

Sauces, Butters, Dip, Oils, Gravy, Marinade and Batter

“Sauce, n. The one infallible sign of civilization and enlightenment.” Ambrose Bierce (1842-1914)

“In the orchestra of a great kitchen, the sauce chef is a soloist.” - Fernand Point

“When making tomato sauce, the tomato is the star” - Author

About Butter

Butter’s role in cooking is wide and varied. It could be the subject of an entire book. Butter and lard both had a bad rap as “animal fat” but in fact, both turned out to be a lot better for you than trans- fats that attempted to replace them.

Butter not only has its magical mouth feel and flavor but the ability to thicken and shine up sauces when swirled in the pan. While butter is lower in its ability to withstand high heat, a little added peanut oil will stretch its duty in many frying and sautéing applications where 100% butter would burn. Because the milk solids are the major culprit, clarified butter, having these milk solids removed, does better at higher temperatures. In India, clarified butter is referred to as ghee (in Hindi ghi).

To make clarified butter quickly, melt butter in a microwave safe measuring cup, using a medium-low power setting. The goal is to melt not cook it. Let the butter rest a minute and draw the clarified butter that floats at the top. If you want a lot of clarified butter, boil butter in water and refrigerate in a container over night. Punch a hole through the butter that has solidified, and simply pour off the water along with the soluble milk solids below.

There are various sauces based on butter in this cookbook include: Beurre Blanc, Beurre Noisette, Meuniere Butter, Garlic Butter, Hollandaise sauce, and Béarnaise Sauce. Also see compound butter (page 248)

Even in Rome Italy, where olive oil is king, there is still room for butter. Often chefs will add a tablespoon or two to the freshly hot drained pasta for additional flavor just before the sauce goes on. In Rome, perhaps the more famous use of butter is Fettucine Alfredo (see page 196) where butter has a feature role.

In France, butter’s main role is to be found in the kitchen as opposed to on the table. Notable exceptions include bread buttered and topped with new spring radishes or bread with butter and cheese or a morning croissant with butter.

At the height of summer, slices of sweet red onions would be eaten with sweet butter on slices of one of the best breads in all of Italy called pane Casareccio from Genzano. The butter of this type was the European version which is richer and creamer than common American butter. The best European butter typically contains 85% butterfat and comes in salted and unsalted varieties. This butter melts easier but has a lower burn temperature.

Danish Lurpak Butter

This butter make claims to be a lactic butter with a slightly more acid and milder tasting butter with a less greasy appearance and pale appearance. From my experience this is a delicious premium brand that is worth its extra price when you want some luxury.

Butter in Cookies

Butter melts before shortening melts due to its lower melting temperature. Shortening based cookie recipes hold their shape longer in the oven, allowing the flour and eggs to set before the cookie collapses and spreads. The lower temperature of butter based dough produces a cookie that spreads out more often making delicate rims like the recipe - Lemon Drop Cookies. Drop the cooking temperature accordingly.

Butter in Pie Crusts

It is the water content of butter that produces flakiness in a baked pie crust. The butterfat produces tenderness so a traditional crust made with a European butter might be slightly less flaky and a bit tenderer. This is akin to a crust made with part shortening and part butter. Keep the butter ice cold. A food processor can cut cold butter into flour without melting the butter.

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Better Cookies using Butter

A primary reason to make homemade cookies is that you can make a cookie that tastes a lot better than store-bought. Vegetable shortening has no flavor at all hence contributes nothing to a cookie's taste. Butter is always king of flavor.

Compound (or composed) Butter

These are mixtures of butter with additional flavored ingredients (herbs, spices or aromatic liquids) so as to impart additional flavor to the butter. The butter is formed into a cylinder with plastic wrap, wax or parchment paper and refrigerated until hard. Slices of the butter are then served atop meats, fish, or fowl for enhanced flavor as well as an attractive garnish.

Examples include:

Café de Paris butter. A mixture butter with herbs, spices, and other condiments such as mustard, marjoram, dill, rosemary, tarragon, paprika, capers, chives, curry powder, parsley, shallots, garlic, Worcestershire sauce, and anchovies.

Maître d'Hôtel Butter is one of the most common compound butter which combines chopped parsley and butter.

Herbes de Provence Butter is a compound butter which combines Herbes de Provence (page 56) and butter.

"A great chef is one who dines out regularly." - unknown

About Sauces and Gravy

Sauces are to cuisine as color is to painting. Sauces bring variety to mundane, moisture to dry, flavor to bland, another interest layer to flat, color in contrast, and variety to the menu. One of my all time favorite restaurants was Jacks on Sacramento Street in San Francisco. As it turns out, it was also a favorite of my father's in the 1940's. Had my grand father been from the region, it could have been a favorite of his, as Jack's was founded before the turn of the century. Absolutely the greatest free form menu I had ever seen. They are no longer around as the original restaurant much to my regret but the Ala Carte menu was incredible. A patron could assemble a menu right down to the sauces. The following is a list of some of my favorite sauces on their ample daily menu:

Brown Sauce (Espanole), White Sauce (Bechamel), Hollandaise sauce, Demi glace, Roberts Sauce, Madeira sauce, Mornay Sauce, Béarnaise sauce, Piquant Sauce, Mousseline Sauce, Bordelaise Sauce (marrow wine sauce), Marchand de vin (mushroom wine sauce), Lemon or Mustard Beurre Blanc

I grouped the first four of these together as "mother sauces" that are launching sauces of many other variations not mentioned here.

Is gravy a sauce?

I would have to say it is. To make an argument to the contrary, one would have to find an easy way to differentiate gravy making from sauce making which could be a daunting task.

In making gravy, the desired color and consistency are important factors in determining the approach to how it is made. Lighter gravies may be a clarified stock that is simply reduced to concentrate its flavor. Reduction is a key to concentrating the flavor be it water, milk, wine, or a stock. To accelerate the process, use a frying pan or a wide Dutch oven where steam can readily be expunged.

