

# SAUCES, BUTTERS, ASPICS, FILLINGS, AND MARINADES

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## All-Purpose Sauces

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### Béchamel Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper

Melt butter in top of double boiler over boiling water. Stir in flour with wooden spoon until smooth. Gradually add milk, stirring constantly, and continue cooking until sauce is thick and smooth. Add salt and pepper. Remove from heat.

Makes about 2 cups of sauce.

This recipe is a fancy version of a basic white sauce. The sauce can be used any time you need a white sauce.

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### Cheddar Cheese Sauce

- 6 tablespoons butter
- 6 tablespoons flour
- 3 cups milk
- 1 1/2 cups Cheddar cheese, grated  
salt and pepper to taste

Melt the butter in a 2 quart saucepan over low heat. Stir in the flour and continue stirring until well blended and bubbly. Add the milk and stir until well blended. Add the cheese and continue stirring until the cheese is melted and the sauce has thickened.

Makes two cups of very cheesy sauce.

Bob likes to cook the sauce until it is thickened without adding the cheese. Then he removes the sauce from the heat, adds half the cheese, stirs until incorporated, and then adds the rest of the cheese, stirring until incorporated. He feels the sauce is less likely to curdle with this method.

This sauce is excellent over cauliflower, broccoli, or asparagus. See Ham Rolls with Cheese Sauce.

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### Easy Country Hollandaise Sauce

- 3 large egg yolks
- 1 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoons freshly ground white pepper
- 1/4 teaspoon dill leaves
- 1/2 pound butter

Combine all of the ingredients except the butter in a food processor or blender on high speed. Continue, scraping if necessary until the egg mixture is smooth. Melt the butter until bubbly. Add the butter to the egg mixture while processing. Add in a very slow stream. Stop processing as soon as all the butter is added.

This recipe is used in Chicken Dungeness.

Makes about 1 cup of sauce.

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### Fresh Tomato Sauce

- 4 pounds of tomatoes, peeled, cored and coarsely chopped
- 2 tablespoons extra virgin olive oil
- 1 cup onion, finely chopped
- 3 medium cloves garlic, peeled and minced
- 1/2 cup dry red wine
- 1 6 ounce can tomato paste
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 bay leaves
- 1/3 cup chopped Italian parsley
- 1/2 teaspoon freshly ground pepper

In a large pan, heat olive oil over medium low heat. Add the onion and garlic. Cover and cook ten minutes. Add the wine and cook, uncovered, until reduced in half. Add the chopped tomatoes, tomato paste, bay leaves, salt and

sugar. Bring to a boil, reduce the heat and simmer, stirring occasionally for 60 minutes, until the sauce has thickened and concentrated. Stir in the parsley and pepper.

I found this sauce is better after it is frozen than when it is fresh. It is relatively mild, so I usually add more garlic than the 3 cloves in the original recipe. It tastes like the sauces Larry and I had in Italy on the pasta serving which usually came as a separate course.

The first time I made this sauce, I stirred it into cooked pasta and added some pork I had sautéed and marinated. The second time, I added some chicken, that I had marinated and sautéed, along with some peas. Both were good.

*MEP - Seattle Times Kitchen*

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### **Hollandaise Sauce**

- 2 egg yolks
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1/2 cup very cold butter, cut in half

Keep heat low and stir briskly at all times. In a small sauce pan mix egg yolks, lemon juice and mustard with a wooden spoon. Add 1/4 cup very cold butter. Stir over very low heat until the butter is melted. Add remaining 1/4 cup of very cold butter and continue to stir until butter is melted and sauce is thickened. Be sure butter melts very slowly or sauce will not thicken and will curdle.

Remove immediately once butter is melted or sauce will separate.

Makes about 1 cup of sauce.

Hollandaise sauce can be used with eggs, with vegetables, with chicken, and with seafood. Some restaurants also use it with steak.

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### **Hollandaise Sauce--Food Processor**

- 3 egg yolks

- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 cup melted butter (1/2 pound)

Put egg yolks, mustard and lemon juice in bowl of food processor. Beat until well blended. Add the melted butter just a few drops at a time at first, then increasing the flow to a slow steady stream about 1/16 of an inch wide. The slower you add the butter the thicker the sauce will be, but it must be continuous. Stop at once when all the butter is added. If you do not stop your sauce will break down.

This sauce is good over asparagus, broccoli, cauliflower and Brussels sprouts. This sauce can be used to make eggs benedict. This sauce used in Asparagus with Hollandaise Sauce recipe.

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### **Parmesan Cheese Cream Sauce**

- 1/4 cup butter
- 1/4 cup flour
- 1 1/2 cups chicken broth
- 2 tablespoons dry white wine
- 1/4-1/2 teaspoon freshly grated nutmeg
- 1/2 cup whipping cream, whipped
- 1/2 cup freshly grated Parmesan cheese

In a heavy saucepan, melt the butter over low heat. Blend in the flour. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Gradually stir in the broth. Return to stove and bring to a boil, stirring constantly. Boil for 1 minute. Remove from heat. Stir in wine and nutmeg. Gently fold in the whipped cream and the Parmesan cheese.

Makes about 2 cups of sauce.

This sauce is good over vegetables and chicken.

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### **Swiss Cheese Cream Sauce**

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk

- 1 cup heavy cream (whipping)  
salt and freshly ground pepper to taste
- 1 egg yolk
- 1/4 cup Swiss cheese, grated

Melt the butter in a saucepan and add flour stirring with a wooden spoon. When blended and smooth, add milk and cook, stirring constantly, until mixture is thickened and smooth. Add cream, bring to a boil. Add salt and freshly ground pepper to taste. Simmer 5 minutes.

