

Sauces

The purpose of sauces is to make food more palatable and to enhance natural flavors, but not to cover up poor foods. Some sauces are made plain and some are spicy as desired or as the menu requires.

Technically speaking, sauces may be: brown gravy, cream sauce, or the natural juices that come from the roasting pan. If properly handled, no spices are needed at all in natural juice from roasts.

Some sauces are made in a jiffy; others require long cooking. For example: a very good fresh mushroom sauce can be made within five minutes. On the other hand, a barbecue sauce that includes many dry herbs and spices should be simmered for at least three hours to produce the best results. Dry spices are much like navy beans that are soaked twelve hours to get the best results. We must allow time for nature to take its course. Some spices may cook for the full length of time. Others should be added only long enough to serve the purpose for which they are used. Peppercorn, and black or white pepper should be cooked a long time. Leaf thyme, bay leaf, and garlic need to stay in only long enough to shed their flavor.

The modern experimenter with herbs in sauces may save much time and produce a better sauce by becoming acquainted with the new herb sauce blends now on the market and also the vegetable protein derivatives which give such long-sought lifts to otherwise hidden flavors.

WHITE OR CREAM SAUCE

The only difference between "white" and "cream" sauce is that "white" sauce is made with milk and "cream" sauce with cream. The roux for thickening both sauces should be made by using equal portions of butter and flour. The sauce may be made thin, medium or heavy. It

Precautions

Milk should never be added to stock before stock is added to roux.

Cheese should be added to cream or white sauce rather than to the milk. This method will prevent curdling.

is not good to follow the old idea of using a flour paste to make a good cream sauce. The flour should be cooked and the best way to do that is by making a roux of hot butter or some good fat and cooking it until it almost begins to brown. The results will not be so pasty or gooey.

No. 1—THIN SAUCE

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk or cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon white pepper

No. 2—MEDIUM SAUCE

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk or cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon white pepper

No. 3—HEAVY SAUCE

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk or cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon white pepper

Cook flour and butter together well, but do not brown. Add hot milk or cream. Season with about $\frac{1}{2}$ teaspoon salt and a few grains of white pepper.

I would suggest that you try $\frac{1}{4}$ teaspoon mono sodium glutamate per cup of white or cream sauce especially when serving with canned vegetables, leftovers, or food which may have to stand for some time before being served.

WHITE FISH STOCK

A plain fish stock may be made by using whatever fish bones and trimmings are on hand—just be sure they are fresh. Add water to barely cover; simmer until tender, and strain through cheesecloth. Season with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon Dash Seasoning Salt.

A richer and more tasty stock may be made by adding the fish bones and trimmings to the recipe for Court Bouillon. Mushrooms—skins and peeling—may be added, and white wine as the case may be.

FISH ESSENCE

Prepare fish, spices and vegetables as for White Fish Stock. Clarify with egg whites. This latter is done by using 2 egg whites to each cupful of stock. Stir one-fourth of the stock into the egg whites after they've been beaten slightly, add remainder—boiling hot—into this egg mixture. Then cook at low temperature, without stirring, until eggs are completely coagulated. Strain—also without stirring or forcing in any way.

FISH VELOUTE

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup white fish stock
- $\frac{1}{8}$ teaspoon cayenne pepper
- salt to taste

Melt butter in sauce pan over low fire. Stir in flour and cook well, but do not brown. Gradually add the hot fish stock, season, and whip until thick. Strain through fine wire strainer.

May be used hot or cold. If holding for a time, cool and keep in refrigerator.

ALLEMANDE SAUCE

- 2 cups Fish Veloute
- $1\frac{1}{2}$ tablespoons lemon juice
- 2 tablespoons mushroom catsup or very finely chopped fresh or canned mushrooms
- 1 egg yolk
- pinch of tumeric
- few grains of grated nutmeg
- salt

Beat the egg yolk before combining it with other ingredients. Heat Fish Veloute and combine all ingredients, seasoning to taste with salt, and whip until smooth as velvet. Serve hot.

CARDINAL SAUCE

- 2 cups Fish Veloute
- $\frac{1}{4}$ cup Lobster Butter (see Butters section)
- 1 cup good tomato sauce or tomato paste

Heat Fish Veloute. Add lobster butter and tomato sauce, season with salt, if needed. Blend ingredients well with wire whip in double boiler. Serve hot.