Brown gravies are often improved in color and flavor by browned or caramelized ingredients. This is where meats and vegetables are pre-browned by broiling, roasting and frying to deepen both their flavors and color. This is an extra step, and, if you don't have the time for this step, one or more of the following is helpful: add a demi-glace to increase flavor, start with a stock or broth instead of water, add flavored brandies, wines, sherries, ports, use a coloring agent like caramel color, dark soy, or Kitchen Bouquet, include flavorful ingredient like dried porcini or other mushrooms, herb treatments like onion pique, onion brulee, sachet of spices, add fish sauce or even mashed anchovies, and or add other prepared sauces (Worcestershire, steak sauce, etc.). Kitchen Bouquet is a browning and seasoning sauce for meats, gravies, and stews that includes caramel coloring, mixed vegetable stock, salt and parsley. Mushroom soy (page 278) also is very dark and adds a pungent complex soy flavor.

Demi Glace

When a stock is reduced to the mere essence of itself, what is left over is a few tablespoons of intensely flavored and rich

stock. Today's purveyor of fine foods now routinely sell a whole variety of these for the serious chef including classic reduced veal and beef stock, venison stock, roasted lamb stock, roasted chicken demi-glace, classic roasted duck and chicken stock, rendered duck fat, and roasted vegetable demi-glace to name but some of the most popular offerings. These are fabulous time savers and allow the busy chef easy access to incredible flavor enhancing methods. In practical use, a tablespoon or two is generally all that is required for a stew, sauce, reduction, risotto, or gravy.

If making demi-glace at home, do not salt your stock. Patience is the order of the day. The process must be low and slow. Demi-glace may NOT be made from fish stock alone. You must add gelatin to a fish stock. If a quart of stock is to reduce to 1 cup, then ½ a packet of gelatin is plenty. A demi-glace made from fish stock should be used within a few days as it is best fresh.

White Sauce (Bechamel)

The easily prepared sauce is purportedly named after the bon vivant 17th century Louis de Bechameil then the economic advisor and honorary chief steward to King Louis 14th most likely as a form of flattery by Louis' court chef Francois Pierre de la Varenne. As you might well imagine, the Italians, who "invented fine cuisine" and taught the French the meaning of cooking, claim that the sauce originated in the kitchens of Catherine de Medici and became imported to the French court when she married the French Duke of Orleans, in an arranged marriage, who later ruled as King Henri II.

In a stock pot, add:

- 1 Cup of milk
- ½ Cup heavy cream
- 5 Cloves
- Pinch of white pepper
- ½ Chopped onion,
- 5 Dried bay leaves

Simmer for ten minutes. Strain and reserve liquid. Over medium heat melt three tablespoons of unsalted butter to which is added 3 tablespoons of Italian "00" flour (use 4 tablespoons of butter/flour for soufflés), stir constantly with a wooden spoon or whisk. When the mixture just begins to color a pale brown, remove from heat, briefly allow to cool a minute, add the warm flavored milk, and heat with out boiling until the sauce thickens stirring all the while. Correct for salt. Add more white pepper if necessary and optionally flavor the sauce with one or more of any the following depending on what the sauce is being served with: chives, tarragon, marjoram, chervil, sage, parsley, nutmeg or mace, ground cloves, ground coriander, ground ginger, ground dried onions, tomato paste, lemon juice, mustard, chile powder, sherry, port, marasala wine, dry white wine, meat/fowl demi glace or fish stock, your brother's old socks (hey you are paying attention). A little mustard is usually found in a white sauce intended for a cheese soufflé.

White Sauce is the basis for many cheese sauces. A veloute sauce starts just like the white sauce except, instead of all milk or cream, it uses a clear stock from veal, fish, chicken or vegetables which may or may not also include wine, sherry, madeira, or champagne. A veloute sauce may or may not also include cream. To deepen the flavor of the veloute, I often use a chicken or veal demi-glace and that will take that sauce down the corner and around the block. The ratio of butter/flour to liquid determines the sauce's thickness. The following ratios are good starting points:

- **Thick white sauce** consists of 3-butter/flour per unit of liquid
- **Medium white sauce** consists of 2-butter/flour per unit of liquid
- **Thin white sauce** consists of 1-butter/flour per unit of liquid

The addition of cheese to a white sauce will thicken it, so start with a medium sauce, if making a cheese sauce. If it is still too thick, add more liquid. Most starch-thickened-sauces reach their thickest after they begin to boil¹. After the heat has been removed, the residual heat may continue to thicken the sauce. A sauce that sits on a stove top may form a thin "crust". You may "float" some milk or other liquid on top of the sauce to help prevent a crust. A sure method for achieving consistent results in a white sauce is to strain it with a wire basket just before its use. If the sauce is thick, use the back of a spoon to help press it through the strainer.

White sauce and veloute find their way into many uses including pastas, casseroles, fish, fowl, shell fish, and vegetable dishes. Harmonization of a veloute sauce often calls from the juice run off of the cooking process or the broth the vegetables cooked in.

Note:

1. A notable exception is true arrowroot starch.

Thickeners

Forms of starch are particularly suited as thickening agents. Popular choices are flour, flour-butter mixtures, corn or potato starch, kuzu (kudzu) powder, arrowroot, bread. Some non-starch thickeners include filè, egg yolks, cream, butter, ground nuts, and puree of vegetables.

Cornstarch, ultra fine flour, arrowroot, ClearJel and tapioca are the most popular starch thickeners. Potato starch flour, on the other hand, requires no cooking and is Kosher during Passover.

Arrowroot

Arrowroot is a gluten free white powder extracted from the root of a West Indian plant, *Marantha arundinacea*. It looks and feels like cornstarch but is one of the most digestible of all starches. Arrowroot is used in biscuits, jellies, cakes, non-dairy sauces, and also with beef tea, or veal broth, in Korean noodles. It is good in acid situations where cornstarch loses potency. Arrowroot makes shiny clear fruit gels and prevents ice crystals from forming in homemade ice cream. (Cornstarch is not good for frozen foods.)

Unlike cornstarch or flour, arrowroot thickens at a lower temperature. Mix arrowroot with a cool liquid before adding to a hot sauce. The sauce should not be heated past the point where it has thickened otherwise it breaks down.

