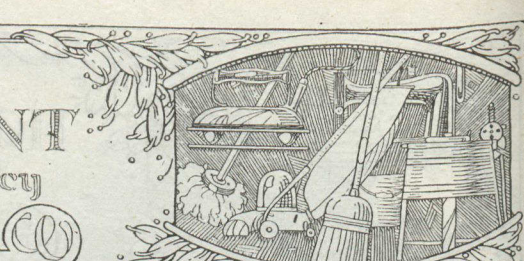


EVERYWOMAN'S HOUSEHOLD DEPARTMENT

Food and Housekeeping Efficiency
Edited by Katherine M. Caldwell B.A.



Sauces and Gravies For Every Need

NE can learn to cook, and one can be taught to roast, but a good sauce-maker is a genius born, not made."

So said one undoubted authority on culinary subjects; yet great though his fame may be, we are inclined to differ with him to this extent: that, once having mastered the simple fundamentals of sauce-making, and the kind of sauce that should be served with certain dishes, any careful cook can make good sauces. Perhaps it requires genius to so develop the art that one can produce a sauce that is at once the perfect complement of a dish, and an individual triumph of originality. But a little study of the established rules and a real appreciation of the change in a simple dish made by a good sauce, will soon give any good "plain cook" a sound claim to much more than plain-cook fame.

The particular mission of a sauce or gravy is usually to round out a dish, to supply some feature that is lacking—flavour, piquancy, moisture, richness or a corrective virtue. Where it is to dress a rather flat or insipid food—boiled fish or meat, or a very plain pudding, for instance—it should possess a distinctive character and flavour of its own. On the other hand, a sauce or gravy that accompanies a well-flavoured dish of game, poultry, roasted meat, or rich pudding, should never dominate them, but merely dress, enrich or complete them.

Gravy, to be served with meat, game and poultry, is primarily their juices, diluted, seasoned and unthickened (except for the very slightly thickened brown gravy which is really a thin sauce. Thick brown gravies, served impartially in some homes, with all kinds of meats, is in very bad taste—in danger in fact, of being termed vulgar.)

Sauce is termed by one authority, Liquid Seasoning, thickened in one of the several standard methods. There are two main variations, the white and the brown sauce, which serve as foundations for all the others, except the few that have their bases in oil, fruit or wine. These foundation sauces are very simple, and can be varied as much as personal taste and individual experiment may dictate. Sweet sauces or the savoury sauces that accompany meat, etc., are made in the same way.

The Usual Liquids and Thickenings

THE liquids from which practically all sauces are made, are as follows:

White Stock.—Made from chicken or veal, or the bones and trimmings of either, white stock is, with milk, the base of savoury white sauces.

Milk.—For nearly all the plain white sauces, either sweet or savoury, milk is used.

Brown Stock.—Made from the bones and trimmings of all meats; from giblets and bones of poultry and game. If the stock is poor, it may be enriched by the addition of a little beef extract or a bouillon cube.

Fish Stock.—Equal quantities of fish stock and milk form the usual basis for fish sauces.

Water.—To make a true melted butter sauce, water—or a little clear fish or meat stock—is used. A simply gravy is made by adding water to the browned particles in the roasting pan, but stock is much better.

Fruit.—Apple, cranberry, currant, gooseberry, tomato sauces all have the simple fruits as bases.

Oil.—The so-called salad sauces have oil as a base, as in mayonnaise sauce.

There are several means of thickening sauces, chief of which are:

White Roux.—Equal parts of flour and butter blended together in a saucepan over slow heat. Cook for 12 to 15 minutes, being careful not to brown it. Cool somewhat before using.

Fawn Roux.—Blend equal parts butter and flour as for white roux, but cook until it becomes a pale fawn colour.

Brown Roux.—Use equal quantities flour and butter. Brown well by long, slow cooking in oven

or frying pan. Brown roux is made in quantity and kept in stock, where roux is in constant use.

Egg Thickening.—Yolks of eggs, beaten up with a small quantity of cream, milk or white stock, are used for some rich sauces. This thickening is added when the sauce is cooked; merely mix a couple of tablespoonfuls of the hot sauce with the beaten eggs and cream, and then strain the mixture into the sauce, which has been removed from the fire. Stir the sauce for a few minutes beside the fire but not over direct heat, where it will boil, curdle the eggs, and "break."

Kneaded Butter and Flour.—Knead equal weights of butter and flour together on a plate, until butter is all taken up by the flour. Add a little at a time to the sauce, stirring constantly to keep it perfectly smooth.

Cornflour, Arrowroot or Flour.—Mix any one of these thickening agents very smooth with cold milk, water or stock. Stir very gradually into the hot mixture, stirring constantly to keep it smooth.

Caramel for Colouring.—There are excellent colourings that may be bought ready for use, to colour gravies. To make a caramel, put a pound of sugar and 2 tablespoonfuls salt into an iron frying pan. Cook until it is dark brown, stirring all the time to prevent burning. Add a cup and a half of water, boil well, cool and bottle for use as required.

The Making of Gravy

THE juices of meats that go to the making of gravy are saved or extracted in two ways. A roast of meat, or steak or chops that are broiled, will supply the base for delicious gravy. There is a theory current that good pan gravy is secured at the expense of the roast, but this need not be so. A perfectly cooked joint will be full of juice, but will supply delicious flavouring and colouring for gravy in the crisp brown particles that fall from the outside of the roast. This sediment in the roasting pan by no means augurs a juiceless joint—it is merely a by-product when meat has been well basted with melted dripping before being put into the oven, and is basted frequently during the whole cooking period; the oven is kept fairly hot until the roast is well browned, and the cooking is completed with the oven door open, to allow steam to escape and the meat to become crisp and brown.