Remove sauce from heat and add egg yolk, stirring rapidly with a wire whisk. Add grated Swiss cheese and stir until melted.

This type of sauce goes well with veal. The sauce can also be used over vegetables such as cauliflower and broccoli.

Makes about 2 cups of sauce.

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## Veloute Sauce

- 2 tablespoons butter
- 3 tablespoons flour
- 2 cups chicken stock  
salt and pepper to taste

Heat chicken stock just until boiling. Meanwhile melt the butter in a sauce pan over low heat. Stir in the flour and cook slowly stirring constantly until the butter and flour froth together for 2 minutes to form a roux. Remove from heat and let stand until roux stops bubbling.

Add the hot chicken broth all at once and beat vigorously with a wire whip to blend the chicken stock and the roux. Set saucepan over moderately high heat and stir with a wire whip until sauce comes to a boil. Continue stirring and boil for 1 minute. Remove from heat and add salt and pepper to taste.

Makes 2 cups of sauce

This sauce goes best with chicken recipes.

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## White Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper

Melt butter in a small sauce pan. Add flour, stirring constantly until mixture thickens and bubbles for one minute. Stir in the milk and continuing stirring until mixture thickens. Add salt and pepper.

This recipe makes a medium white sauce. If you want a thin sauce use one tablespoon of butter and one tablespoon of flour. If you want a thick sauce use 3 tablespoons of butter and three tablespoons of flour.

Makes 1 cup of sauce.

A basic sauce to use any time you need the foundation for a cheese sauce. I use this sauce to make creamed potatoes and peas.

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## Meat Sauces, Aspics, and Fillings

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### All-Purpose Barbecue Sauce

- 1 onion
- 4 tablespoons cooking oil
- 1 clove garlic, finely chopped
- 1/2 cup celery, finely chopped
- 3/4 cup chile sauce
- 3/4 cup catsup
- 1/2 cup water
- 2 tablespoons Worcestershire sauce
- 2 tablespoons red wine vinegar
- 1 teaspoon horseradish
- 1 teaspoon prepared mustard
- 2 tablespoons lemon juice
- 1/2 teaspoon freshly ground pepper
- 1/2 cup dry red wine

Slice onion finely and break into rings. Put oil in skillet and heat. Add onion and garlic and sauté until onions are golden brown.

Thoroughly mix all the remaining ingredients except the wine and add to the onion mixture. Bring to a very slow simmer and simmer for 20 minutes. Add wine, increasing amount if necessary so that the mixture will have a moderately thick consistency and will be just right for applying with a basting brush. Simmer for an additional 10 minutes.

A good basic barbecue sauce for beef and pork. This recipe used in Savory Chuck Roast.

Makes about 2 cups of sauce.

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### Basic Barbecue Sauce

- 1/2 cup salad oil
- 1/2 cup bourbon
- 4 tablespoons soy sauce
- 2 teaspoons Worcestershire sauce
- 2 teaspoons garlic powder
- freshly ground pepper to taste

Place the sauce ingredients in the food processor or in a jar and shake well.

This is a good basic barbecue sauce and can be saved for up to three weeks in the refrigerator to use again. It also makes a good marinade.

Although this recipe is very simple it is one of the best I have found. This recipe used in Lobster and Steak Kabobs.

Makes about 1 1/2 cups of sauce.

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### Mushroom Fillings No. 1

#### *Duxelles*

- 1 pound fresh mushrooms
- 2 teaspoons lemon juice
- 4 tablespoons butter
- 1/2 cup finely chopped scallions
- 1/2 cup dry white wine
- 1/2 cup minced parsley
- salt and pepper to taste

Finely chop mushrooms and sprinkle immediately with lemon juice to maintain their light color. In a small skillet, melt the 4 tablespoons butter and add mushrooms, scallions, wine and parsley. Cook, stirring with a wooden spoon, until the onion is tender and all liquid is absorbed. Salt and pepper to taste. Cool.

This recipe used in Beef Wellington.

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### Mushroom Filling No. 2

#### *Duxelles*

- 1 pound fresh mushrooms finely chopped
- 2 teaspoons lemon juice
- 4 tablespoons butter
- 1/2 cup scallions finely chopped
- 1/2 cup dry white wine
- 1/2 cup fresh parsley minced

Sprinkle the mushrooms with lemon juice immediately after chopping. Melt the butter in a small skillet over medium heat. Add the mushrooms and the remaining ingredients to the skillet. Cook stirring constantly until all the liquid is absorbed. Cool.

This recipe used in Flank Steak with Veal and Duxelles Stuffing, Boned Chicken or Turkey Breasts with Veal and Duxelles Stuffing, and Chicken Duxelles. See Veal Stuffing.

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### Mushrooms in Wine Sauce

- 6 tablespoons butter
- 1/2 pound mushrooms, sliced
- 2 medium onions, finely chopped
- 1 clove garlic, minced
- 2 tablespoons chile sauce
- 1 tablespoon Diable sauce
- 1/2 teaspoon flour
- pinch dried marjoram
- pinch dried thyme

- 4 drops Tabasco sauce
- 2 dashes Worcestershire sauce
- 5 ounces red wine
- 1 bouillon cube, dissolved in 1/4 cup water
- salt and freshly ground pepper to taste

minced parsley

Melt the butter in a large skillet. Add the mushrooms, onions, and garlic. Sauté until the onions are soft. Add all the remaining ingredients and mix well. Barely simmer for about 10 minutes.