In terms of thickening power:

2 teaspoons arrowroot = 3 teaspoons cornstarch

1 teaspoon arrowroot = 3 teaspoons flour

kudzu powder¹ performs similar to arrowroot

Note:

1. Starchy kudzu root powder is used to thickening soups, sauces, for dredging foods to be deep-fried. Kudzu powder can be found in Asian markets and some natural food stores. It's high in fiber, protein and vitamins A and D additionally an anti-inflammatory and antimicrobial agent.

ClearJel Starch

ClearJel is the National Starch Company registered trademark name for cross-linked waxy maize corn starch introduced in 1948, available in a white powder form and produces a smooth, heavy-bodied, gel-like product. ClearJel is tolerant of high temperatures and acidity. The flavor is bland with little or no cereal-like or starch taste.

ClearJel is the only thickener the USDA recommends for use in home-canning of fruit pie fillings. ClearJel does not break down and become thin when used in home-canned pie fillings. The sauce remains thin during processing, but the filling thickens in the jar after jars come out of the canner.

ClearJel come in two varieties. The Instant variety is pre-cooked and thickens foods instantly without cooking but may also be cooked. ClearJel is popular in making pies. With the instant version, you need to wait about 10 minutes to achieve maximum thickening. ClearJel is very useful in instant puddings. To help dissolve the product, mix the Clear Jel with a little sugar before adding to the fruit or juice.

Tapioca Starch

This is a good thickener for fruit pies as it is not milky nor does it have a pronounced taste. Tapioca starch thickens at a lower temperature than cornstarch, remains stable when frozen, and imparts a glossy sheen. It is finely ground so that it dissolves completely

Wondra Flour (Gravy Flour)

This finely milled all-purpose flour may be added to hot liquids without getting many lumps, so it's good for making gravies. Wondra Flour and Shake & Blend are popular brands. Wondra's wheat flour has been pre-cooked in a process called pre gelatinization and then dried; this coupled with its low-protein content allows it to dissolve without seizing up when stirred into a hot liquid.

Dressing Up Sauces

As any woman can attest, two different black shoes, one dress and two scarfs can be a whole wardrobe when arranged in all the combinations. Likewise, dressing various sauces with wines, herbs, and other ingredients offer endless combinations.

Let's consider these just these few ingredients: sherry, madeira, shallots, tarragon, sage, merlot, port, butter, flour, bread, vinegar, and mustard. There are 120 sauce variation we can create by picking just three. While many selections might not make sense, it should explain why your sauce can be completely original.

Here are a few that sound promising:

- {shallots, merlot, butter} might be good on steak
- {sage, butter, bread (toast)} might be good on fettucine
- {Madeira, tarragon, butter} might be good on fish

Achiote - Yucatan-style Red Sauce

(See page 475)

Aioli

For traditional aioli the garlic is pounded in a mortar while adding small amounts of olive oil, leading to a smooth and very strong tasting aioli. Aioli (or more formally in Provence¹, Le Grand Aioli) also designates a complete dish various boiled vegetables (usually carrot, potato and green bean, boiled fish, and boiled eggs served with the aioli sauce. Garlic has emulsion-producing properties that will thicken into a thick paste if done correctly.

- 12 Cloves peeled garlic
- Cool olive oil
- Pinch or 2 of sea salt

Pound garlic in a mortar while adding very small amounts of olive oil at a time. Patience, patience, patience and time is required. (A small food processor could be used but avoid heating the mixture too much.)

Note:

1. Provence is a region of south-eastern France on the Mediterranean adjacent to Italy.

Aioli, Moroccan

Prepare Spanish Aioli Mayonnaise per recipe (page 251) and add:

- Pinch coriander
- ¼ Teaspoon or more turmeric
- 1/8 Teaspoon cumin
- Pinch fenugreek
- ¼ Teaspoon or more red pepper

Moroccan aioli is great with fried seafood such as calamari or smelts. Garnish with seeded chopped tomatoes, fresh cilantro, and chopped kalamato olives.

Aioli Mayonnaise, Spanish

Spanish aioli is often served with tapas, sea food or paella.

- 4 large cloves of blanched garlic
- 1 Tablespoon of lemon juice
- 2 Egg yolks
- White pepper
- 1 Teaspoon paprika
- Salt
- 1 Cup olive oil

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Blanch garlic in boiling water for 1 ½ minutes, then plunge cloves into cold water to stop the cooking process. Pat the cloves dry. Add garlic and a pinch of salt to a mini-food processor and chop fine. Add two egg yolks, lemon juice, white pepper, and pinch of paprika. Turn processor on and slowly drizzle in olive oil to make a thick mayonnaise. Correct the seasoning with extra salt, pepper and extra lemon juice as required and process again. Cool in refrigerator for two hours before using.

If the sauce breaks while making, for any reason, add an additional egg yolk and reprocess until thick.

Balsamic Mignonette

See page 100.

Bagno Caldo Sauce

The appetizer based on this sauce in on page 90.

- 1 Head of garlic, peeled, coarsely chopped
- 1 Tablespoon lemon juice
- Pinch of black pepper
- Pinch of crushed red pepper
- 1 ¼ Cup Sicilian fruity extra virgin olive oil
- 10 Anchovy fillets soaked in ½ cup of milk 30 minutes, then drained
- ½ Cup Italian bread crumbs

Peel and coarsely chopped garlic removing any green pieces. On very low, heat oil, peppers and garlic and cook for 10 or more minutes. Add anchovies, lemon juice, and bread crumbs. Take off heat and using a post blender, blend well. When serving, re-warm first then keep warm on the table over a butter heater.

Barbecue Sauce I

Anyone can make a decent barbecue sauce and there are as many as there are cooks. Good sauces can be simple or complex, sweet or not sweet but most of the good ones are spicy. This is a classic recipe starting with the trinity of aromatic vegetables: carrot, celery, and onion (what the French call mirepoix).

