

French Sauce Demo

5 'Original' mother sauces of French cuisine (Most sauces we know today are derived from these 5 sauces.)

1. **Bechamel** - made of butter, flour and milk
2. **Veloute** – similar to béchamel but made with animal stock
3. **Espagnole** - a combination of a dark brown roux (butter and flour cooked together until nutty brown), tomato paste, browned veggies, herbs, and rich meat stock.
4. **Hollandaise** - a rich, buttery yellow sauce
5. **Tomato** - is, well, tomato sauce. Use it on pizza, pasta, meat, or chicken. Dress it up or down with ground sausage, mushrooms, olives, or any manner of veggies.

Basic Red Sauce Recipe (Adapted from Rouxbe Cooking School)

- 4 - 28 oz (796 ml) cans whole tomatoes
- 1 - 5.5 oz (162 ml) can tomato paste
- ½ medium onion (1 cup)
- 4 large cloves of garlic

Step 1: Preparing Your Mise en Place

To prepare your mise en place, finely dice onions and émincé garlic. Deseed tomatoes by pushing them through a food mill or passatutto. Measure the tomato paste and set aside.

To make thicker sauce, drain liquid from whole tomatoes and pass only the whole tomatoes through the food mill or passatutto. Use drained liquid in another dish.

Step 2: Making the Sauce

- pinch of kosher or sea salt

To start the sauce, heat a heavy-bottomed pot over medium-low heat. Add onions and a pinch of salt; let onions gently cook until they soften and just begin to turn a slight golden color.

Add the garlic and cook for about 1 minute, just until softened. Stir in tomato paste; gently cook for a few minutes until it becomes a shade darker. Add deseeded tomatoes and a good pinch of salt. Stir to combine; bring to a simmer over medium-low heat. Cook uncovered for about 45 minutes, stirring occasionally to prevent scorching.

Step 3: Finishing the Sauce

- 8 basil leaves (optional)
- sea salt, to taste
- freshly ground black pepper, to taste (optional)

Once the sauce has finished cooking, turn off the heat and taste for seasoning. To give the sauce an Italian flair, add torn, fresh basil to finish.

→ Ideas

- Create different flavor profiles with slight additions and changes to this classic sauce. Examples:
 - Add capers, olives, parsley, lemon zest, and red chili flakes for spicy Italian puttanesca sauce; serve over zucchini noodles.
 - Add toasted cumin, a shot of vinegar, a pinch of sweetener, a garlic clove, cilantro, and ground red chili for a delicious red enchilada sauce.
 - Add caramelized onions, ground cayenne, toasted cumin, coriander, and caraway for a North-African simmer sauce.
 - Add plant-based white sauce to create a creamy rosé sauce
 - Make pizza sauce by adding oregano/Italian spices and add a pinch of sugar.
 - Stuffed shells with tofu ricotta
 - Add homemade sausage seasoning to seitan and make pasta or pizza.
 - Stuffed peppers – mix red & white sauces together and use quinoa mushroom filling in PPB cookbook

→ Tips

- The better the tomato sauce the better the outcome.
 - Compared to the Roma tomato, San Marzano tomatoes are thinner and more pointed. The flesh is much thicker with fewer seeds, and the taste is stronger, sweeter and less acidic
 - San Marzano tomatoes originate from the small town of San Marzano sul Sarno, near Naples, Italy, and were first grown in volcanic soil in the shadow of Mount Vesuvius.
 - DeLallo Imported Italian Salerno Plum Tomatoes are most treasured Italian tomatoes, hand-harvested in local fields of Salerno, Italy a region known for its lush volcanic soil and sunny growing season. Picked at peak of flavor and packed fresh in their natural juices.

Cashew Béchamel (Adapted from Rouxbe Cooking School)**Step 1: Preparing the Cashews**

- 2 cups raw cashews
- 4 - 6 cups warm water

In a medium bowl, soak cashews in water for 3-4 hours to soften. Strain, reserving cashews and discarding liquid.

Step 2: Preparing the Sauce

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| • 1 cup onion, diced | • 1 tbsp onion granules |
| • 1 ½ cups vegetable stock | • pinch of freshly grated nutmeg |
| • ½ cup dry white wine | • pinch of white pepper |
| • 2 ½ tbsp nutritional yeast | • 1 tsp sea salt (optional) |
| • 2 cloves garlic | |

Gather and prepare your mise en place. (For no oil sauté: Sweat the onion with a good pinch of kosher salt till translucent and use water to maintain a light color to the sauce.)

Transfer cooked onions and garlic into blender.

To finish, add cashews, remaining vegetable stock, white wine, garlic, nutritional yeast, onion granules, nutmeg, white pepper, and salt (if using). Blend on high until smooth. For a thinner consistency, add more liquid.

→ Ideas

- Cream greens for a side or add over top of a risotto
- Cream spinach & mushrooms for a delicious pizza topping
- Use for making a white lasagna
- Use for thickening and adding extra crème to soups
- Make into a nacho sauce by adding in roasted red pepper onion powder and nutritional yeast
 - ✓ Mix with pasta to make a cheesy Nacho Pasta
 - ✓ Pour over broccoli and baked potato
 - ✓ Add more cashews to make a thicker dip consistency.

→ Tips

- Make a full batch and freeze in 1 - 2 cup increments.
- White sauce can also be thinned to serve as the base for a soup or chowder.