Serve hot in a gravy boat with a sprinkling of parsley. A good sauce for Beef. See Tenderloin Deluxe.

Makes about 1 1/2 cups of sauce.

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### Mustard Aspic

- 1 packet unflavored gelatin
- 1/2 cup sugar
- 2 teaspoons dry mustard
- 1 teaspoon salt
- 1/4 cup white wine vinegar with tarragon
- 1/4 cup white vinegar
- 1/2 cup boiling water
- 1 tablespoon Dijon mustard
- 3 eggs, lightly beaten
- 1 cup heavy (whipping) cream, whipped

Combine gelatin with dry ingredients in top of double boiler and place over boiling water. With a whisk add vinegars, boiling water, and Dijon mustard. Continue to beat with a whisk, add eggs. Beat until frothy and thickened like heavy cream. Cool.

Whisk cooled egg mixture into whipped cream and pour into a well oiled, 4 cup mold. Chill until set. Unmold onto a nice serving plate and decorate with watercress or parsley sprigs.

Serves 10 – 12.

This aspic goes exceptionally well with pork roasts and believe it or not fried oysters.

Can also sprinkle with dill and serve with cold leftover lamb.

See Beef Wellington, Tenderloin Deluxe, Baked Pork Tenderloin with Mustard Sauce

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### Mustard Sauce No. 1

- 1 tablespoon dry mustard
- 4 tablespoons Dijon mustard
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 tablespoons vinegar
- 4 egg yolks, beaten
- 1 cup heavy (whipping) cream
- 2 hard boiled eggs, finely chopped

Place the dry and Dijon mustard, sugar, salt, vinegar, and beaten egg yolks in the top of a double boiler. Cook over simmering water, stirring constantly, until thickened, approximately 10 minutes. Cool slightly. Stir in the cream and the hard boiled eggs. Serve the sauce at room temperature.

Serves 6.

This sauce may be prepared ahead and kept in the refrigerator for up to three days. Because of the eggs, do not keep it longer.

A good accompaniment to pork roast and delicious with ham. See Beef Wellington, Tenderloin Deluxe, Baked Pork Tenderloin with Mustard Sauce

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### Mustard Sauce No. 2

- 1/2 cup dry mustard
- 1/2 cup white vinegar
- 1/4 cup sugar
- 1 egg yolk

Combine mustard and vinegar in a small bowl. Cover and let stand at room temperature for 4 hours. Mix sugar and egg yolk in a small sauce pan. Add mustard-vinegar mixture and cook

over low heat, stirring constantly, until slightly thickened. Cover and chill. Serve at room temperature.

This recipe used in Spinach Balls. Makes about 3/4 cup of sauce.

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### **Mustard Sauce Balcham**

- 4 tablespoons pan drippings from a pork roast or melted butter
- 4 tablespoons flour
- 1 cup dry white wine
- 1/2 cup chicken broth
- 1/4 cup heavy (whipping) cream
- 3 tablespoons Dijon mustard
- 1 teaspoon dry mustard
- salt and pepper to taste

In a medium sauce pan blend the 4 tablespoons of pan drippings or melted butter with the flour. Cook the roux over low heat 3 minutes or until it has bubbled for a minute. Add the white wine and cook until thickened, approximately 3 minutes. Add the chicken broth and cream and cook an additional 5 minutes. Stir in the Dijon and dry mustards. Salt and pepper to taste.

Serves 8 - 10, makes about 2 cups of sauce.

This should be made just before serving.

An excellent sauce for pork and ham. See Beef Wellington, Tenderloin Deluxe, Baked Pork Tenderloin with Mustard Sauce.

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### **Rossini Sauce**

- 1/2 cup butter
- 3 tablespoons flour
- 1 cup beef stock
- 5 peppercorns
- 1 bay leaf
- 1 whole clove
- 2 tablespoons brandy
- 2 tablespoons red wine

In a sauce pan, melt the butter and stir in flour with a whisk. Brown. Stir in beef stock until smooth. Add the remaining ingredients and simmer for 5 minutes. Remove the bay leaf and clove before serving.

Serves 10, makes about 2 cups.

An excellent sauce to serve with any roasted beef dish. This sauce used with Beef Wellington and Tenderloin Deluxe.

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### **Sour Cream Mushroom Sauce**

- 2 tablespoons butter
- 1 cup mushrooms, sliced
- 1 cup sour cream
- 1/4 teaspoon thyme
- 1/4 teaspoon oregano
- 1/4 teaspoon sweet basil
- 1/4 teaspoon marjoram
- 3 tablespoons dry white wine

Sauté mushrooms in 2 tablespoons butter. Remove with a slotted spoon and place in a small bowl. Add sour cream, thyme, oregano, basil, marjoram, wine, and lemon juice and blend together.

Makes about 1 1/2 cups of sauce. This recipe goes best with chicken.

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### **Veal Stuffing**

- 2 pounds ground veal
- 1 cup sour cream
- 2 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon fresh chopped parsley

Beat all ingredients except veal together. Add crumbled veal and mix well.

This recipe is used in Flank Steak with Veal and Duxelles Stuffing and Boned Chicken or Turkey

Breasts with Veal and Duxelles Stuffing. See Duxelles No. 2.