COURT BOUILLON

- $\frac{1}{2}$ cup carrot, cut fine
- $\frac{1}{2}$ cup onion, cut in rings or sliced thin
- $\frac{1}{2}$ cup celery, sliced
- 4 sprigs parsley, whole
- 1 bay leaf, whole
- $\frac{1}{2}$ cup vinegar
- 2 cups water
- 1 tablespoon sugar
- 2 teaspoons salt
- 1 tablespoon butter
- 1 whole black pepper
- 1 allspice

Mix all ingredients and begin cooking in cold water. Simmer for 1 hour. (Add more water if necessary.) Strain and use as needed for preparation of fish. This makes a wonderful stock in which to boil fish.

CREOLE SAUCE

- 2 tablespoons butter
- $\frac{1}{4}$ cup onion rings
- 2 tablespoons finely cut green pepper
- 2 cups canned tomatoes
- $\frac{1}{4}$ teaspoon garlic salt or Old Hickory Buckaroo Seasoning
- $\frac{1}{4}$ teaspoon Tomato Teasoning
- $\frac{1}{2}$ teaspoon paprika
- pinch of thyme
- Season to taste with salt, pepper, and sugar

Saute fresh vegetables in butter for 10 to 15 minutes. Add seasoning and tomatoes, and continue stirring until it comes to a boil. Cook on a low fire or in double boiler until all ingredients are tender and well blended. Strain; keep in refrigerator. Serve hot and hot alone. Use on Shrimp Creole or other fish as desired.

EGG SAUCE

- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{16}$ teaspoon white pepper
- $\frac{2}{3}$ cup fish stock
- $\frac{2}{3}$ cup cream or milk
- 3 hard cooked eggs, chopped
- 1 tablespoon chopped parsley
- 2 tablespoons chopped sweet pickles
- 1 tablespoon chopped green olives or stuffed olives
- $\frac{1}{4}$ teaspoon Dash or $\frac{1}{8}$ teaspoon marjoram, $\frac{1}{8}$ teaspoon savory, $\frac{1}{4}$ teaspoon "MSG"
- Make Roux
- 2 tablespoons butter
- 2 tablespoons flour

Make roux. Add hot fish stock and hot cream to roux gradually. Season, and fold in other ingredients. Serve hot on fish as needed. May be used on broiled, baked, or boiled fish of any kind; very good on baked Finan Haddie.

FIGARO SAUCE

- 2 cups tomato puree
- ¼ teaspoon leaf thyme (dry)
- 1 bay leaf
- 1 peppercorn
- ¼ teaspoon crumbled rosemary leaf

Combine all ingredients. Cook slowly until thick. Season to taste with salt and sugar. Strain through fine sieve. Cool. Mix with equal portion of mayonnaise. Serve with any fish requiring Figaro Sauce.

SEAFOOD COCKTAIL SAUCE

- 2 tablespoons green pepper, cut fine
- 2 tablespoons onion, cut fine
- ½ cup celery, sliced thin and cut fine
- ½ cup catsup
- 1 cup chili sauce
- 1 tablespoon A-1 Sauce
- 1 tablespoon Worcestershire Sauce
- Dash of Tobasco and only a dash or ⅛ teaspoon
- 1 tablespoon fresh grated horseradish
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon lemon juice
- ¼ teaspoon Dash seasoning salt and Old Hickory Buckaroo Seasoning mixed

Mix well 6 hours before serving. Yields 2½ cups. Can be kept two weeks under good refrigeration.

May be used on pork, any seafoods—hot or cold—pickled fish, lobster, and especially good with shrimp or oysters on the half shell or broiled.

TARTAR SAUCE

- ¼ cup green olives, chopped
- ¼ cup sour pickles, chopped
- 2 tablespoons shallots or small onions, chopped fine
- 1 tablespoon capers
- 1 teaspoon parsley, chopped
- 1 hard cooked egg, chopped
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire Sauce
- 2½ cups mayonnaise

Chop olives, pickles, egg, onions, and parsley—each separately—and then combine all ingredients. Mix well, and chill before serving.