- 16 Ounce can Coca-Cola
- 6 Ounce can Italian tomato paste
- ¼ Cup fresh lime juice
- 1 Cup tamarind sauce (see page 283)
- 4 Tablespoons Worcestershire sauce
- 2 Tablespoons fish sauce
- 2 Tablespoon unsulfured dark molasses
- ½ Teaspoon liquid smoke (to start with)
- ½ Teaspoon grated orange peel
- 1 Teaspoon ground coriander
- 1 Teaspoon dry mustard
- 1 Teaspoon fresh chopped ginger
- 3 Cloves chopped garlic
- 1 Onion, chopped finely
- 2 Tablespoon olive oil
- 1 Carrot, chopped finely
- 1 Rib of celery, chopped finely
- 1 Tablespoon crushed red pepper (or more if you like it hot)
- 1 Teaspoon white pepper
- 1 Tablespoon black pepper
- Salt, seasoned rice wine vinegar, and dark brown sugar to taste

Sauté onions, carrots and celery in a hot sauce pan in olive oil. When they begin to clear, add garlic, and ginger and cook while stirring for one minute. Stir in tomato paste and cook while stirring for three or four minutes. Add all other ingredients and cook on low for an hour until it has reduced some what. Stir several times. Correct seasoning with salt, rice wine vinegar, and dark brown sugar to taste. Add more liquid smoke, a little at a time, if not smoky enough. Stir well and taste as you go.

Barbecue Sauce, Don Hughes' North Carolina

All of these ingredients are added to taste.

- 2 ½ Cups of apple cider vinegar
- 2 Cups of Heinz tomato ketchup
- 2 Cups 100% sorghum molasses (page 413)
- 1 ½ Cups water
- 5 Tablespoons coarse ground black pepper
- 2 Tablespoons crushed red pepper flakes/seeds

Simmer on low for one hour add more water as needed. Don says the sorghum molasses imparts notes of burnt sugar and caramel and the flavor is very long lasting. Don's family made their own molasses cooked in a rustic copper tray over a gas fired cooker. This is fabulous with roast or smoked pork.

Baribeault's Dried Tomato Mayonnaise

Leslie Baribeault's recipe is traditional of the Italian cuisine they enjoy in their elegant kitchen in the wine country.

- Best Foods (Hellmann's) mayonnaise
- Lemon Juice
- Fresh chives
- Sun dried tomatoes - crumbled
- Pepper

All to taste. Blend well and refrigerate.

Basil Flavored Oil

From a TV broadcast Great Chef's of the World

- 2 Cups of grape seed oil (a no flavor oil).
- Cup of blanched basil (1 or two large clumps)

Refrigerate oil. Refrigerate bowl of blender.

Wash basil twice. Blanch in boiling water until it is just cooked. 2 ½ to 3 minutes. Drain, wring in cloth towel and set in covered bowl in the refrigerator for an hour.

In the blender bowl, add a cup of oil. Coarsely hand chop the basil and add it. Process a bit to get the process started. Add the remainder of the oil; chop on medium for 45 seconds. Basil should be just flecks in the oil. Set in the refrigerator overnight for the flavor to thief out from the basil.

Strain the oil when cold. Maybe store as is. Use for aioli or where ever the taste of basil may be needed. Do over-heat, as the flavor will change and be lost at too high a temperature.

Maybe when adding this oil for flavor, consider adding it last.

Béarnaise Sauce

A popular French sauce, Béarnaise is an emulsion of butter and tarragon flavored vinegar using egg yolks. It is a traditional sauce for lean steak or vegetables.

Béarnaise requires merely the avoidance of excessive heat that might curdle the eggs. Properly made, the sauce is smooth and creamy. The amount of kick is controlled by more or less vinegar and seasonings. It is served warm, not hot. Traditionally, it is made by hand whisking over a double boiler but this is faster and fool proof.

- 4 Egg yolks, room temperature

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- 4 Tablespoons chopped shallots
- 2 Tablespoons chopped fresh tarragon
- 2 Tablespoon of tarragon vinegar
- ½ Cup dry white wine
- ¼ Teaspoon salt
- Pinch of cayenne pepper
- ½ Cup (¼ pound) sweet butter + some for shallots (see text)

Sauté shallots with a patty of butter until soft. Combine vinegar and white wine and reduce by half until just ¼ of a cup. This should be hot from boiling. Heat the butter a Pyrex measuring cup equipped with a spout in the microwave until bubbly. Put boiling water in blender jar to heat it to very hot. Put egg yolks, reduced mixture, salt and cayenne in blender jar. Place lid on blender bowl and pulse on high speed for 2 seconds. Turn off. Remove center section filler hole in blender's lid. Turn the blender on high-speed, pour in hot butter gradually in a thin, steady stream. Stop when butter all incorporated and emulsified. Use right away. If it does not thicken, then the ingredients did not get hot enough, and you have to whisk the egg mixture in a bowl over steamy water.

Black Bean Sauce

This is one of my favorite Chinese sauce and it is excellent on shellfish, fish, beef, lamb and pork. Try steamed manila clams with this sauce.

- 4 tablespoons fermented black beans, hydrated, drained and mashed
- 4 cloves of garlic, minced
- 1 tablespoon black soy sauce
- 1 tablespoon regular soy sauce
- 1 tablespoon ginger, peeled and minced
- 1 teaspoon crushed dried arbor pepper or 2~3 teaspoon of sliced of jalapenos
- 2 Teaspoons of peanut oil
- 1 Teaspoon sugar

Place fermented black beans in warm water and let stand 20 minutes. Drain well and mash. Heat a pan to medium. Add peanut oil, mashed fermented black beans, garlic, soy sauces, ginger, sugar and crushed pepper and heat on low. Cook slowly for three minutes until hot. Taste and correct the seasonings. When this sauce is used with clams, a tablespoon of bottled oyster-flavored sauce is also usually included. (If desired, thicken by adding cornstarch dissolved in cold water a teaspoon at a time. Increase heat until sauce just begins to boil.)

Bordelaise Sauce

Bordelaise (literally from Bordeaux) sauce is a classic French sauce named for the region of origin. The sauce consists of a red Bordeaux wine reduction using bone marrow, shallots, pepper and demi-glace.