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## Seafood Sauces and Butters

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### Artichoke Sauce

- 2 cups water
- 4 cloves chopped garlic
- 1/2 cup olive oil
- 4 bay leaves
- 2 teaspoons thyme
- 2 teaspoons salt
- 1/2 teaspoon each of red, white, and black pepper
- 20 sliced artichoke hearts (frozen and thawed)
- 1 cup bread crumbs
- 1 cup grated Romano cheese

Place water, garlic, olive oil, bay leaves, thyme, salt, and peppers in a large saucepan and bring to a boil. Add artichoke hearts and bring back to a boil. Add bread crumbs and Romano cheese and cook until heated through. Cool.

This sauce is used in Le Ruths' Oysters Belle Rive. This sauce would go well with any seafood.

Makes about 2 cups of sauce.

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### Avocado Sauce

- 2 ripe avocados
- 1 cup sour cream
- 1 tablespoon lime juice
- 1 teaspoon salt

Puree the avocados, sour cream, lime juice, and salt in blender until a very smooth creamy consistency. Serve chilled.

Makes about 1 1/2 cups of sauce.

This recipe goes well with salmon. This recipe used in Salmon Mousse.

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### Cocktail Sauce

- 1 cup ketchup
- 2 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon Diable sauce

Make cocktail sauce by blending all the ingredients. The cocktail sauce will keep indefinitely in the refrigerator. The original recipe called for 1 tablespoon of horseradish in lieu of the Diable, but we prefer it this way.

This recipe goes well with salmon, shrimp, oysters, and crab. Do not put sauce on seafood until just ready to serve.

See Poached Salmon and Seafood Cocktail.

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### Cucumber Dill Sauce

- 2 large cucumbers
- 1 tablespoon salt
- 2 cups sour cream
- 2 cups mayonnaise
- 2 tablespoons cream-style horseradish
- 1 tablespoon tarragon vinegar
- 1 teaspoon grated onion
- 3 tablespoons fresh dill, finely chopped or 1 tablespoon dried dill
- 1/4 teaspoon salt
- dash white pepper

Peel cucumbers and chop into 1/4 inch cubes. Place the cucumbers in a 2-quart mixing bowl and add 1 tablespoon salt and stir well to combine. After 30 minutes, drain, and dry the cucumbers on paper toweling.

Combine the remaining sauce ingredients in a 2-quart bowl. Add the cucumbers and stir gently to blend. Place the bowl covered in the refrigerator and let stand for several hours or

overnight. The sauce will keep in the refrigerator for 3-4 days.

This sauce goes well with cold seafood particularly salmon. See Poached Salmon.

A large recipe, makes about five cups of sauce.

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### **Garlic Butter**

- 2 cups butter
- 2 cups margarine
- 2 teaspoons salt
- 2 teaspoons white pepper
- 1/3 cup olive oil
- 1/2 white wine
- 1/4 cup chopped parsley
- 1/2 cup minced onion
- 10-12 cloves garlic minced

Whip butter and margarine until light and fluffy. Add salt, pepper, olive oil, and white wine to butter mixture and beat well. Add parsley, onion, and garlic, and beat until almost white in color. Refrigerate.

This butter is used in Le Ruths' Oysters Belle Rive.

Makes about 3 cups of sauce.

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### **Fish Sauce**

- 1 cup butter
- 1/2 medium cucumber
- 1 medium tomato, diced
- 1 lemon, peeled and diced
- salt and pepper
- lemon juice

Thoroughly brown the butter in a frying pan. Peel cucumber and cut in half. Remove the seeds and discard. Dice cucumber pulp. Add cucumber, tomato and lemon to browned butter and stir to blend. Add salt, pepper and lemon juice to taste. Cook until heated through.

This makes a good sauce to serve over any bland fish. See Poached Salmon.

Makes about 1 cup of sauce.

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### **Key Lime Butter**

- 1 pound butter
- 1 tablespoon parsley
- 4 tablespoons key lime juice
- 4 tablespoons key lime peel grated
- 1 teaspoon salt

Whip butter. Add lime juice, lime peel, and salt. Whip until light and fluffy. Add parsley and mix until blended.

Uses

- Serve on all types of vegetables.
- Use melted as a dip for hot or cold seafood such as shrimp and lobster.
- Use to sauté or baste your favorite fish.

Variation

- Add 1 cup of honey and use to baste chicken and pork.
- Makes 2 plus cups of butter.

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### **Remoulade Sauce**

- 2 tablespoons Hungarian paprika
- 3/4 cup Dijon mustard
- 2 tablespoons ketchup
- 2 tablespoons horseradish
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1 teaspoon sugar
- 1 teaspoon Tabasco sauce
- 1/2 teaspoon garlic powder
- 2 tablespoons chopped fresh parsley
- 1 cup light oil

Combine all the ingredients except parsley and oil in a food processor. Process until vegetables

are finely minced. Add oil through drip hole until well emulsified. Stir in the parsley.

This is very spicy! For a milder pallet, reduce Tabasco and horseradish or thin with mayonnaise.

Serve as an appetizer with cold boiled seafood such as shrimp, crab, and crawfish or with Cajun Popcorn Seafood.

I have also used one pound of peeled raw shrimp and a cup of sauce. Mix together and microwave until the shrimp are tender. Serve with French bread.

Makes about 1 1/2 cups of sauce.

