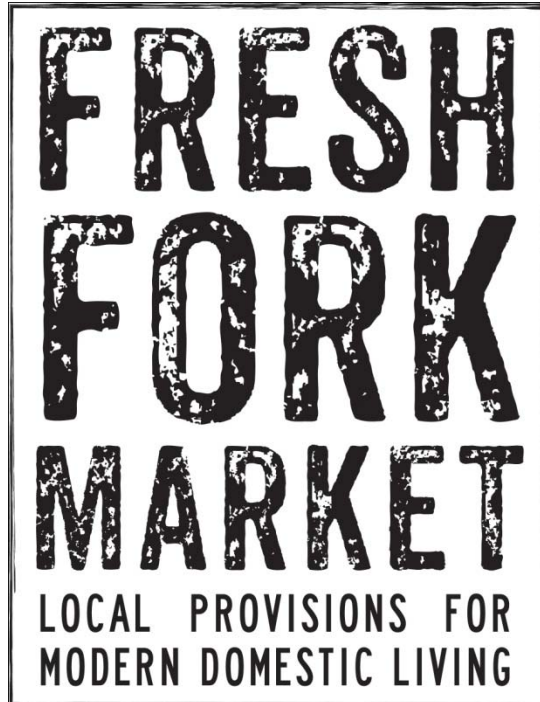


Get Sauced!



A Sauce Making Class with Special Guest:

Chef Brandt Evans

of



Contents

- Sauces..... 3
- Thickening Sauces..... 3
- Recipes..... 4
 - Mustard Yogurt Sauce served with Ohio Chicken 4
 - Carrot and Red Wine Sauce..... 4
 - Toasted Cardamom- Carrot Sauce 5
 - Creamed Corn Sauce for Chicken 6
 - Rich Stock 6

Sauces

We all know what a sauce is, but the mystery is in what type of sauce, when to use it, and how. For common sauces, such as a simple au jus over a steak or roast beef, we know why (to moisten) and when. For a pasta, we understand the application of a cream based or tomato sauce to add flavor to the dish or to tie the different components together. Finally, sometimes sauces can be added simply to add visual appeal.

Sauces can run the gamut in terms of texture and thickness. Most sauces are more liquid in nature. Chutneys, salsas, and even guacamole could be considered a sauce, when used as part of an overall dish. Even mayonnaise and salad dressings could be considered sauces.

Many of the ingredients that come in your Fresh Fork Market farm share can be the base for a sauce. Beets pair well with red meats and a beet sauce would be lovely on a roast or even steak. Carrots are more than just a vegetable-as you will see they make a tasty sauce that you can use to turn ordinary chicken into something extraordinary. The sky is the limit.

Thickening Sauces

There are several ways to thicken sauces. The easiest way to thicken a sauce is by reduction. Boiling away excess liquid can thicken sauces, but it also concentrates flavors. When using this method, it is important to continually taste the sauce to make sure that it is not becoming too salty or over seasoned as the seasonings also become concentrated as the excess liquid is evaporated.

Pureed vegetables, such as cooked potatoes, yams, winter squash, can be used to thicken sauces as well by simply incorporating them into your base sauce.

The third way to thicken a sauce is by the addition of a powdered thickener. The most common thickeners are cornstarch, flour, and arrowroot. When using cornstarch, use about 1 tablespoon per cup of sauce. Mix with enough cool water until the cornstarch is absorbed. Stir the cool mixture into the hot sauce and simmer until thickened. Flour and arrowroot can be used the same way, but requires about twice as much powder.

Another option is to start with something extremely thick and gunky and then add your thinner liquids to it. This is called using a roux. Melt a fat, such as butter or lard, in a pan and add an equal amount of flour a little at a time, whisking it together to form a paste like consistency. Continue to cook until golden brown. Add the other components of your sauce and bring to a soft boil. The liquids will gradually thicken. A prime example of this is making sausage gravy or base of a gumbo.

Lastly, you can thicken sauces with egg yolk. Classic sauces and puddings often employ this method. Whisk egg yolks together to break them up. Temper them by adding some of the hot liquid into the eggs. This warms up the yolks and keeps them from cooking immediately and making scrambled eggs in your sauces. Then whisk the yolk mixture back into your sauce.

