama? Fall in Love with Mother Sauces</i>	9
<i>What Not to Do When You Make Sauce</i>	12
<i>The Sauce Maker's Toolbox</i>	17
<i>Trends in Sauce – What to Expect</i>	20
<i>A Sauce and Dip Dictionary</i>	24
<i>Sauce Recipes</i>	26
<i>Velouté sauce recipe</i>	
<i>Pesto recipe</i>	
<i>Béchamel sauce recipe</i>	
<i>Mayonnaise recipe</i>	
<i>Vinaigrette recipe</i>	
<i>Spicy beer and butter sauce (with shrimp)</i>	
<i>Special Thanks</i>	30
<i>Sources</i>	31

# The History of Sauce



Once a method for covering up rotten foods and now a way to elevate the deliciousness of a meal, sauces have long served a culinary purpose. No matter where you are in the world, your cuisine most likely calls for a sauce in certain recipes.

*Is it too much to say that a sauce can define a culture?*

I don't think so. Sauce, like so many other foods, is representative of the food our land can grow, the seasonings we can afford, and the tastes we've come to love.

## Moments in Sauce History

- Mid 1700s, Noda, Japan – Word about soy sauce travels from China to Japan where several families master the art of **soy sauce making**. Soy sauce works as both a preservative and flavor enhancer. By the mid-1800s several Japanese families joined forces to make and export the sauce, but it didn't take off in the western world until after World War II. Kikkoman, one company to come out of this Japanese region, is still a popular soy sauce brand today.
- Early 1800s, Paris – Marie-Antoine “Antonin” Carême becomes a notable chef among French royalty and identifies the four basic **mother sauces** (béchamel, espagnole, velouté, allemande) of which most all other sauces are based. Carême published several books including the famous *L'Art de la Cuisine Française*.

- 1839, Worcester County, England – Lea & Perrins **Worcestershire** Sauce hits the U.S. market with a bang. As the only bottled condiment for some time, the sauce still dominates.
- 1868, Avery Island, Louisiana – Edmund McIlhenny creates the **Tabasco** sauce recipe to spice up the bland diet of the Reconstruction South. While Tabasco is more condiment/ingredient than a traditional sauce, its influence on American cuisine can't be denied.
- Early 1900s, Paris – French chef Auguste Escoffier adds **tomato sauce and butter sauces** (mayonnaise and hollandaise) to the list of mother sauces. By the way, the first Italian recipe for pasta with tomato sauce appeared in 1839.
- 1940, Pittsburgh, Pennsylvania – Heinz produces a nationally-distributed **barbecue sauce**. History books speak of barbecue sauce as early as the 15<sup>th</sup> Century when Christopher Columbus landed in the US.
- Global, 1970s – A trend away from starch-thickened sauces opens the door to thinner, easier-to-make sauces. During this time, chefs and at-home cooks focused on **reduction**, which reveals more flavor.
- 1973, Paris/New York – Carl G. Sontheimer invents the **Cuisinart**, which allows chefs and at-home cooks to make sauces (and more) with ease. A mortar and pestle is no longer required.
- 2010, Denver, Colorado – Sara Lancaster establishes [www.SaucyDipper.com](http://www.SaucyDipper.com) as a shrine to what she loves most—sauces and dips.

Okay, so that last item on the timeline may not necessarily belong, but I hope it proves that the history of sauce is not a simple thing. Much like cooking sauce, the concepts behind it are complex and deserve some praise.

# In the Beginning, There was Mother Sauce



*Mother sauces: The base sauces in the French culinary tradition of which all other [secondary] sauces are made; sometimes called grandes sauces, standard sauces, or classic sauces. In theory, once you learn the technique for making each of the mother sauces, future sauce making will be a breeze.*

Okay, maybe not always a breeze (whatever that means anyway), but the hope is that you won't feel so challenged by sauce and will instead LOVE to make it.

## Mother sauces in a nutshell

### **Espagnole**

Meat-based brown stock thickened with a roux. A few secondary sauces of espagnole: Bordelaise, Robert, Madeira.

### **Demi-glaze (or demi-glaze)**

A sauce made with espagnole sauce, brown stock, and herbs, which is reduced a great deal (sometimes categorized as an espagnole and sometimes categorized as a demi-glaze).

### **Béchamel**

A white sauce made with milk and thickened with a roux. (Yes, it's what we used to quadruple the calorie count of the broccoli dish pictured above). A few secondary sauces of béchamel: mornay (cheese sauce), blush, mustard.

## Velouté

A white sauce made with chicken, fish, or veal stock. A few secondary sauces of velouté: aurora, white wine sauce, Allemande, Normandy.