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### **Sauce Vienna**

- 1 quart heavy cream
- 1 bunch green onions chopped
- 4 ounces mushrooms sliced
- 1/2 cup butter
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1/4 teaspoon cayenne pepper
- 1/4- 1/2 cup white wine
- 1 egg yolk beaten

Reduce cream over medium low heat to 2 1/2 to 3 cups. Cool.

Sauté green onions and mushrooms in butter over medium low heat until mushrooms are just tender. Add salt, white pepper, and cayenne pepper and sauté over medium high heat about 10 minutes stirring constantly.

Remove onion mixture. Deglaze pan with wine. Add cream and bring to a boil. Add onion mixture.

Add small amount of sauce to egg yolk. Add egg yolk to sauce and bring back to a boil. Simmer until thicken slightly. Cool.

This sauce is used in Le Ruths' Oysters Belle Rive. This sauce is good with seafood and chicken.

Makes about 4 1/2 cups of sauce.

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### **Sauce Verte for Cold Poached Fowl or Seafood**

- 2 ounces chopped cooked spinach
- 2 tablespoons fresh chopped parsley
- 2 teaspoons fresh tarragon
- 1 cup mayonnaise
- lemon wedges for garnish

Combine spinach, parsley, tarragon/ and mayonnaise in a food processor until well blended.

Serve with sliced cucumbers and tomatoes, and sliced cold poached salmon, tuna fillets, or chicken breasts. Garnish with lemon wedges.

Makes about 1 cup of sauce.

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### **Sour Cream Dill Sauce**

- 1 1/2 cups sour cream
- 1/2 cup mayonnaise
- 1 1/2 tablespoons chopped fresh dill weed or 1 tablespoon dried dill weed
- 1 teaspoon grated onion
- 1/2 cup finely chopped or grated hard boiled egg
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper

Combine all ingredients in a one-quart mixing bowl. Stir lightly with a fork until all ingredients are blended. Refrigerate until ready to use. Will keep about 24 hours.

If you want to make ahead of time. Mix all the ingredients except the egg and add it the day you will be serving the sauce.

See Poached Salmon. This sauce is good with cold seafood.

Makes about 2 cups of sauce.

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## Poultry Sauces

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### Rosemary Barbecue Sauce for Fowl

- 1/2 cup cooking oil
- 1/2 cup butter
- 1/2 cup dry white wine
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 teaspoon rosemary, crushed
- 1 clove garlic, minced

Combine the sauce ingredients in a small pan and heat until bubbling hot.

Serve over barbecued or roasted fowl. This recipe used in Rosemary Barbecued Chicken.

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### Rosemary Basting Sauce

- juice of 1 orange
- 1 teaspoon finely grated orange rind
- 1 tablespoon rosemary
- 1 teaspoon minced garlic
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup butter melted
- 1/2 cup olive oil
- 1/2 cup dry white wine

Combine all the basting sauce ingredients. When the chicken begins to brown start basting. Continue basting every 10 minutes or so until the chicken is cooked through. The basting recipe makes enough sauce for 1 - 1 1/2 whole chickens.

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### White Wine and Mushroom Sauce

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 2 cups thinly sliced mushrooms
- 2 tablespoons butter

Melt butter in a small sauce pan. Add flour, stirring constantly until mixture thickens and bubbles for one minute. Stir in the milk and continuing stirring until mixture thickens. Add salt and pepper.

Meanwhile, melt butter in a small skillet. Sauté mushrooms until tender. When sauce is thickened add the mushrooms.

This recipe is used with Chicken Kiev. The sauce can be used with chicken, beef, and pork.

Makes 1 plus cups of sauce.

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### Wine and Broth Mushroom Sauce

- 2 cups fresh mushrooms, thinly sliced
- 2 tablespoons butter
- salt and freshly ground pepper to taste
- 2 tablespoons finely chopped shallots
- 1/3 cup plus 1 tablespoon dry red wine such as a merlot or cabernet sauvignon
- 1 cup chicken broth
- 2 teaspoons tomato paste
- 1 teaspoon arrowroot or cornstarch

Heat the butter in a skillet. Add the mushrooms and cook, stirring and shaking the skillet, until wilted. Add salt and pepper to taste. Cook about 5 minutes. Add the shallots and toss.

Add the 1/3 cup of wine and cook about 1 minute. Add the broth. Cook about 2 minutes and add the tomato paste. Simmer about 5 minutes.

Blend the arrowroot with the remaining tablespoon of wine and add it, stirring. Simmer 10 minutes, stirring occasionally.

This recipe is used in Chicken Livers and Mushrooms in Wine Sauce. This sauce goes best with chicken livers and beef.

Makes about 1 1/2 cups of sauce.

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## Sauces and Marinades for Oriental Recipes

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### Beef Marinade

- 1 tablespoon corn starch
- 1 tablespoon soy sauce
- 1 teaspoon sugar
- 1 clove garlic, minced
- 1 teaspoon minced ginger root
- 2 teaspoons rice wine or a dry white wine
- 2 teaspoons sesame seed oil

Mix marinade ingredients together and combine with sliced beef. Marinate about 1/2 hour. This marinade is used in Beef with Broccoli.

Makes about 1/2 cup.

*MEP - Chen Cooking School*

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### Hot Mustard Dipping Sauce

- 3 tablespoons plum sauce
- 1 tablespoon dry mustard
- 3 tablespoons white vinegar
- 2 tablespoons sugar
- 2 tablespoons ketchup

Combine all ingredients in a small bowl. Let sit for at least 15 minutes to let flavors blend.