CREOLE OR SPANISH SAUCE

- 2 cups tomatoes, canned or fresh quartered
- ½ cup minced onion
- ½ cup green pepper, minced
- 1 tablespoon parsley, chopped
- 1 bay leaf
- ¼ teaspoon garlic powder or garlic salt
- dash of Tobasco sauce
- 1 peppercorn
- 1 teaspoon sugar
- 2 tablespoons fat or butter
- 1 teaspoon paprika
- 2 cups stock made by dissolving 2 bouillon cubes in 2 cups hot water

Make Roux:

- 2 tablespoons flour
- 2 tablespoons fat

Saute all vegetables except tomatoes in fat until translucent. Add spices, tomatoes, and stock; cook slowly for at least two hours. Force through strainer until vegetables have been thoroughly pureed. Add Roux. Whip until smooth. Serve as desired.

QUICK CREOLE OR SPANISH SAUCE

Use canned tomato soup, but follow all other steps except length of cooking time in above recipe. That is, saute vegetables, add seasonings and tomato soup; heat thoroughly, and serve. No Roux needed.

BARBECUE SAUCE

- 4 tablespoons butter or good fat
- ¼ cup onion, finely chopped
- 1½ teaspoon white pepper
- 2 tablespoons sugar
- 2 tablespoons celery salt
- 4 teaspoons paprika
- 3 tablespoons garlic vinegar
- 3 cups seasoned stock*
- 1 teaspoon Tabasco sauce
- 2 tablespoons Worcestershire sauce
- 1½ cup chili sauce

Saute onions in butter until tender. Add all dry ingredients, then liquid ingredients. Boil slowly for 1 hour. Pour over meat. Heat in oven at low temperature for 30 minutes or more. (Yield—1 quart).

*If this sauce is to be kept for any length of time, use bouillon cubes dissolved in hot water instead of meat stock.

CRANBERRY SAUCE

- 1½ cups sugar
- 2 cups water
- 1 pound or 4 cups cranberries

Wash cranberries in cold water and remove any stems or soft berries. Combine sugar and water. Bring to boil; lower temperature. Simmer for 5 minutes. Add cranberries and cook slowly without stirring until all the skins pop open. Remove from fire and allow the sauce to remain in the vessel until cool.

JELLED CRANBERRY SAUCE

- 2 cups sugar
- 2 cups water
- 1 pound or 4 cups cranberries

Wash and sort cranberries; then cook in boiling water until all skins have popped open. Add sugar and cook until thick. Work through a fine wire strainer. Return to fire and cook until hot and thick. Much care should be used, since cranberries burn easily. Pour into molds and cool before putting into refrigerator.

COLD HORSERADISH SAUCE

- 2 cups whipped cream
- 2 tablespoons dehydrated horseradish or 4 tablespoons fresh horseradish
- 2 tablespoons garlic vinegar (if dehydrated horseradish is used)
- ½ teaspoon salt

If using the dehydrated horseradish, soak for ten minutes or more in the vinegar. Add salt, and fold into the whipped cream. Serve cold with ham.

MUSTARD SAUCE

(Christine Notterstead)

- 1 cup brown sugar
- 1 cup prepared mustard
- 1 cup chili sauce

Combine all ingredients and mix well six hours before serving. May be served hot or cold.

MUSTARD SAUCE FOR CORNED BEEF

- 3 tablespoons butter
- 1½ tablespoons flour
- 2 tablespoons prepared mustard
- ½ cup boiling water or meat stock
- ½ cup boiling vinegar
- ½ teaspoon salt—if water is used

- 1 tablespoon dehydrated horseradish (soak for 10 minutes) or 2 tablespoons fresh horseradish

Use double boiler. Melt butter, add flour and blend as for cream sauce. Add hot water and vinegar gradually, stirring until smooth. Add other ingredients. Bring to boil. Serve hot.

RAISIN SAUCE

- ½ cup sugar
- ½ cup prepared mustard
- ½ cup seedless raisins, chopped fine
- 1 tablespoon ham fat
- ¼ cup vinegar
- 1 tablespoon dehydrated horseradish
- ½ tablespoon Worcestershire Sauce
- ¼ teaspoon white pepper
- ¾ tablespoon arrowroot starch
- Few grains of ground cloves and mace

Mix all ingredients except starch. Heat and thicken with starch which has been moistened in water. Or it may be thickened with roux made of flour and ham fat if the arrowroot is not available. Serve hot with ham.