- 8 Inch section of beef marrow bone sawn in half length wise
- 2 Cups dry Bordeaux red wine
- 1 Tablespoon sweet butter
- 2 Finely chopped shallots
- 1 Small carrot, finely chopped
- ½ Rib finely chopped celery
- 2 Tablespoon port
- Small a handful dried porcini mushrooms
- 1 ½ Ounces demi glace
- 1 Tablespoon sherry
- Arrowroot as a thickener a little at a time
- Sea salt
- Fresh grinding of black pepper

For poaching marrow

- 1 Cup lightly salted beef bullion

Rinse marrow bones and rub off any bone chips with a towel. Remove marrow from bone sections. Soak covered in warm water 30 minutes to remove any excess blood. Cut marrow into 1/8 inch thick pieces. Bring a lightly salted beef bullion to a

very low boil, turn it down, poach marrow slowly for 8 minutes. Remove to a plate. Retain enriched beef bullion.

Heat a frying pan over medium heat, sauté shallots, celery, carrots in a little butter until shallots are soft. Add 2 tablespoons of the enriched beef bullion, the wine, port, mushrooms, sherry and demi glace. Reduce to sauce to half the volume. Strain and discard solids. Add poached marrow and whisk in a little arrowroot as a thickener. Add sea salt and pepper to taste.

Brandied Hard Sauce

2 Cubes of sweet white butter to 2 cups of powdered sugar
1 Teaspoon salt
1 Tablespoon vanilla

(Scale the recipe to size of the mold.)

Cream together until very smooth. Add Brandy to taste. When it tastes strong enough, add all the whipping cream it will hold without curdling. Mold into a decorative mold and chill in the refrigerator for at least 4 hours. De-mold by heating the mold in very hot water, then invert on a plate. Garnish with mint leaves.

Good with Mincemeat Pie or English Plum Pudding.

Beurre Blanc

There are many version of this sauce, some that use cream as a stabilizer but not the classic version which relies on the strong acidity to keep the butter suspended. Many strain the sauce for a more elegant presentation. In this sauce, the shallots are minced very finely and like provincial French or Italian cooking serve without fanfare. Most fish is best served plainly with a sauce like this, not masked by heavy sauces or strong flavors as fish is delicate. This sauce promotes the flavor of the fish with its harmonious lemony undertones. For fish, reduce the wine and lemon but do not finish the sauce until the fish is cooked. Now return pan to high heat, optionally adding pan juices, reduce then finish. The recipe is for two portions so scale the ingredients accordingly.

3 Tablespoons finely minced shallots
1/3 Cup white wine (Muscadet or Chardonnay) (optional add a bit of vinegar)
Juice from 2 Meyer lemons
6 Tablespoons cold sweet butter cut into 6 patties
Optionally, the pan juices from cooking
Salt to taste
White pepper to taste

Garnish

Chervil or parsley chopped fine

Use a non reactive frying pan like stainless or Teflon over medium heat and combine shallots, lemon juice and wine. Reduce until most of the liquid has evaporated. Set aside until the fish is cooked. Now return pan to high heat and when hot, remove pan from heat, add patties of cold butter and swirl the pan. Add salt and white pepper to taste. The process is to “mount a sauce with butter” or monter au beurre. Do not attempt to reheat this sauce or it will break. Serve immediately. May garnish with finely chopped chervil¹ or parsley.

Note:

1. Chervil has a subtle and delicate flavor that is part anise and part parsley flavor and is a classic French herb.

Beurre Noisette

Unsalted butter

Beurre noisette is French for hazelnut butter or sometimes called “brown butter”

Unsalted butter is melted over low heat and just as the milk solids begin to brown into a toasty hazelnut color, the pan is

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removed from the heat.

Bourbon and Rum Sauce

This sauce will top many desserts like cakes, puddings, ice cream or any other dessert. Try some with a dollop of whipped cream.

- 1 Cup granulated sugar
- 6 Tablespoons butter, melted
- ½ Cup cream
- 1 Tablespoon bourbon
- 1 Tablespoon Myers dark rum
- 1 Tablespoon dark corn syrup
- 1 Teaspoon vanilla

Add all ingredients to a sauce pan and bring to a boil for 1 minute. Serve warm.

Brown Sauce

Traditional Espanole brown sauce is made from mirepoix with herbs that are cooked in a brown roux with veal drippings from a veal roast, tomato paste and demi-glace added. It is one of the five “mother sauces” of classical cuisine. The sauce is left to simmer for several hours until it reduces to a thick brown sauce. The final sauce is the sieved. This is a faster version.

Add to a stockpot:

- 3 Pounds of beef neck bones, washed in water
- 1 Bay leaf
- 1 Rib of celery
- 1 White onion
- Cold water to cover

Cook on low for 5 hours, scumming surface as needed, drain and retain beef stock.

Sauté the following ingredients until onions are soft:

- 4 Tablespoons butter
- 1 Cup each of minced carrot, onion, celery
- Black pepper

Gradually stir in

- 2 Tablespoons of tomato paste
- 2 Tablespoons flour

Add a ¼ cup of the beef stock and allow tomato paste to temper. Cook for 3 minutes while stirring. Add the rest of the retained beef stock and simmer to thicken. For a richer result, add a tablespoon or 2 of demi-glace. Season to taste. Freeze what is not immediately needed for later use.

Café de Paris Butter

The salt helps preserve the butter. The French would call this a *compound butter*, simply a highly seasoned butter to top a freshly grilled piece of meat, fish or chicken. There are as many variations of this recipe as there are chefs.

- ¼ Pound of sweet softened butter
- 1 Teaspoon chopped parsley
- 1 Teaspoon Dijon mustard
- 1 Teaspoon tomato ketchup
- 1 Teaspoon finely chopped garlic
- 1 Teaspoon finely chopped shallots
- 1 Teaspoon paprika
- Splash of Worcestershire sauce
- Splash of Tabasco sauce
- Cayenne pepper

Sea salt and pepper to taste

Combine in a small food processor and store in the refrigeration until ready to use. Use this to top fish.