Makes about 1/4 cup

*RGP - Dorothy Huang's Cooking Class*

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### Peanut Dipping Sauce

- 1/4 cup Hoisin sauce
- 1/4 cup chicken broth
- 1/4 cup vinegar
- 1 tablespoon sugar
- 2 tablespoons peanut butter
- 2 tablespoons finely shredded carrots
- 1 - 2 cloves garlic, minced

Combine all of the ingredients in a small bowl and mix thoroughly. Let sit for 20 minutes to

allow the flavors to blend. A good sauce for Vietnamese Spring Rolls and other stuff.

Makes 1 cup of sauce.

See next recipe for other versions of peanut sauce for Satay, etc.

*RGP - Dorothy Huang Cooking Class*

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### Peanut Sauce No. 1

- 1 cup creamy peanut butter (do not use old-fashioned or freshly ground)
- 1 can chicken broth
- 1/4 cup fresh lime juice
- 3 tablespoons brown sugar
- 2 tablespoons plus 1 teaspoon soy sauce
- 2 tablespoons minced fresh ginger
- 1/2 teaspoon dried crushed red pepper

Place the peanut butter in a heavy medium saucepan. Gradually mix in the chicken broth. Add all the remaining ingredients and stir over medium heat until smooth and thick.

Cover and refrigerate. Before serving, stir over medium heat until hot. Serve in small bowls as an accompaniment to pork, beef, chicken, or shrimp satay. This sauce is used in Chicken, Shrimp, and Beef Satays with Peanut Sauce.

Makes 2 plus cups of sauce. Unless doing a large quantity, I suggest you make only a portion of the recipe.

*MEP - Bon Appetit*

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### Peanut Sauce No. 2

- 1 tablespoon fresh lime juice
- 1 teaspoon soy sauce
- 1 tablespoon dark brown sugar
- 1 tablespoon peanut oil
- 1 1/2 tablespoons minced shallot
- 2 teaspoons minced ginger
- 1 teaspoon minced garlic
- 1/2 teaspoon ground coriander
- 1/2 teaspoon dried crushed red pepper
- 1/2 cup creamy peanut butter
- water

Make one day ahead. Combine the lime juice, soy sauce, and sugar in a small bowl. Stir to dissolve the sugar. Heat the oil in a skillet and add the shallot, ginger, garlic, and all spices. Cook until the shallot is soft and translucent and the entire mixture is very fragrant. Scrape the skillet contents into a mixing bowl. Add the peanut butter.

Add the lime mixture to the skillet. Heat it for about 30 seconds, stirring constantly. Add the lime mixture to the bowl, and thoroughly mix all the ingredients together. Cover tightly and leave in the refrigerator overnight.

The next day, let the sauce warm to room temperature. Put the sauce in a food processor, and pulse blend a few times. Add a little water and mix. Continue adding water and mixing until the sauce is a little thinner than mayonnaise.

Taste and adjust the seasonings if necessary. If you use unsalted peanut butter (I like to use fresh-ground peanut butter, which has no salt), you'll need to add at least a teaspoon of salt.

See Satay in Pork and Ham Section.

Makes about 1 cup of sauce.

*RGP - Beer Cuisine by Jay Harlow*

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### Satay Marinade No. 1

- 1 cup teriyaki sauce
- 4 cloves garlic, minced
- 3 tablespoons fresh lime juice
- 2 1/2 tablespoons minced fresh ginger
- 2 tablespoons brown sugar

Combine all the ingredients stirring until the sugar dissolves. Marinate pork, chicken, or beef that has been cut into 3 x 1/2 x 1/4-inch strips or shrimp in refrigerator for up to one hour. Thread meat on skewers and barbecue or broil about 3 minutes per side.

Makes 1 plus cups of marinade.

*MEP - Bon Appetit*

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### Satay Marinade No. 2

- 3 tablespoons orange juice
- 1 1/2 teaspoons molasses
- 1 teaspoon peanut oil
- 1 teaspoon dark soy sauce
- 1 clove garlic, smashed
- 2 slices of ginger, smashed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

See Satay in Pork and Ham Section.

Makes about 1/2 cup marinade.

*RGP - Beer Cuisine by Jay Harlow*

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### Stir Fry Sauce

- 2 tablespoons sugar
- 1/3 cup soy sauce
- 2 tablespoons water
- 2 tablespoons dry white wine

Mix sauce ingredients together. Add sauce after stir frying meat or vegetables.

This recipe used in Oriental Sauté.

Makes about 1/2 cup of sauce.

*MEP*

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### Sweet and Sour Dipping Sauce

- 2 tablespoons sugar
- 2 tablespoons catsup
- 3 tablespoons plum sauce
- 3 tablespoons white vinegar

Combine the ingredients in a small bowl and let sit for 10 minutes.

A good sauce for egg rolls and other stuff. This recipe used in Spring Rolls.

Males about 1/2 cup of sauce.

*RGP*

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### Sweet and Sour Sauce

- 1/4 cup soy sauce

- 1/2 cup vinegar
- 1/2 cup sugar
- 3 tablespoons ketchup
- 1 teaspoon salt
- 1/2 teaspoon Accent
- 1/2 cup red currant jelly

Place all the sauce ingredients in a small sauce pan and bring to a boil, stirring constantly. Reduce the heat and let simmer for 10 minutes.

Makes about 2 cups of sauce.

Good with chicken.