## Tomato

Um, yeah. This one has tomatoes in it. A few secondary sauces of tomato: cardinal, meat, provençal.

## But wait, there's more...cold, emulsified sauces

Espagnole, demi-glace, béchamel, and velouté came first. One hundred years later, tomato sauce made the cut. Then, at some point that's not exactly clear to me, emulsified sauces came onto the scene.

## Mayonnaise/Hollandaise

Egg and fat based sauces that result thanks to our friend emulsification. A few secondary emulsified sauces: tartar sauce, green sauce, crème anglaise.

## Vinaigrette

Oil and vinegar based emulsification. (Marinades and some jus fall under this category, too.) Secondary sauces of vinaigrette: Choose almost any combination of oil, vinegar, and aromatics to change up a vinaigrette.

## But wait, there's STILL more...what about stocks?

A quality mother sauce starts with a quality stock. (*Does that make stock a mother?*) I've been told more than once not to rely on bouillon or Swanson's stock for a sauce base (sorry, Swanson's), and to make your own vegetable, chicken, beef, or fish sauce when you can. Personally, I can't get excited about making a stock, because I'm squeamish around *innards* of any kind. The remedy?



According to **Chef Chuck Kerber of Pittsburgh Hot Plate**, when you can't make your own stock, buy a quality store-bought version like the stocks made by **Minor's**.

"In my experience, they [Minor's] have the most authentic flavor, with fewer additives and preservatives than other brands," Chef Kerber said. "Some supermarkets carry this brand, but you may have to go to a specialty store to pick them up. Look for them in the refrigerated section."

*Great tip, **Chef Kerber**. Thank you for keeping me far away from those innards.*

## Hold on a second, I thought there were only five mother sauces?

If you've been counting, you've noticed that I've mentioned more than five main sauces. Welcome to the complicated world of mother sauces.

You could read three books on classic French sauces and get three different answers on what qualifies as a mother sauce. I spent over two hours trying to find a consistent answer without luck, so I went to my local sauce expert—**Chef Matt Selby of Denver's Vesta Dipping Grill and Steuben's**.

"Depending on how old or new school your [culinary] education is, **any one of [the mother sauces mentioned] could or could not be considered a mother sauce**," Chef Selby explained. "Some would even say that béchamel, because of its use of roux, covers espagnole. There is even an argument that béchamel could be discussed in the same category as emulsified. Furthermore, and this gets REALLY interesting, you could say that none of the above are mother sauces in that none of them are true mothers, i.e., the product of a MOTHER preparation."

"Take for example jus, or stock...pan drippings turned into sauce. Those types of things. Mole, when prepared traditionally with chicken thighs, is a byproduct of the recipe, rather than a sauce made on its own, would be a mother sauce. I should stop right there...I can go on forever."

*He's not kidding. We could talk about this forever.*

## Shut the front door. Why do the French get all the credit?

The truth of the matter is that French culinary tradition seems to get most of the attention when it comes to defining sauces and the basic techniques involved. But there are classic sauces in many other regional cuisines, especially Asian cuisines. Just look at fish sauce! An incredible number of sauces rely on fish sauce, which by definition would make it a mother sauce.

**Chris Perrin of Blog Well Done** agrees. “It’s equally valid to say that soy sauce, oyster sauce, etc. are Asian mother sauces, since things like soy sauce are as important to Asian cuisine as cream is to French cooking.”

Hallelujah! Given’ the East some credit.

## And now, a recap on sauces

This was a lot of sauce talk for one section, and the scary part is that it barely scratches the surface. Here’s a recap of what we’ve covered so far:

- The original four mother sauces include espagnole, demi-glace, béchamel, and velouté. Learn to make these and the door to hundreds of other sauces will be opened.
- Many now consider demi-glace to be the true brown stock mother sauce. You’ll find espagnole and demi-glace used interchangeably in many places.
- Tomato sauce and emulsified sauces (hollandaise, mayo, and vinaigrette) later became classified as mother sauces, although this can be argued depending on your perspective of what truly defines a mother sauce.
- A quality sauce starts with a freshly made stock. When you think of this way, *are stocks the true mother sauces?*
- Make your own stocks when you can, and when you can’t, buy the Minor’s brand of stocks.
- While mother sauces refer to the classic French sauces, don’t forget that other regional cuisines have their own mother sauces.





# Who's Your Mama?

## Fall in Love with Mother Sauces



We're about to talk about why you should even care about mother sauces. No, scratch that. This is why you should LOVE mother sauces.

**One** - Versatility. As mentioned, once you master a mother sauce, it becomes simple to make dozens of other sauces simply.