Caper Anchovy Butter

Because of the dill in the recipe, this seasoned butter is intended for fish. If you want to tailor the butter for pork, use sage leaves, for fowl, use tarragon leaves.

4 Garlic cloves
3 Anchovy fillets
2 Tablespoons drained capers
1 Tablespoon fresh lime juice
1 Tablespoon Napoleon brandy
1 Tablespoon chopped fresh dill
½ Teaspoon ground white pepper
½ Cup (1 stick) sweet butter
Correct seasoning with sea salt

Drain anchovy fillets of their oil. Soak anchovy fillets briefly in milk to remove some of their salt. Discard milk. Combine and process all of the ingredients in a food processor except the butter which will be added gradually. Add butter a few patties at a time and process until well blended. Season to taste with salt. With a spatula turn out the contents of the work bowl to a sheet of plastic wrap and roll the plastic into a one inch diameter log. Twist the ends of the plastic and fold these over toward the middle forming a sausage shape. Freeze until firm, about 1 hour. Seasoned butter can be prepared well in advanced and kept frozen. If frozen, unwrap the roll, cut off a chunk and let butter soften before using. Re-wrap the rest and return this to the freezer.

Caper Garlic Mayonnaise Sauce

See page 94)

Caramel Sauce

(see page 257)

Chile Colorado Sauce

2 Dried Pasilla chilies, stemmed, de-ribbed, seeded
2 Dried Ancho (California, mild) chilies, stemmed, de-ribbed, seeded
4 Cups chicken broth
2 Cloves garlic
1 White onion, minced
1 Tablespoon rendered lard (see page 64)
1 Teaspoon vinegar
Salt
Optional 1 or more teaspoons of sugar - (see text)

Wash then toast damp chilies on a dry hot griddle until just fragrant making sure they don't burn and become bitter (30~40 seconds). Cover with hot water, soak an hour. Drain and discard water. Use a blender, add softened chilies, garlic and chicken broth and blend very smooth. Sieve through a fine strainer. Mince onion and sauté in lard until soft. Add chiles and cook until thickened. Cooking removes grainy texture. Correct seasoning. Add a small touch of sugar if any bitterness is detected.

Chili Garlic Black Bean Hot Sauce

The recipe came from Chinese Garden Restaurant in Santa Clara California. I had been dining there for lunch for near 18 years. I would order the pot sticker just to have a good excuse to eat the hot sauce. Unsuccessful at gaining access to the recipe not matter what I tried, I finally succeeded only when the Mandarin chef and his wife retired and sold the restaurant. The recipe sounds very simple (because it is) but the sauce gets increasingly more complex and more delicious as it ages. My Chinese friends are as crazy about this sauce as I am.

- 1 Cup peanut oil
- 1 Cup crushed red pepper¹
- 6 Ounces of chopped fresh crushed ginger
- 8 Cloves crushed chopped garlic
- 1/3 Cup fermented black beans², rinse in cold water, drain then chopped a bit

Heat oil until hot. Drop in all the crushed red pepper. (Avoid putting your face too close to the sauce pan as a breath of this could knock you flat out and require paramedics.) Heat to very hot again. Add all other ingredients. Cook one minute. Stir once. Ladle into sterile jars and seal lid tight. Allow to age for a minimum of three months. Once open, keep refrigerated. Keeps at least a year. Especially great on pot stickers or ginger-beef.

Note:

1. How hot do you like your hot sauce? Crushed red pepper could be a combination of New Mexico Pods (mild), California pods (very mild) and arbor peppers (very hot).
2. Chinese “fermented black beans” (Douchi) have a sharp and pungent flavor and are fermented salted soybeans, black colored and soft-near dry.

Champagne Sauce

- 2 Tablespoon sweet butter
- 2 Tablespoons of fine flour
- 1 Cup Champagne
- ½ Cup heavy cream
- Pinch of white pepper
- Pinch of red cayenne pepper (optional)
- Sea salt

Place a large frying pan over high heat, and butter and flour. Whisk while cooking to a pale brown. Remove from heat. Slowly add the champagne and whisk in well. Return to high heat and whisk as thickens. Add cream, a pinch of salt and white pepper. Reduce well and serve per recipe over prepared dish.

Optional additives:

White grapes, Dijon mustard, sauted mushrooms, truffles, chives, tarragon, or Italian capers.

Cranberry Sauce

This is the recipe essentially on every package of cranberries. Scale if you need more.

- 1 Cup white sugar
- 1 Cup water
- 12 Ounces (1 package) fresh or frozen cranberries

Wash and pick over cranberries for defective berries, drain.

In a saucepan, bring to a boil water and sugar. Stir to dissolve sugar. Add cranberries, return to a boil. Reduce heat, simmer for 10 minutes or until cranberries burst. Remove from heat. Cool completely at room temperature and then chill in refrigerator. Cranberry sauce will thicken as it cools.

Crème Fraîche or French Clotted Cream

This homemade sour cream is wonderful on desserts and is simply made by adding a few tablespoons of buttermilk to heavy whipping cream and allowed to sour at room temperature in a sterile bowl covered with a wet towel for a day or two. Once it has reached the desired degree of thickness, refrigerate. Crème fraiche will keep refrigerated for at least a week becoming a little more tangy with each passing day.

Some quality stores carry Organic Valley Farms Sour Cream that is so good and rich that it doubles well as a French clotted cream.

Creole Mustard Sauce

- ½ Cup Best Foods (Hellmann's) mayonnaise
- ¼ Cup Creole mustard
- 1 Teaspoon paprika
- ¼ Cup sour cream
- ½ Teaspoon prepared horseradish
- 1 Teaspoon Worcestershire sauce
- Juice of ½ lemon

Optionally add both minced pickles and shallots

Whisk all of the ingredients together until thoroughly blended. Let stand refrigerated for an hour. Correct seasoning. Serve as a sauce for fried fish or fried soft-shell crabs.