Recipes

Mustard Yogurt Sauce served with Ohio Chicken

Ingredients

2 tbsp. olive oil
1 medium onion, chopped
1.5 lbs. chicken breasts cut into strip
6 oz. local Greek yogurt
1/4 cup Dijon mustard
1 cup chicken broth
Salt and pepper to taste
Parsley, chopped for garnish (optional)

Preparation

Heat the oil in a skillet and add the onion.
Sauté until browned about 5-10 minutes.
Add the chicken, season with salt and pepper and brown on both sides.
Reduce heat and let cook for 10 minutes, stirring occasionally.
In the meantime, whisk together the yogurt, mustard and broth.
Pour over chicken and simmer for 10 minutes.
Make sure the sauce does not boil or the yogurt will curdle. Serve over brown rice or with mashed potatoes/cauliflower.

Carrot and Red Wine Sauce

Ingredients

1 large carrot, peeled and cut into 1-inch pieces
2 cups full-bodied dry red wine
1 medium shallot, minced
6 tablespoons unsalted butter, cut into tablespoons and chilled
Salt and freshly ground pepper

Preparation

Bring a medium saucepan of salted water to a boil. Add the carrot, cover and simmer over moderate heat until tender, at least 15 minutes but depends on size of carrots. Drain, transfer to a mini processor and puree.
In the same saucepan, bring the wine to a boil. Ignite the wine and let the alcohol burn off. All the alcohol will be burnt off when the fire goes out. Add the shallot and boil over high heat until the wine is reduced by about three-quarters, approximately 8 minutes. Stir in the carrot puree and bring to a boil.

Remove the pan from the heat and whisk in the chilled butter, 1 tablespoon at a time, until the butter is incorporated and the sauce is smooth. Return the pan to low heat now and then to keep the sauce hot enough to melt the butter but do not let it boil. Season with salt and pepper; the sauce should be peppery.

Suggested Applications: serve over grilled or oven roasted pork chops, a pork roast, or roast chicken

Toasted Cardamom- Carrot Sauce

Ingredients

1 teaspoon cardamom, ground
3/4 cup refrigerated carrot juice
About 1 1/2 teaspoons rice vinegar*
1 teaspoon cornstarch
1/2 teaspoon sugar
Salt & Pepper

Serve with: Your choice of Fish / Sea food or chicken

1 teaspoon olive
1/4 teaspoon coarse-ground pepper
1 tablespoon minced fresh chives (optional)

* rice vinegar is a mild, somewhat sweet vinegar. If you need to substitute, try a white wine vinegar or apple cider vinegar cut with a little sugar and water

Preparation

In a 1- to 1 1/2-quart pan, mix cardamom, carrot juice, 1 1/2 teaspoons vinegar, cornstarch, and sugar until well blended. Stir over high heat until mixture boils; reduce heat to low and simmer, stirring occasionally, until reduced to 1/2 cup, 7 to 9 minutes. Cover pan and remove from heat; let stand 5 to 10 minutes. Taste, and add salt and more vinegar if desired. Pour sauce through a fine strainer into a bowl.

(For Fish) Meanwhile, rinse fish, pat dry, and cut into 4 equal portions. Rub fish all over with olive oil and sprinkle lightly with salt. Set a 10- to 12-inch nonstick frying pan (with ovenproof handle) over high heat. When pan is hot, add fish and turn as needed to brown on both sides, 2 to 3 minutes total. Sprinkle pepper evenly over fish.

Put pan with fish in a 400° oven; bake until fish is opaque but still moist-looking in center of thickest part (cut to test), 5 to 7 minutes. Transfer fish to rimmed plates. Spoon sauce evenly around fish and sprinkle with chives.

(For chicken) Either roast whole chicken and carve for guests. Serve with sauce on top. Or prepare boneless chicken breast similar to fish mentioned above.

Creamed Corn Sauce for Chicken

Ingredients:

1 Tbsp olive oil
1 Tbsp butter
1 small onion, diced small
4-5 cups fresh corn kernels
¼ cup chicken broth
2 Tbsps all purpose flour
1 tsp coarse salt
¼ tsp ground white pepper
1 tsp dried oregano
1 cup milk, reduced fat or whole
Fresh oregano to garnish

Preparation

In a large sauté or fry pan, heat olive oil and butter over medium heat. Sauté the onions until soft but not browned. Add the corn and stir to mix well, and then add chicken broth. Cover and let corn cook through, about 3-5 minutes.

