



Hospitality and Catering

Producing hot sauces

Lesson 4

Improve your knowledge of hot sauces, learn how to prepare, store and cook various hot sauces.





Base sauces create the foundation of others

There are three main base sauces which can be used to make more refined sauces for specific dishes and flavours.





Base sauces create others

Bechamel – white sauce with
milk

Espagnole – dark sauce with
meat stock and tomato puree

Velouté – white sauce made with
stock





Bechamel white sauce

- Make roux and slowly add milk a bit at a time.
- Stir and mix until smooth before adding more liquid.





Bechamel

- Continue adding milk until the sauce thinly coats the back of a spoon
- Simmer for 40 minutes to cook out the roux





Bechamel sauce derivative

- Add cheese to make *Mornay* sauce for cauliflower dishes
- Add chopped parsley for *Parsley* sauce





Espagnole

- Make a roux and slowly add dark meat stock
- Stir and mix until smooth before adding more stock





Espagnole

- Add tomato puree and browned vegetables for flavour and colour





Espagnole

- Simmer for 40 minutes to cook out the roux
- Sauce should thinly coat the back of a spoon





Espagnole dervitive's

- Add mushrooms and wine for
Chasseur sauce for chicken





Espagnole derivative's

- Add red wine for
Bourguignon sauce with beef





Espagnole derivative's

- Reduce in half to use a thickening agent for other dark sauces 'demi-glaze'.





Velouté

Cook in the same way as a bechamel but add light fish or chicken stock instead of milk.





Velouté

Add different ingredients for different dishes:

- Mushrooms and sherry for
Chicken
- Shallots and white wine for fish





Straining

All sauces are strained once cooked.

This removes any lumps and impurities.





Revision Activity 4

**How do you make
bechamel sauce?**