Dipping Sauce, Potsticker

(See page 107)

Enchiladas Sauce, La Milpa

See “Enchiladas Sauce (Chile Colorado)” on page 372.

Elena's Sugo de Pomodori e Guanciale - Sauce of Tomatoes and Guanciale

This is my favorite pasta sauce and it is used for many dishes including spaghetti, lasagna, cannelloni and manicotti. This is Elena Mantini's recipe my good friend who lives with her family along the Appian Way in Quaromiglio. Now in her 80's and still going strong. One of the best Italian cooks I know, Elena and her daughter Rosanna help me learn to cook at a young age. She set the bar high.



Elena Mantini's

Sauce is for a pound of pasta

½ Diced onion

3 Tablespoons of best olive oil

4 Tablespoons of double strength tomato paste

Optionally, add ¼ cup of minced carrot and minced celery

¼ Pound chopped guanciale² or salt pork

¾ Pound of fresh seeded, peeled, ripe San Marzano tomatoes¹, chopped

2 Cloves of crushed garlic finely minced

Crushed red pepper

Small pinch of marjoram

Season with black pepper and salt

Garnish with finely chopped parsley, a dollop of ricotta cheese and sprinkle with grated Parmigiano Reggiano or peccorino Romano cheese.

Sauté onion (celery and carrot optionally) and crushed red pepper in olive oil with pork product until onions are translucent. Add garlic and stir. After just 1 minute, add tomato

paste and a tablespoon water. Cook on high heat while stirring constantly to allow the sauce to become dark before adding anything else. This gives the tomato sauce a deeper caramelized flavor. Now add tomatoes and the rest of the spices. Cook covered thirty minutes on medium low stirring to prevent burning. Remove lid and cook on very low to reduce liquid. Correct seasoning with fresh ground black pepper. Serve over very hot pasta and garnish.

Variation of this recipe includes using pork neck bones, venison sausage, or coarsely chopped Italian sausage. Use caraway seed with venison and use finely crushed Star anise or anise seeds with Italian sausage recipe. Variations to garnish include substituting basil for parsley or a combination of both and Pecorino Romano for the Parmigiano Reggiano cheese.

Pasta choices I favor include spaghetti, fettuccine, vermicelli, mostaccioli, campanelle (fluted bells), orecchie (ears), rigatoni (tubes) or conchiglie (shells). Elena always served just spaghetti.

Note:

1. San Marzano Tomatoes - See Marinara Sauce page 268. Use canned if fresh not available.
2. Guanciale has become quite popular and increasingly more available outside of Italy. Guanciale is the cured meat from the jowl ("guancia" in Italian) of the pig or sometimes boar. The meat is cured with salt, pepper, hot pepper and sometimes sugar for a month. After hanging for another month, the Guanciale is ready to be consumed. Guanciale is a fundamental flavor for many of the dishes of the Lazio region (Roman food) especially sauces including Amatriciana, and Carbonara. Guanciale replaces pancetta in any recipe for a bolder flavor. See page 140 for Homemade guanciale.

Fajita Sauce

2 Small dried chipotle peppers

2 Dried new Mexico pod

1 Tablespoon flour

1 ½ Tablespoon rendered lard (see page 64)

1 Clove of garlic, minced

½ small onion, minced

1/2 Teaspoon brown sugar

½ Cup chicken stock

Pepper and hot red pepper to taste

Cumin to taste

Pinch of oregano (Optional)

Soak chipotle and New Mexico peppers in hot water until soft. When soft, pull off stems and add to blender glass. Add chicken stock and blend until very well blended. Strain paste through a fine strainer while scrubbing paste with a wooden spoon. Melt lard in a sauce pan then add flour. Cook on medium for 4 minutes while stirring with a wooden spoon. Add sugar, garlic, and onion and cook on low for 20 minutes or more add additional chicken stock if sauce gets too thick. Correct seasoning with a pinch or so of cumin, salt and hot pepper to taste. Set aside until needed.

Garlic Batter

2 Eggs, beaten separately
2 ½ Tablespoons flour
Salt
White pepper
¼ cup Garlic butter
Pinch each of onion powder
Pinch of nutmeg
Pinch of thyme

Beat eggs yolks well. Then combine all other ingredients. Fold in stiff egg whites.

Use to deep fry onion rings, smelts, squid, oysters, slivers of eggplant, flowerets of broccoli, thin slices of squash.

Garlic Butter

Also known as beurre à la bourguignonne. Once made, this can keep in the refrigerator for some time.

20 Cloves Italian garlic
Sea salt
½ Pound sweet butter
Optional, a few sprigs of parsley

Blanch cloves of garlic in boiling water for 2 ½ minutes. Immediately immerse in ice water to stop cooking. Drain and dry cloves. Combine butter, salt and garlic in a food processor and process until well blended.

Use for garlic bread, as a topping on grilled steaks or grilled fish or steamed snails. May be used to saute vegetables, fresh fish or shellfish. Excellent for grilling shrimp but add a tablespoon of olive oil to the pan to prevent the butter from burning.

Garlic Flavored Oil

2 ½ Cups of filtered mild olive oil
The cloves from the heads of 2 garlic, peeled.

Cover garlic with oil in deep sauce pan. Cook over lowest possible flame for 20 minutes until very soft. Garlic at this point can be used as a spread on bread or crossini. Refrigerate cooked garlic for future use,

Strain off oil when it cools- refrigerate. Use for making crossini and aioli mayonnaise.

Garlic Basil Balsamic Dip (Ailio, Basilica e Balsamica ala Piacere)

This recipe is based on the dip formerly served at the Piacere Restaurant in San Carlos, California. This bread dip was the brainchild of the Kurdish owner. It was so immensely popular, patrons would literally fill up on bread hence the restaurant soon discontinued serving it.

¼ Cup very finest fruity olive oil
18 Cloves coarsely chopped garlic
1 Cup of freshly chopped basil
1 Cup of very good Modena balsamic vinegar

Heat frying pan until hot, then add and heat oil until it begins to glaze. Add all the garlic. Cook exactly 1 minute while stirring constantly. Add basil. Cook 20 seconds. Add vinegar. Store in jars in refrigerator but serve at room temperature for dipping bread.

