

THE FIVE FRENCH MOTHER SAUCES



The French mother sauces were originally four base sauces set forth by Antonin Careme in the 19th century. Careme's four original mother sauces were *Allemande*, *Bechamel*, *Veloute* & *Espagnole*.

In the 20th century, Chef *Auguste Escoffier* demoted *Allemande* to a secondary sauce of *Veloute*, and added *Sauce Tomat* & *Hollandaise*.

SAUCE BECHAMEL

Base
White Roux
(Flour & Butter),
Milk

Classically Served With:
Eggs, Fish,
Steamed Poultry

Classical Flavourings:
White Onion, Clove,
Bay Leaf, Salt, White
Pepper, Nutmeg

Common Secondary Sauces:
Cream Sauce,
Mornay, Cheddar
Cheese Sauce

WHAT'S A ROUX?

A cooked mixture of fat & flour. Generally used to thicken sauces & soups



SAUCE TOMAT

Base
Tomatoes and Roux

Classically Served With:
Pasta, Fish, Vegetables (especially Grilled), Polenta, Veal, Poultry (especially Chicken), Breads and Dumplings such as Gnocchi

Classical Flavourings:
Salt Pork, Mirepoix,
Garlic, White Veal
Stock, Salt & Pepper,
Sugar

Common Secondary Sauces:
Creole, Portuguese and Spanish Sauce Tomat

SAUCE VELOUTE

Base
White Stock,
Roux

Classical Flavourings:
None, used specifically as a base

Common Secondary Sauces:
Sauce Vin Blanc, Sauce Supreme, Sauce Allemande

Classically Served With:
Eggs, Fish,
Steamed Poultry,
Steamed Vegetables,
Pastas, Veal

SAUCE ESPAGNOLE

Base
Roasted Veal Stock,
Brown Roux

Classical Flavourings:
Mirepoix, Sachet
(Bay Leaf, Fresh
Thyme, Parsley),
Tomato Puree

Classically Served With:
Roasted meats,
especially beef,
duck, veal, lamb

Common Secondary Sauces:
Demi-Glace, Bordelaise,
Sauce Robert

HOLLANDAISE SAUCE

Base
Egg Yolks and Butter

Classically Served With:
Eggs (Eggs Benedict),
Vegetables (especially Asparagus), light poultry dishes, fish, Beef (Bearnaise Sauce)

Classical Flavourings:
Peppercorns (Black),
White Wine Vinegar,
Salt, Lemon Juice,
Cayenne Pepper

Common Secondary Sauces:
Bearnaise, Maltaise,
Mousseline