**Two** - Parlez vous français? The French defined the classic mother sauces, and Julia Child (among countless others) value French cuisine as THE guideline for the kitchen. Cook like the masters by starting with the classic French mother sauces.

**Three** – Amp it up! Turn a boring chicken breast or fish fillet into a flavorful meal.

**Four** - Go green. Don't throw any food away! Use the bits left behind in the pan, all the leftover grease, and the veggie trimmings to make great sauces.

### Cold sauces – mayonnaise and vinaigrette

Of all classic mother sauces, I particularly like making the cold sauces, because it's so easy to add herbs and seasonings for a fresh, unique taste. I mean, *is there anything better than a vinaigrette with paprika on a spinach salad? Or an herbed mayo for seafood dipping?*

I say no, but that's just one person's opinion. I asked a few chefs to weigh in on the subject.

## Demi-glace and velouté

**Chef Amy Vitale of TABLES**, an adorable Denver restaurant that serves fresh American dishes, said that demi-glace would have to be her most loved mother sauce.

“It is so versatile and can be enhanced with many flavors,” she said. “If made correctly, you can taste the time and love that is put into the final product.”

She’s not lying about time. A demi-glace requires a serious amount of reduction and straining. **Chef Vitale said a proper demi takes around 36 hours to make.** Her advice: Be patient.

**Chef Dennis K. Littley, the chef at Mount Saint Joseph Academy in Flourtown, Pennsylvania, and blogger at More than a Mount Full**, said he makes a velouté most often. He particularly enjoys the “silky texture that looks palatable.”

**Chef Littley** said to always start with a stock, and if you add dairy, do so at the end. He also said to use much less dairy than you think you’ll need; maybe a couple of tablespoons of cream at the end if you want a smoother sauce.



## Hollandaise and béchamel

Speaking of dairy, **Chef Selby** rates béchamel among his favorites. He also likes hollandaise.

“Interestingly enough, I never made a béchamel or had practical use for hollandaise until we opened Steuben’s,” he said. “We use béchamel as a start for all of our gravies, macaroni and cheese sauce, and cheese steak sauce. Hollandaise is used on our brunch menu. Funny thing is that now I like to use the occasional hollandaise and béchamel on specials at Vesta.

“I have two tips. One is to take your time, and prepare béchamel over low heat and hollandaise on and off of low heat. Move [the pan] back and forth and on and off the heat for periods of time.



“The other tip is, and this is because I am a season to taste sort of guy, sprinkle in a little salt at the very beginning of making either sauce. Both are very fatty and it takes a while for salt to dissolve into the sauces once they are prepared. By adding some salt at the very beginning, you sort of give yourself a head start. That being said, it’s best to under salt to take into account the salt’s need to dissolve.”

## Tomato sauce

**Chef Kerber** said that of all the sauces, fresh tomato sauce gets his vote.

“There’s nothing better than a few vine-ripened, de-skinned and de-seeded tomatoes with fresh garlic and a spicy olive oil. It goes with just about everything, not just pasta. I plant tomatoes in my yard every year, so that I can enjoy this sauce!”

The real question is...*what sauce CAN’T we enjoy?*

## The mother sauce loving recap

- Learning to make the mother sauces means you can make hundreds of other sauces. They’re that versatile.
- The French defined the classic mother sauces, which will amp up the flavor of any dish and help you use every last bit of food.
- I like making mayonnaise and vinaigrette best, because they taste better than the store bought versions. It’s also super easy to add fresh herbs and seasonings.
- **Chefs Vitale** and **Littley** both like the brown sauces best, and they both agree a quality sauce takes patience.
- **Chef Selby** said to give béchamel and hollandaise a chance — just take your time and go easy on the heat.
- **Chef Kerber** grows tomatoes just so he can make a fresh sauce. Remember, tomato sauce will go great with most anything, not just pasta.

# What Not to Do When Making Sauce



If you're like me, you don't like being told what to do. "Nobody puts Baby in a corner..." Right? (Miss you, Patrick Swayze.)

But when it comes to learning how to make sauce, there are some rules you just can't ignore. In this section, we talk about what you shouldn't do in sauce making.

## Don't buy *some* store bought sauces

This statement isn't exactly true. Some sauces are worth buying, including fish sauce, hot sauce, and even barbecue sauce. Just ask **Chef Caitlin MacEachen Steininger of the Cooking with Caitlin media empire in Cincinnati**:

"I would rather buy BBQ sauce than make it," she said. "I don't live in a super passionate BBQ region, so I'm pretty flexible as to what goes on my pulled pork. [Although,] I will never buy any of the mother sauces. It's too easy to make these sauces from scratch, [and] once you've tasted homemade, there is no turning back!"