*MEP*

### **Teriyaki Marinade**

- 1/2 cup soy sauce
- 2 tablespoons minced onion
- 1 clove garlic minced
- 1 tablespoon sugar
- 1 tablespoon fresh ginger root minced
- 1/2 cup dry white wine

In the blender or a jar thoroughly mix all the marinade ingredients.

This recipe is a simple yet effective Teriyaki style marinade or basting sauce. Will keep for about three weeks in the refrigerator. This recipe used in Teriyaki Steak Strips.

Makes about a cup.

*MEP*

## **Meat, Chicken and Seafood Marinades and Bastes**

### **Basic Barbecue Marinade**

- 2 tablespoons salad oil
- 1 teaspoon garlic salt
- 3/4 teaspoon mustard
- 1 teaspoon soy sauce
- 1/2 teaspoon rosemary
- 2 tablespoons wine vinegar
- 4 tablespoons dry white wine

- 2 tablespoons catsup
- 1/2 teaspoon Worcestershire sauce
- 1 1/2 teaspoons A-1 Steak Sauce

Mix oil, garlic salt, mustard, soy sauce, rosemary, vinegar, and white wine thoroughly. Place meat in bowl and marinate for 24 hours in the marinade mixture turning frequently.

Remove meat from marinade. Add catsup, Worcestershire sauce, and A-1 Steak sauce to marinade. If it is too thick, add a little more oil and then use to baste with as you barbecue.

This is excellent for a poor cut of meat. Remember, the best way to be able to turn meat in a marinade is to put it in a zip-lock bag, so you can just turn the bag. Be sure to keep the bag in a bowl just in case of a leak.

This marinade used in Barbecued Chuck Roast.

Makes about 1/2 cup.

### **Fish Marinade**

- 1 cup dry white wine
- 1 cup olive oil
- 2-3 cloves garlic, minced
- 1 teaspoon rosemary, crushed
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 1/4 teaspoon freshly ground pepper

Mix all ingredients together. Will keep indefinitely in refrigerator.

An excellent marinade for lobster or shrimp. This marinade used in Lobster and Steak Kabobs.

Makes 2 cups.

*MEP*

### **Jamaican Rub and Marinade**

- 2 cups light brown sugar
- 1 cup sweet paprika
- 1/2 cup mild chile powder
- 1/2 teaspoon each of black, red, and white pepper

- 2 teaspoons salt
- 2 tablespoons flour
- 2 teaspoons dried parsley
- 2 teaspoons dried basil
- 1 tablespoon ground cumin
- 1 teaspoon cinnamon
- 2 tablespoons onion powder
- 2 teaspoons garlic powder

Mix all the ingredients in a food processor until well blended.

Rub on steaks, chicken, pork, or heavy fish (tuna, shark, or dolphin) and let sit at least one hour.

Cook meat by your favorite method.

Makes about three cups.

For a different treat, try:

In a small amount of oil, pan sauté hamburger patties, steaks, or pork chops that have been well coated with the rub. Cook to desired degree of doneness. Remove to a warming plate.

Stir 1 - 2 tablespoons of flour into pan drippings and cook until lightly browned. Add 1 teaspoon rub and stir well. Deglaze pan with 1 - 2 cups of stock. Simmer until a medium sauce.

Serve with mash potatoes or rice.

*JPO*

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## Lamb Marinade

- 4 tablespoons cooking oil
- 6 tablespoons soy sauce
- 1/4 teaspoon freshly ground pepper
- 1 large onion, finely grated
- 3 tablespoons lemon juice

Cut the lamb into 2 inch cubes and place in a bowl. Mix the marinade ingredients thoroughly and pour over the lamb. Leave the lamb in the marinade for at least an hour, turning frequently.

This recipe used in Lamb en Brochette.

Makes about 1/2 cup.

*MEP*

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## Pork Marinade

- 1/2 cup soy sauce (can use light version)
- 1/2 cup bourbon
- 4 tablespoons brown sugar

Mix the ingredients together to make a marinade. Pork should be marinated 2 - 3 hours at room temperature.

See Baked Pork Tenderloin with Mustard Sauce.

Makes 1 cup of marinade.

*MEP*

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## Poultry Wine Marinade No. 1

- 1/2 cup olive oil
- 1/2 cup dry white wine
- 1 clove garlic, crushed
- 1 teaspoon dry mustard
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon celery salt
- 1 teaspoon salt
- 1/4 teaspoon pepper

Blend ingredients well and pour over poultry. Marinate 30 minutes or so, turning several times. Brush fowl with marinade during cooking, especially before turning pieces, and every 15 minutes for spit cooking.

Makes 1 cup of marinade.

*MEP*

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## Poultry Wine Marinade No. 2

- 1/2 cup soy sauce
- 2 tablespoons minced onion
- 1 clove garlic, minced
- 1 tablespoon sugar
- 1 tablespoon fresh ginger root, minced
- 1/2 cup dry white wine

In the blender or a jar thoroughly mix all the marinade ingredients. Place chicken in a bowl. Pour marinade over chicken and let set at room temperature, covered, for 2 to 3 hours, or overnight in the refrigerator. Drain off the

marinade and save. Barbecue until chicken is done basting frequently with the marinade.

Makes 1 cup of marinade.

See Barbecued Chicken Wings.

*MEP*

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### Red Wine Meat Marinade

- 1 cup dry red wine
- 1 cup olive oil
- 2 cloves garlic, crushed
- 1/2 teaspoon thyme
- 1/2 teaspoon marjoram
- 1 teaspoon rosemary, crushed
- 1/4 cup parsley, minced
- 1/2 teaspoon black pepper

Combine ingredients in a large jar and let stand for at least one hour.

