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THE FRENCH COOK

SOUPS & STEWS
HOLLY HERRICK

Sauces are the glory of French cooking. A silky hollandaise, a savory and creamy velouté, a mushroom-enriched meat sauce, or an elegant hunter's sauce each has its place at the French table. And now these, plus many other exquisite sauces, can make their appearance at your table, as well.

In an easy-to-follow style, Holly Herrick takes the mystery out of making luscious French sauces at home. She walks you through the basics of stock making, teaches the methods of enriching flavors, and guides you through the building blocks of reductions and emulsions. Herrick graduates her students with gorgeous sauces married to scrumptious main courses built along the way.



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SAUCES

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GIBBS SMITH

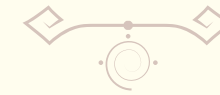


ABOUT THE AUTHOR

HOLLY HERRICK is a graduate of Le Cordon Bleu, Paris, and holds a Grande Diplome in both pastry and cuisine. A long-standing, nationally awarded food writer, culinary instructor, and former resident of France, her personalized approach to practical, delicious cooking is her trademark. She resides in Charleston, SC. Visit her at hollyherrick.com.



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SAUCE BÉCHAMEL CLASSIQUE

Basic Béchamel Master Recipe

(MAKES 3½ CUPS)



This basic recipe is the starting point for myriad useful variations, as the following recipes will show.

4 tablespoons unsalted butter

2 cups skim milk

1 shallot or small onion, finely chopped (about
3 tablespoons)

1½ cups half & half

Sea salt or kosher salt

4 tablespoons all-purpose flour

Ground white pepper

In a medium saucepan, melt the butter over medium heat. When just melted, add the chopped shallot or onion and whisk to combine. Continue whisking and cooking (without browning), until the shallot has softened, about 3 minutes. Whisk in the flour rapidly all at once to combine. Add the milk and half & half, drizzling rapidly into the roux, whisking continually. Season to taste with salt and pepper. Continue whisking and cooking the béchamel another 5 to 10 minutes, or until it has come to a gentle simmer and thickened to the consistency of thick chowder. Taste and adjust salt and pepper. Keep warm. Any leftovers can be stored in the refrigerator in a sealed container for up to 3 days and gently reheated for another use.

Note: To limit the fat and calories, the recipe can be prepared with skim milk only, unless it will be flavored with alcohol or acid in the recipe where it will ultimately be used. Depending on the quantity, you might risk breaking (curdling) the sauce.





SAUCE MAYONNAISE AUX ANCHOIS ET AU PERSIL

Anchovy and Parsley Mayonnaise

(MAKES 1³/₄ CUPS)



Fresh parsley and a dollop of white wine vinegar exquisitely counter the richness of anchovies in this sauce. Fresh and nutty colored, with bits of green, it is enticing on bread or crackers as an aperitif and works wonderfully with any sweet, mild fish, such as salmon, cod, haddock, or even lobster and scallops.

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| 1 cup Basic Mayonnaise (page 78) | 1 teaspoon white wine vinegar |
| 1 tablespoon anchovy paste | 1 scallion, trimmed, halved vertically, and finely chopped |
| 2 garlic cloves, finely chopped and smashed into a paste with chef's knife | Sea salt or kosher salt |
| ¹ / ₄ cup finely chopped fresh parsley leaves | Ground white pepper |

In a medium glass bowl, combine the mayonnaise with remaining ingredients except for the salt and pepper. Whisk to combine thoroughly. Taste and adjust seasonings as needed. Cover and refrigerate until ready to use.