**Chef Kerber** said that while he doesn't dislike any store-bought sauces, he chooses not to use them, because of the chemicals, stabilizers, and unnatural additives.

**Chef Littley** understands why many home cooks don't want to expend the time, labor, and electricity to make a sauce when it's easier to take the lid off the jar. However, he draws the line at hollandaise.

"I would never buy a canned hollandaise sauce," he said "You cannot repair a canned hollandaise enough."

## Don't walk away from a broken sauce...or do

No, this isn't about taking your sauce dish and throwing it at your spouse's head...as tempting as that may be. This is about breaking an emulsion.

"An emulsion is simply the combination of oil and water; two liquids that usually don't go together," said **Chef Kerber**. "In my opinion, the best thing to do if your sauce breaks is start over!"

But if you don't want to walk away, there are a few ways to fix a broken emulsion. 1) If it's a hot sauce, use a few ice cubes to bring it back. 2) If it's a cold sauce, add hot water and stir vigorously. 3) Depending on the type of sauce, you can also add softened butter or egg yolk as you whisk.

## Don't abuse the roux

"The best tip I can give when it comes to making most of the mother sauces would be mastering the roux," said **Chef Steininger**. "A roux is always described as equal parts fat to flour, but I never stay precise to that equation. I add a little flour at a time until the fat can't take anymore and then I sauté together. If there isn't enough flour, the roux will break and you'll get a floating island of butter on top of your soups. I know this well. I never truly knew how to make a roux until attending culinary school."

**Chef Littley** echoed her sentiments.

"When I teach the girls at school, one of the things I see abused most often is the roux," he said. "Here's my recommendation: You can use oil, but I prefer butter. Heat your butter and flour together for awhile before you add hot liquid. The flour will never properly cook if you don't wait until it smells a little like bread, which could even be 5 to 10 minutes."

There are three types of roux, which are defined by the length of time cooked and the ensuing color. They include white, blonde, and brown. The darker the roux, the nuttier the flavor.



## Don't forget to put your sauce to work

According to **Chef Vitale**, you should never make a sauce simply for decorating a plate.

"Every sauce (and item) on the plate should have a purpose to the palette. I think the amount of sauce that should be on the plate depends on the balance of the dish."

## Don't over season your sauce

A few times now I've made a delicious-looking sauce only to find out that I completely over seasoned that puppy. The seasoning process is fun...*what can I say?*

**Chris Perrin** nailed it on the head.

"Take it easy on the salt," he said. "The skillful application of salt is one of the best tools in a chef's arsenal, but when you make a sauce you are often starting with a salt base (like fond), adding butter (which has salt), then stock (which has salt), and then reducing the sauce before you serve. If you add salt too early in the process, your sauce will taste salty."

Because I often make this over-seasoning mistake, you bet I asked the chefs how to remedy the problem.

"If I over spice a sauce I will usually try two different things," said **Chef Steininger**. "First, I will try to add the opposite flavor of whatever I added too much of. If I added too much acid, I'll add some sugar or honey to balance it out. If I add too much spice, I'll add an earthier, heartier herb to try to make the heat [not-so] overwhelming. If this doesn't work, I'll dilute the sauce with water and adjust the seasonings to make it taste good. If by adding the water makes the sauce too runny, I'll add a thickening agent (i.e. roux or slurry) to tighten it up."

*That advice is worth the cost of admission.*



## Don't use an itty bitty pan

The larger the sauté pan the more surface area that your sauce has on the heat, which means it will reduce faster. Reduction reveals the flavor and consistency you want in your sauce.

**Chef Steininger** said the right consistency is when the sauce coats the back of a spoon. If your sauce doesn't pass that test, then work in your thickening agent. (See roux above).

## Don't give up and don't stop trying new things

I've had a few moments where I thought about giving up on the Saucy Dipper and sticking with takeout. A totally over-salted marinara sauce, an underdone slow cooker soup (You thought it was impossible!), and a trip to the emergency room really got me wondering if it was all worth it.

But the truth is that it is worth it, especially if you think of sauce making as an adventure where the mistakes don't really matter. **Chef Selby** had a very nice take on the topic.

"There are many mistakes and you can categorize them by the technique being used, and you can name those mistakes all day long, and still not avoid them," he said. "To me, the only mistake is not being able to roll with the punches. As long as your ingredients are awesome, and you have seasoned the base well, so what if your aioli doesn't emulsify. Use the sauce, and serve it to your guests with confidence as 'broken garlic mayonnaise,' or 'deconstructed garlic aioli.'"