MUSHROOM SAUCE

(Serves 8)

- 1 pound fresh mushrooms or 2 No. 1 cans mushrooms
- ½ cup onions, sliced thin and cut across
- ½ cup green peppers, sliced thin
- 1 teaspoon Lawry Seasoning Salt, or Griffith's Roast Meat Seasoning, or other seasoning salt
- ¼ teaspoon white pepper
- 1 teaspoon salt
- ¼ cup butter
- 2 tablespoons parsley, chopped
- 2 cups milk
- 1½ cups good brown beef or veal stock, or beef bouillon
- 3 tablespoons flour

Wash mushrooms and peel if necessary. Mushrooms may be sliced, chopped, or left whole before cooking. Quarter slices of onions and green peppers. Saute onions in butter until translucent. Add seasoning; then mushrooms and green peppers. Toss around until hot; sprinkle in flour, and continue cooking. Add hot stock gradually and stir until thick. Reduce heat and stir in hot milk. Serve hot.

HOLANDAISE SAUCE

(Measurements for Individual Service)

- ¼ cup butter
- 1 egg yolk
- ⅛ teaspoon salt or Seasoning Salt
- 2 tablespoons lemon juice

Use double boiler with boiling water not quite touching the upper pan. Divide butter in three pieces. Put one piece in the top pan to melt. Mix the egg yolk and lemon juice, and add to the piece of melted butter. Stir rapidly and constantly, adding another portion of butter as first ingredients become smooth; when mixture begins to thicken, add the third piece of butter and the salt. As soon as thickened, remove from fire. The tricks in successful Hollandaise are constant stirring; not cooking one second too long; and being ready to serve the moment it is taken from the fire. This sauce should be made while the guest waits, and never for large quantity service.

If sauce shows signs of curdling more liquid is needed. For the desired result add—a little at a time—any one of the following: lemon juice, vinegar, cream, stock, or water—until proper consistency is reached.

HOT SAUCE FOR WIENERS

- 1 pound beef, ground coarsely
- 1 cup fat or suet
- 4 cups onion, minced
- ½ tablespoon celery salt
- 1 tablespoon whole black pepper
- ½ tablespoon whole white pepper
- 1 tablespoon paprika
- ½ teaspoon rosemary
- ⅛ teaspoon leaf thyme
- 1 bay leaf
- 1¼ tablespoons chili powder (Mexene)
- ½ teaspoon cayenne pepper
- 1½ cups chili sauce
- 4 tablespoons Mixed Herb Wine vinegar
- ½ clove garlic, mashed (remove when fragrance becomes evident)
- 1 tablespoon sugar
- 1 tablespoon Worcestershire sauce
- ½ teaspoon Tabasco sauce

Saute meat in hot fat. Cook until all signs of blood disappear. Add onions and cook until translucent. Add all the spices, garlic and vinegar and cook for a period of two hours—just simmering, and stirring occasionally. Add chili sauce and cook over boiling water or in double

boiler for a period of six hours. Add Worcestershire sauce and Tabasco sauce just before removing from the heat.

Serve with wieners that have been heated through in boiling water. (Yield—8 cups).

MINT SAUCE

- ½ cup fresh mint
- 1 tablespoon sugar
- 2 tablespoons lemon juice
- ½ cup Mixed Herb Wine Vinegar

Chop the fresh mint and mash it into the sugar. Let stand for two hours. Add the lemon juice and vinegar; let stand for four hours. Then serve cold. Especially recommended for lamb.

HERB SAUCE

(Recommended for Venison)

- 2⅓ tablespoons onion, cut fine
- 1 tablespoon chives, cut fine
- 2 tablespoons parsley, cut fine
- ¼ teaspoon rosemary
- ⅓ to ½ teaspoon thyme, crushed fine and added during the last 10 minutes of cooking. Avoid using too much.
- 2 tablespoons butter
- ½ cup juice from roast
- ½ cup water
- 1 tablespoon Worcestershire
- 1 tablespoon A-1 Sauce
- 1 dash Tabasco sauce

Saute onion in butter; after onion is translucent add the chives, parsley, rosemary and thyme and let simmer not more than 10 minutes over very low flame. Add sauces.

Mix meat juice and water and bring to a boil. Add to the sauted herbs, and serve hot. May be used with wild game roasts or other meat when high herb flavor is desired.

HERB BUTTER SAUCE

(Recommended for Venison)

- 2⅓ tablespoons onion, cut fine
- 1 tablespoon chives
- 2 tablespoons parsley
- ¼ teaspoon rosemary
- 1 tablespoon Worcestershire
- 1 tablespoon lemon juice
- ⅓ to ½ teaspoon thyme, crushed fine and added during last 10 minutes of cooking

Combine as in recipe above. Serve hot on steaks and chops.