Mix flour, salt, pepper and dried oregano, and sprinkle mixture over corn; stir to coat kernels. Add milk and cook until it begins to thicken. Take one cup of corn mixture and purée in a food processor, and then add back into the pan. Stir and cook until it reaches a thick, creamy consistency.

Grill or bake chicken and serve with creamed corn sauce on top. Another option is to serve the chicken over a whole grain such as spelt berries or barley with the creamed corn sauce to tie it all together.

Rich Stock

Since many sauces call for stock, we wanted to include the basic rich stock recipe that Parker always uses. Rich stock takes some work, but trust me it is always worth it.

Making basic meat, poultry, fish and vegetable stocks requires time, appropriate ingredients and attentiveness. Bones, vegetables, herbs, wine and water and a good stock pot will produce the product that enhances any dish in which stock is included. Rich stock is the final product that you will store in the freezer and then use in making sauces and soups.

The entire process—from bones and vegetable to rich stock—will require a least two days. You will need a day to make the stock and an overnight cooling to concentrate the fat. On the second day you can remove the fat that has risen to the top and then boil the stock to evaporate water and concentrate the flavor that will then be labeled rich stock.

I will use an eight quart stock pot in explaining the process in which I can place about three pounds of bone—chicken, beef and/or pork in any combination or all of the same kind. A combination of bones is a

good way to begin. As you become comfortable in making stock and add your own ideas to the process you will most likely want to do specific kinds for your cooking.

To the bones you should add a branch of celery, an onion, a carrot (peeled) and a clove of garlic (crushed). Chop the carrot, onion and celery. Have ready a couple branches of parsley, some dried thyme and a bay leaf.

Add enough water to cover the bones and vegetables by two or three inches. Raise the heat to high. When the stock begins to boil skim it to remove the scum and impurities. Don't worry about remove too much water. It is only water at this point and you can add more. When the stock begins to clear, lower the heat to medium or medium low. Adjust the heat to a point at which there are occasional bubbles but not a rolling boil. Add the thyme, parsley and bay leaf.

Cook the stock for four or five hours. Add water to keep the level above the bones.

After the stock has simmered for several hours the meat should fall from the bones and the vegetables should be very soft. Remove the stock pot from the heat and let it cool to room temperature. Strain the stock through a damp cloth. An old terry-cloth towel works very well. Refrigerate the stock overnight. The next day you can remove all the fat that has come to the top. A tall, narrow container is best as the fat will be more concentrated and easier to remove.

When the fat has been removed return the stock to a stock pot and boil it. Skim the stock and reduce the heat to medium. Reduce the stock by half. If you began with two gallons of water you should have a final yield of about one gallon.

When the stock has cooled, ladle it into plastic containers and freeze it for future use. In our recipes, this final product is referred to as rich stock. You may prefer to freeze some of the stock as broth—not reduce—which is appropriate for soups. As you stock making skills improve and what now seem rather daunting, you will want to create many kinds. Lamb stock is a special stock that is used for bean soups and lamb dishes. Rabbit stock and duck stock are especially good.

NOTES: There should be some meat on the bones. Large beef knuckle bones are not a good choice. Neck bones are excellent. Chicken wings and necks are good. Pork neck bones or a couple of pigs' feet are good. The bones should be in small pieces—two of three inches wide. You may choose to brown the bones before making the stock. You can do this in a 350 degree oven or you can set the stock pot over medium heat and brown the bone with a little butter and or oil. Use oil that is neutral, without flavor. Stir the bones often whether using the oven method or the stock pot. Do not allow the bones or the meat to burn since this will cause the stock to be bitter.

Deglaze the pan or roasting pan in which you browned the bones and/or the vegetables. A cup of dry vermouth works very well for this. As your stock making repertoire becomes more complex you may choose specific wines for the deglazing process. Riesling goes well with pork. Red wine with beef bones is quite good.

If you are making chicken stock, brown the vegetables in butter before adding them to the stock pot.

I do not add salt or pepper to the stock. Season should occur when the rich stock is used for sauces and soups.