*Well said.*

## A recap: What TO DO when making sauce

- Some store bought sauces will work as long as they don't have fillers and chemicals.
- Fix broken cold sauces with hot water and broken hot sauces with a few ice cubes...or throw it away and try again.
- Master the roux. Slowly add flour to butter until the flour just can't take any more. Then, let the mixture cook for several minutes before adding the remaining ingredients.
- Make a sauce that adds to the flavor and experience of the meal. Don't use sauce as a garnish alone.
- Remember not to over season your sauce, and if you do, remedy the problem by adding the opposite flavors (e.g., if you add too much hot spice, add an earthy herb).
- When reducing a sauce, use a larger pan for maximum surface area. When the sauce coats the back of a spoon, you're done.
- Roll with the punches and don't look at a mistake as a failure. Modify and keep making sauce.





# The Sauce Maker's Toolbox

1. Hand blender
2. Splatter screen (To protect your walls from the hand blender splatters.)
3. Fine mesh strainer (As used in the picture above for straining cranberry ketchup.)
4. Quality stainless steel sauce pan (**Never use aluminum.** It will alter the taste of your sauce.)
5. Silicone heat resistant spatulas
6. Steel whisks (Steel helps with emulsification.)
7. Gravy warmer (For the table.)
8. Food processor (Bye bye mortar and pestle.)
9. Sauce ladle (Necessary for transferring sauce.)
10. Wooden spoon (Don't use a metal spoon in the sauce pan.)
11. A few good sauce serving sets (**Host a sauce and dip party already.**)
12. Double boiler (Don't burn your sauces while keeping them warm.)
13. Skimmer (Flat perforated spoon to skim fat that floats to the top of your sauce.)
14. Fine grater (For zesting and more.)



15. Thermos (Keep cold sauces cold and warm sauces warm.)

16. Cast iron skillet (You want the bits from your meat and veggie dishes to stick to the pan, so you can make a yummy pan sauce.)

## THE books on sauce

**Chef Littley** said that he relied on *The Professional Chef* by the Culinary Institute of American for many years, but now he has a new favorite: James Peterson's *Sauces, Classical and Contemporary Sauce Making*. **Chef Kerber** recommends *The French Laundry Cookbook* by Thomas Keller.

"This book is instructive, but reads like a novel," he said. "I admire Thomas Keller as a chef, and believe in a lot of the cooking philosophies that he puts into practice in his restaurants. If you haven't read this book, it's a must-have."

I recently received *The Sauce Book* by Paul Gayler as a gift. LOVE IT. I've referenced it quite a bit and look forward to making many many recipes from it.

Here's one more sauce book that I've yet to check out, but am mightily looking forward to: **Chef Selby's** *Beyond the Sauce*. **Chef Selby** generously contributed to the Saucy Dipper's sauce series (again, thanks). Based on the amazing pictures on Vesta's website and my own experience eating off their menu, my guess is that this book can't be beat.



## Ingredients to keep on standby

It's not just kitchen tools and cookbooks that belong in the sauce toolbox. You should always value your sauce ingredients more than anything else.

According to Gayler in *The Sauce Book*, a tablespoon of **soy sauce** will add color to a pale sauce, and a spoonful of **red currant jelly** will take a "sharp edge off a sauce." Both soy sauce and jelly make great investments because of their versatility and long shelf life, but it doesn't stop there.

Saucy Dipper suggests you always put a **lemon** or two in your shopping cart, since many sauce recipes call for a squeeze of lemon and/or lemon zest.

**Chef Billy Parisi, a culinary spokesperson for Lowes Foods and Heinen's Grocery Stores as well as the in-house chef and culinary face to Sears Holdings Corporations** recommends these ingredients for your sauce toolbox:

"First I would recommend a combination of **Kosher salt** and **fresh cracked pepper**," he said. "Second would be **chicken stock**, which will help thin or stretch a sauce."

**Chef Kerber** votes for **fresh herbs** and **flavored salts**. He said: "Have fun with this process. Nothing is off-limits!"

Amen to that.

# Trends in Sauce – What to Expect



The mother sauces may have made their debut in the early 1800s, but it's going to take more than 200 years for sauce to go out of style. In this section, the chefs talk trends in sauce.

*Is fusion food in or out? How many sauce ingredients is too many? Are sauces that take 12 hours to make worth it?*

You're about to find out.

## Keep it simple, saucy

**Chef Vitale** said, "I feel we may see many going back to sauces a la minute; bringing things back to the basics."

Others agree, including **Chef Selby** and **Chef Littley**.

"I enjoy sauces with three to four ingredients," said **Chef Littley**. "Like the Italian simplistic approach...fish, olive oil, salt and pepper. It's nice to have an adventure, but get creative based on the ingredients you have, not just by adding to embellish."