Use as a basic marinade or basting sauce for all red meats. Marinate steaks up to one hour, turning often, and roasts up to 24 hours depending on their size.

Makes 2 cups of marinade.

*MEP*

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### Shish Kabob Marinade

- 3/4 cup dry white wine
- 1/2 cup olive oil
- 2 cloves garlic, minced
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 teaspoon onion salt
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Blend ingredients and pour over cubed lamb or beef at least an hour or two before cooking. Stir a few times.

Marinade for 2 1/2 pounds of meat.

*MEP*

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### Sweet and Sour Wine Baste

- 1 cup crushed pineapple, undrained
- 2/3 cup dry white wine
- 2 tablespoons vegetable oil
- 1 1/2 tablespoons soy sauce
- 1 teaspoon lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon dry mustard
- 2 tablespoons brown sugar
- 1 tablespoon onion, chopped

Combine ingredients in a saucepan and simmer 10 minutes. Use as cooking baste for chicken, turkey, fish, pork, or lamb. This is especially good on ribs. Brush liquid on during last 20 minutes of cooking, reserving bits of pineapple for last 5 minutes to prevent them from burning.

Makes about 2 cups.

*MEP*

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## Fruit and Vegetable Sauces and Oils for Meat, Poultry and Seafood

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### Cranberry Sauce Ala Key West

- 1 cup water
- 2 cups cranberries
- 1/2 cup sugar
- 1 8 ounce can crushed pineapple well drained
- 1 tablespoon lemon juice
- 1 tablespoon grated orange peel
- 1 teaspoon grated lime peel
- dash nutmeg

Bring water and sugar to a boil. Add cranberries, cover, and simmer for 10 - 15 minutes or until all the cranberries have popped and are more uniform in color. Remove from heat. Add remaining ingredients. Mix well and refrigerate.

This recipe can be made several days in advance.

Makes enough for 1 medium-sized turkey.

*JPO*

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### **Currant Sauce**

- 1 10 ounce jar currant jelly
- 2 tablespoons sherry
- 1 tablespoon soy sauce
- 1/4 cup dried currants (optional)

Combine the above ingredients in a small saucepan over medium-low heat and simmer 2 minutes. If you wish a thicker consistency serve at room temperature. Otherwise reheat just before serving. Place in a sauce boat and allow guests to use the amount they like.

Usually I find people taste first and then discover the excellent combination with the pork. See Pork Roast with Currant Sauce.

Makes about 1 1/2 cups of sauce.

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### **Lemon Sauce**

- 3/4 cup dry white wine
- 3/4 cup chicken broth
- 1/4 cup fresh lemon juice
- 2 teaspoons corn starch
- 1 teaspoon sugar
- 2 teaspoons butter

In a 2-3 quart sauce pan, bring wine and broth to a boil over high heat. Reduce mixture to 3/4 cup (about six minutes). Mix together lemon juice, cornstarch, and sugar. Slowly stir juice mixture into broth mixture. Continue to stir until sauce boils. Stir in butter. Serve warm.

This recipe used in Crab Cakes with Lemon Sauce.

Makes about 1 1/2 cups of sauce.

This sauce would go well with both seafood and chicken.

*MEP - Sunset, February, 1996*

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### **Orange Mint Oil**

- 2 cups orange mint leaves, hard packed
- 1/2 cup vegetable oil

Blend mint and oil together until smooth, pulsing blender and pushing down leaves as needed. Refrigerate or freeze in small containers. (Alternatives: spearmint, apple mint, or peppermint, or a combination)

Makes 1 to 1 1/2 cups

This recipe used in Fresh Fruit with Orange Mint Sauce.

*RGP - Lucia's Garden Cooking Class*

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### **Red Pepper Sauce**

- 2 red bell peppers, roasted, peeled, and seeded
- 2 tomatoes, peeled and seeded
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- salt to taste
- fresh ground white pepper to taste

Combine peppers and tomatoes in a food processor and mix until smooth. With machine running alternately add olive oil and lemon juice in a fine stream as possible until mixture emulsifies. Season to taste with salt and pepper.

This recipe used in Crab Cakes with Fresh Red Pepper Sauce.

Makes 1/2 - 3/4 cup of sauce.

*MEP - Bon Appetit Seafood*

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### **Triple Cranberry Sauce**

- 1 can frozen cranberry juice cocktail concentrate, thawed
- 1/3 cup sugar
- 1 12 ounce package fresh or frozen cranberries, rinsed and drained
- 1/2 cup dried cranberries
- 3 tablespoons orange marmalade
- 2 tablespoons fresh orange juice
- 2 teaspoons minced orange peel

Combine cranberry juice concentrate and sugar in heavy medium sauce pan. Bring to a boil over high heat, stirring until sugar dissolves. Add fresh and dried cranberries and cook, stirring often, until dried berries begin to soften and fresh berries mostly pop.

Remove from heat and stir in orange marmalade, orange juice, and orange peel. Cool completely. Cover, chill until cold.

Makes enough for a good-sized turkey.

This recipe can be made up to 3 days ahead of time. This sauce definitely has an orange flavor. If you do not like the orange taste, you can leave out the marmalade, orange juice, and orange peel and still have a good cranberry sauce. The original recipe called for a 1/4 teaspoon of allspice, but I did not like the taste it gave to the sauce.

*MEP - Bon Appetit*