When the meat is removed the fat in the pan is poured off slowly and carefully, leaving the brown sediment undisturbed. The simplest form of gravy is made by merely adding boiling water, seasoning to taste, and boiling over the flame, stirring to loosen the full-flavoured particles that adhere to the pan; skin and strain over the meat or into the gravy boat. A richer gravy is obtained if the bone and trimmings of the meat have been boiled, and the stock used instead of water.

Beef gravy has nothing added but salt and pepper. Mutton gravy the same, and a few drops of caramel, to darken the colour, if needed. In veal gravy, made from the stock of bones and trimmings, added to the sediment in the pan, a little thickening of kneaded flour and butter.

The Foundation Sauces

THERE are a few sauces that are, with various changes and additions, the foundations of most of the sauces, plain or elaborate, that are in use to-day. The French people speak of four of these as the Mother Sauces. They are Bechamel (a chite sauce), Espagnole (a good brown sauce), the Veloutée and Allemande. There is a plainer white sauce than Bechamel, and a plainer brown sauce than Espagnole.

The cook who has mastered these thoroughly will have no trouble in making any of the more pretentious sauces. Add to them the knowledge of how to make a really good gravy, and you have passed a point of culinary achievement that lifts you far above the level of the merely average cook.

Plain White Sauce

ONE pint milk, 3 tablespoon butter or oleomargarine, 3 tablespoons flour, 1 small carrot, 1 small onion, 1 strip celery, 1 bay leaf, salt, 10 peppercorns.

Simmer the milk, seasoning and vegetables, cut small, for ½ hour, adding more milk if the quantity reduces in cooking. Melt butter in another saucepan, blend in flour, and cook 7 or 8 minutes without browning. Cool, add to the hot milk, and stir until it boils. Simmer 10 minutes, strain, season and serve.

Allemande Sauce

A WHITE sauce also, Allemande has eggs in it, and is therefore a good sauce to serve when the food value of a dish is to be materially increased.

To 1½ cups white stock, allow 3 tablespoons butter, 2 tablespoons flour, yolks of 2 eggs, 1 tablespoon cream, 1 teaspoon lemon-juice, nutmeg, salt and pepper.

Melt half the butter in a saucepan, blend in the flour, stir and cook without browning, then add stock and, stirring constantly, bring to the boil. Simmer ½ hour, remove from fire, add the egg-yolks and cream, beaten together, and pinch of nutmeg and seasoning to taste. Stir and cook a few minutes, add lemon-juice and the remaining butter, a little at a time, stirring constantly. Strain, re-heat, and use.

Bechamel Sauce

BECHAMEL is the basis for the better white sauces.

Use 3 tablespoons flour, 4 tablespoons butter or oleomargarine, 2½ cups white stock or milk (or equal parts of each), 1 small onion, a sprig or two of parsley, a sprig of thyme, ½ bay leaf, 1 peppercorn, 1 small blade of mace, salt and pepper.

Let the milk, with the vegetables and seasoning, come to the boil. Melt the butter in another saucepan, blend in the flour, stirring it and not allowing it to brown; stir in the hot milk, stirring constantly, until it boils. Simmer 20 minutes, then put through a fine strainer, and use as required.

Veloutée Sauce

VELOUTÉE is another of the "white sauce" family, very smooth and velvety in texture. It calls for 2½ tablespoons butter, 1 tablespoon sifted flour, 2 cups good white stock, ½ bay leaf, 8 peppercorns.

Melt half the butter in a saucepan, stir in the flour, and cook without browning, for a few minutes. Add the stock slowly, and the seasonings, and simmer, stirring frequently, for ½ hour. Skim, strain and re-heat, adding the remaining butter or a little rich cream.

Espagnole Sauce

TURNING to the brown sauces, Espagnole comes first in importance.

It calls for 1 quart stock, 1 oz. raw lean ham or bacon, 3 tablespoons flour, 1 carrot, 1 onion, 1 clove, a sprig each of parsley and thyme, 1 bay leaf, 4 peppercorns, ¼ cup tomato sauce.

Melt the butter, add the ham or bacon, cut into small pieces, fry, add vegetables, sliced, the herbs and seasonings, and stir over slow fire about 5 minutes. Add the flour, and brown carefully. When a good colour, add the tomato, and set beside the fire, where it will simmer gently for about an hour. Skim off fat (a tablespoonful of water added to the sauce will cause the fat to rise to the surface), strain, season, re-heat and serve.

Sauce Tartare

TARTARE sauce, so much used with fish, is just mayonnaise sauce with chopped gherkins or capers and a little finely-chopped onion, if liked, whipped in lightly.

Mayonnaise Sauce

TWO egg yolks, 1 teaspoon French mustard, ½ teaspoon salt, pepper, 1 tablespoon Tarragon vinegar, 1 pint salad oil, 1 tablespoon cream.

Stir eggs, mustard, salt and pepper together with a wooden spoon. Add oil, drop by drop, and occasionally add a few drops of vinegar. Stir constantly until all oil and vinegar have been added, and mixture becomes like thick cream. Stir in the cream. If sauce is too thick, add a very little cold water. Must be kept cold while making.

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The Sauce may make or mar a dish



Gravy should never be thick