It's easy to get carried away with sauce. A little fat here, some cayenne, a lot of garlic there, splash of white wine, a tablespoon of a few things leftover in the fridge, finish with lemon zest and the next thing you know you have a sauce that's going nine different directions. *You lose track when you're having fun, right?* Well, get a grip sauce lovers.

"Like I always say, 'simplicity is elegant,'" said **Chef Parisi**. "Don't try to get too creative and mix together a bunch of flavors that don't go together. Remember that a sauce should just complement and not over power the flavor of that expensive steak you purchased!"

In other words, make it possible to taste and enjoy all the ingredients that went into your meal and appreciate them for what they are.

“I see a trend in sauces returning to simple, focused recipes; less ingredients and rustic techniques used to make traditional sauces or close to their true spirit,” said **Chef Selby**. “I guess what I’m trying to say is...no more Asian sauces used in Latino dishes, and vice versa.

“From a technique perspective, my favorites are rustic and by hand. I certainly appreciate the multiple times strained veal demi glace and the puree’s strained through tamis. Those preparations, though, are not exactly my style. I like to smash, pulse, blend, and grind!”

*I’d like to smash my way into some sauce soon.*



## Go fresh or go home

You don’t need to be convinced that local, fresh, and organic foods taste better—they always do. When the budget allows for it, I say go fresh or go home, and I’m not alone.

“Right now I am seeing more organic and more reduction sauces made with fruits and vinegars,” said **Chef Robin White of food blogging and Twitter #soupweek fame**. “I’m seeing] more syrupy sauces, not so much the old classics.”

Oh, we won’t lose the classics. Don’t you worry, **Chef Robin**.

## Saucy Dipper says: Don’t shun the dip

Clearly, I’m a fan of both sauces and dips. The line that differentiates between the two is not always clear, but I do know one thing for sure: Many feel that sauces are gourmet and dips are, well, more like picnic food (think tailgating and camping).

I asked **Chef Selby** for his take on sauces versus dips. Here’s what he had to say:

“Sauces tend to be thinner and most likely more flavorful than a dip. Take for example spiced sangria reduction we use on a scallops dish at Vesta. We reduce sangria with bacon and mulling spice; the sauce is syrupy and super intense in flavor...perfect as a drizzle around 2-3 scallops, but not necessarily something you would want to dip carrot, fries, or pita in.

“Dips are going to be thicker, chunkier, and heartier. I’d hesitate to call them less flavorful, but they certainly are not as intense as a plate sauce. Ultimately though, if you like it, use the sauce or dip as you please!”

As for dipping sauce trends, Saucy Dipper thinks you should expect to see more dinner parties that are less like sit-down formal dinners and are more like appetizer parties...or dip parties if you will. In case you haven’t yet heard of Dipstock, consider this your inside tip into the next big trend in sauce. Sauce and dip parties rock!

## You only think you’re following trends

I know, I know, I just spent all this time telling you that there are trends in sauce, and now I go and tell you that there aren’t.

*If a tree falls in the forest, does it make a sound?*

It’s safe to say that sauce trends are up for debate.

“Most sauces stem from or are variations of the five mother sauces, so I am not sure that a trend will ever be created,” said **Chef Parisi**. “Like I was once told, ‘no matter what I have made, it has been done 100 times before.’”

Point well taken. Like most things in life, it has been done before. What makes your sauce different is how you apply it to your own creations.

“One of the best chefs, if not the best, in Cincinnati, Jean Robert de Cavel taught me to not pay attention to trends,” said **Chef Steininger**. “Cook what you know and love. If it tastes good, people will keep coming back. I think if anything, there is a trend of limitless possibilities, especially when it comes to sauces.”



# A Sauce and Dip Dictionary

**Aioli** – Creamy sauce made from eggs, olive oil, and vinegar (or lemon juice). See mother sauces.

**Aromatics** – A spice or herb with a strong fragrance.

**Arrowroot** – A starch from the arrowroot plant that thickens sauce.

**Béchamel** – Milk, butter, and flour combined to create a traditional white sauce. See mother sauces.

**Beurre blanc (also beurre nantais)** – A warm butter sauce.

**Break** – When an emulsion separates.

**Broth** – Water used to blanch meat and/or vegetables. Could be used to create a soup or sauce, or it can be sipped on its own. See stock.

**Butter** – The fat separated from cow's milk. Used in cooking and as a spread. See spread.

**Caramelize** – When food browns during cooking.

**Chutney** – An East Indian sauce or relish made from sweet and sour flavors.

**Compote** – Baked or stewed fruit usually served as a dessert, but can also work well as a dip or spread.

**Condiment** – Any spice or sauce used to add flavor to foods.

**Curry** – 1) Mixture of spices 2) Western term to describe specific type of South Asian dishes.

**Dressing** – A liquid or semi-liquid used to coat a food or series of foods (often in a salad). Also called a sauce.

**Emulsion** – Two liquids that wouldn't normally become one do become one thanks to a third liquid (emulsifier).

**Espagnole** – Meat-based brown stock. See mother sauces.

**Fond** – Brown bits left in pan from sautéed meats and vegetables.

**Froth** – Foamy top layer of a liquid as result of aeration.

**Gravy** – Fat and drippings (collected during meat preparation) combined with flour and other flavors.

**Hollandaise** – Made from egg yolks, butter, and lemon juice. This creamy sauce is typically served over eggs or meat. See mother sauces.

**Immersion blender** – A hand held kitchen appliance used to blend or puree. Also called a hand blender.

**Marinade** – A liquid and seasoning combination used to infuse flavor into meat, chicken, fish, or vegetables. You drown the chosen food in the liquid and let sit for several hours before cooking.

**Mayonnaise** – Creamy sauce made from eggs, vegetable oil, and vinegar (or lemon juice). See mother sauces.

**Mirepoix** – Flavorful water created by boiling vegetables, usually celery, carrots, and onions. Often used as the start of a sauce.

**Mother sauces** – There are five mother sauces from which all sauces are based. They include Béchamel, Velouté, Espagnole; the two basic emulsified sauces, Hollandaise and Mayonnaise; and the oil and vinegar-based Vinaigrette.

**Reduce** – Boil a liquid without a lid in order to evaporate some of the liquid. A reduction results in more concentrated flavor.

**Relish** – Minced and pickled vegetables or fruit served as a food topping.

**Ribbons** – After beating a sugar and egg mixture for awhile, you can lift your spoon and watch the batter fall into bowl and notice that it looks like ribbons.



**Roux** – The result of melted butter (or other fat) combined with flour. The basis of many soups, gravies, and sauces.

**Salsa** – A combination of uncooked, chopped tomatoes, onions, peppers, and other flavors to create a spicy topping or dip.

**Sauce** – Usually a liquid served on top of prepared foods. A sauce sticks to food, while soup does not.

**Saucier** – A chef's assistant responsible for making sauces.

**Slurry** – Corn starch and chicken stock mixture. Use your fingers to get rid of the clumps.

**Spread** – Literally means “to go around.” Typically a tasty semi-liquid served atop crackers or bread.

**Stabilizer** – An ingredient of a sauce that prevents it from separating.

**Stock** – Produced by boiling meat, bones, or mirepoix for a flavorful liquid that serves as a base to many sauces. Similar to broth, but it's argued that stock has stronger flavors and more likely to be made from bones.

**Syrup** – Sweet liquid (usually so sweet it's sticky) used as an ingredient or on top of foods.

**Temper** – Before adding eggs to a warm sauce, add a spoonful of the sauce to a bowl containing the eggs. Beat the mixture and then add to sauce.

**Velouté** – A white sauce made from stock. See mother sauces.

**Vinaigrette** – Oil and vinegar seasoned with mustard and other aromatics. Often eaten as a salad dressing. See mother sauces.

**Water bath** – Some sauces don't need direct heat and can instead be warmed using a double boiler.

**Whip** – Add air to a mixture by quickly stirring in a circular motion. Usually with a whisk.

# Sauce Recipes

## Velouté recipe

- \*1 3/4 c. chicken stock
- \*2 tbsp. unsalted butter
- \*2 tbsp. all-purpose flour
- \*salt and pepper to taste

**Directions:** Heat chicken stock in a saucepan. In a separate sauce pan, melt butter. Add flour and stir with a wooden spoon. After three minutes, begin adding chicken stock in 1/4 cup increments. Pour slow and stir consistently. Allow a minute or so to pass between each addition. Once you've added all the stock, allow the velouté to remain on heat for a few more minutes. Taste and add more salt and pepper if necessary.



## Pesto recipe

- \*3 tbsp. freeze dried basil leaves
- \*2 cloves garlic, peeled
- \*2 tbsp. pine nuts
- \*3 tbsp. grated pamesan cheese
- \*Salt and pepper to taste
- \*4 tbsp olive oil

**Directions :** Process everything except salt, pepper, and olive oil. Then add the last two ingredients and continue to process. Add more olive oil until you have the consistency you want.



# Béchamel recipe

- \* 1/4 cup (1/2 stick) butter
- \* 1/4 cup all purpose flour
- \* 2 cups milk
- \* 3 eggs
- \* 1 cup grated Pamesan cheese



## Directions :

1. Melt butter in pan over medium-low heat
2. Slowly add flour while stirring and continue to stir for several minutes until the mixture has a nice floury aroma
3. Slowly add milk and continue mixing all the while
4. Turn the heat up a smidge to bring the mixture to a boil and keep stirring! (about another 2 minutes)
5. Beat the eggs in a separate bowl
6. Add a spoonful or two of the milk mixture into the bowl with the eggs and mix (this brings up the temperature of the eggs, so that it's not a total shock when the two combine)
7. Pour the egg mixture into the milk mixture and bring to boil whisking all the while
8. Remove from heat and stir in cheese and salt and pepper to taste

## Mayonnaise recipe

- \*1 egg yolk (pasteurized)
- \*1 tbsp lemon juice
- \*2/3 cup vegetable oil
- \*Salt, paprika, and hot sauce to taste (I used about a tsp of each)



**Directions:** 1) Separate the egg white from the egg yolk. 2) Whisk the yolk and add a few drops of lemon juice. 3) Add one drop of oil and whisk like crazy. 4) Slowly add one drop at a time and continue whisking fast. Things should start to look creamy. 5) Add more oil a little faster now. Once it resembles mayo you can add more of your lemon juice. 6) Continue whisking until you've poured in all your oil and lemon juice. 7) When you're satisfied with its appearance add your seasonings to taste.

## Simple vinaigrette recipe

- \*2 tbsp. apple cider vinegar
- \*1 tbsp. lime juice
- \*1 tsp. Dijon mustard
- \*1 tsp. each of salt, pepper, and paprika
- \*4 tbsp. olive oil



**Directions:** Whisk the vinegar and lime juice together in a Tupperware bowl. Add salt, pepper, and paprika. Continue to whisk. Let the mixture rest for a few minutes to allow the flavors to settle. Slowly drip one tablespoon of olive oil at a time all the while whisking. Once all the ingredients are in the container, seal it and shake like crazy.

## Spicy beer and butter sauce (with shrimp)



- \*4 tbsp. butter
- \*1 small onion, chopped
- \*6 cloves garlic, minced
- \*2 tbsp. Italian seasoning
- \*2 tsp. cayenne
- \*1/2 tsp. salt
- \*1/2 tsp. pepper (or steak rub)
- \*16 oz. shrimp
- \*1/2 cup beer (I used Coors Light, but any regular lager will do the job)

**Directions:** Sauté onion and garlic in butter until the onions are soft. Add seasonings and shrimp. Don't stop stirring until the shrimp is the perfect shade of pink. Add beer and let simmer for 45-60 seconds.

# Special Thanks

Chef Chuck Kerber of [www.PittsburghHotPlate.com](http://www.PittsburghHotPlate.com)

Chef Dennis K. Littlely of [www.MorethanaMountfull.com](http://www.MorethanaMountfull.com)

Chef Caitlin MacEachen Steininger of [www.CookingwithCaitlin.com](http://www.CookingwithCaitlin.com)

Chef Billy Parisi of [www.BillyParisi.com](http://www.BillyParisi.com)

Chris Perrin of [www.BlogWellDone.com](http://www.BlogWellDone.com)

Chef Matt Selby of Denver's Vesta Dipping Grill and Steuben's

Chef Amy Vitale of Denver's TABLES

Chef Robin White of [www.ChefRobinWhite.com](http://www.ChefRobinWhite.com)

# Resources

<http://www.kikkoman.com/soysaucemuseum/history/02.shtml>

<http://www.roanoke.com/columnists/nair/wb/223191>

[http://www.tabasco.com/tabasco\\_history/mcilhenny.cfm](http://www.tabasco.com/tabasco_history/mcilhenny.cfm)

<http://en.wikipedia.org/wiki/Sauce>

<http://web.mit.edu/invent/iow/sontheimer.html>

<http://www.kikkoman.com/soysaucemuseum/history/02.shtml>

<http://www.roanoke.com/columnists/nair/wb/223191><http://paperspast.natlib.govt.nz/cgi-bin/paperspast?a=d&d=OW18740822.2.54.1&cl=CL2.1874.08&e=---10-1--0->

[http://www.tabasco.com/tabasco\\_history/mcilhenny.cfm](http://www.tabasco.com/tabasco_history/mcilhenny.cfm)

<http://www.kirkfood.com.au/index.php?action=help&helpcatID=359&helpID=5984>

<http://en.wikipedia.org/wiki/SauceBOOK><http://web.mit.edu/invent/iow/sontheimer.html>

The Sauce Book, Paul Gayler, 2008