Glazes

A glaze can be a glossy coating, often sweet, sometimes salty, sometimes savory, typically applied by dipping or by brush. Egg whites and basic icings are both used for glazes. Glazes made from fruit and or from reduced stock are used to add a great finish to meat, fowl or vegetables. An example is “Orange Sauce Bigarade” on page 273.

Many glazes are available commercially including Teriyaki, pineapple and mango glaze, guava pineapple teriyaki glaze, truffle balsamic glaze, balsamic glazes with various fruit flavors, saba glaze, palm sugar glaze, various soy and sugar glazes. Many popular home made glazes include a form of sugar and savory, citrus, fruity, soy flavors. Tamarind and palm sugar are often combined as are honey and Dijon mustard, cherries and balsamic, and soy and molasses. Glaze are applied in the last stage of cooking and may be further broiled to kick in more flavor and color. When making your own glazes consider all forms of sugar including brown and unrefined sugars that naturally have more flavor. Acidic fruit work well against sweet providing a sweet-sour and these fruit are examples cranberries, pineapples, citrus fruits, and cherries. I like to barbecue meat or chicken then apply a glaze while the pieces are still hot.

Green Peppercorn Sauce

1 Tablespoons butter
2 Medium shallots, chopped
½ Cup Napoleon brandy
2 Tablespoons of veal demi glaze
½ Cup heavy cream
2 Tablespoons unsalted butter
2 ½ Tablespoons green peppercorns in brine

Sauté shallots in butter stirring until they just turn golden - do not brown. Remove pan for heat and deglaze with brandy. Stir in veal demi glaze until it melts. Return pan to medium heat adding 2 tablespoons of peppercorns and the cream. On medium high heat, reduce the sauce by half. Strain the sauce of spent shallots and peppercorns. Add sauce back to pan, Add the remaining ½ tablespoon of green peppercorns. Heat briefly, remove from heat then mount by swirling in 2 tablespoons of cold butter to finish the sauce. When a nicely peppered New York steak is grilled to perfection and covered with this sauce it could be called Steak Au Poivre (steak with pepper.)

Grilled Mango Avocado Salsa for Fish or Shrimp

Make this about two or three hours ahead for brightest flavor, do not refrigerate. Use as bedding when serving grilled shrimp, fish or grilled scallops. This adds colors, texture and flavors to simple seafood plates.

The juice from a lime
One avocado, just ripe, not too soft, diced into ¼ cubes (do this just before serving)
One red bell pepper or sweet red pimento
One ripe red tomato, seeded, and diced into ¼ cubes
2 Tablespoon finest cold pressed unfiltered aromatic olive oil
One half of a sweet red onion
2 Tablespoons coarsely chopped cilantro (Chinese parsley)
½ Clove finely chopped garlic
2 Scallions cut on a 45 degree bias, reserve green end until adding the avocado, just before serving.
One mango, peeled, slice large slices from major sides, set aside for grilling, chopped up other pieces into course ¼ chunks
¼ English Cucumber, diced into ¼ cubes (optionally use smallest fresh zucchini, but slightly smaller slices, chopped)
Salt
Finely ground black pepper
Pinch Cayenne pepper

Hard Sauce, Brandied (see page 439)



When chopping ingredients, try to stay in size. Add all ingredients to a stainless steel or glass bowl, add half the lime juice and half the olive oil. Toss ingredients, adding pepper but not salt. Set aside but do not refrigerate.

Combine in a separate shallow bowl, the other half of the lime and olive oil. Add in slices of mango to marinate. Season with pepper and ground coriander seed. When grilling the fish, shrimp or scallops, grill the mango to give it grill marks and heat it. Turn over, do other side. Set aside.

Final Preparation

Cut avocado into two halves, remove pit. Criss cross the avocado halves with the point of a knife, then, using a spoon, scoop out cubes into the bowl of the other ingredients. Dice the grilled mango slices into slightly larger slices to show off grill marks. Combine with greens from the tops of the scallions. Toss gently with other ingredient. Correct for salt. Do not over season. Too much salt will overpower the delicate flavors. Add more lime juice, if necessary, for taste.

Hard Sauce, Brandied (see page 439)

Hog's Breath Barber Shop Christmas Tamale Sauce

This is Joe Chavez's recipe and it is made for the Hog's Breath Barber Shop Christmas party to accompany some of the best tamales I have ever tasted. The slightly sweet slightly sour spicy sauce is a knock out. By the way, they give a great haircut too. So if you're visiting Dublin, California, stop by and say hello.

- 1 Heaping teaspoon of corn starch
- 1 Teaspoon red raspberry vinegar
- ½ Teaspoon crushed red pepper
- ½ Cup water to start with
- 1 Tablespoon of sugar
- Pinch of white pepper
- Pinch of cayenne pepper
- 1 Small clove of finely chopped garlic
- 1 Tablespoon finely chopped sweet red onion
- 1/8 Teaspoon chili powder (If homemade chili powder is used then also add a scant pinch of cumin)
- ½ Teaspoon of chicken extract powder (more flavorful than salt)

In a small sauce pan, add corn starch, then add water, and stir until dissolved. Heat over low heat. Add all other ingredients. If too thick, whisk in more water. After 3 minutes, remove sauce from heat and let the sauce stand for 3 minutes. Taste and correct the sweet-sour-salt relationship by adding more sugar, vinegar, water and or salt. If not spicy enough, add more cayenne pepper. If adding more cayenne pepper, reheat for a minute and let stand an additional 3 minutes. The consistency we are looking for is that of maple syrup. The sauce, when sampled alone, should be quite spicy, as when served with the tamales, will seem just right.

Hollandaise Sauce

A French sauce, hollandaise is an emulsion of butter and lemon juice using egg yolks. Hollandaise sauce is most famous as the prominent ingredient of Eggs Benedict.

Hollandaise requires merely the avoidance of excessive heat that might curdle the eggs. Properly made, the sauce is smooth

Sauces, Butters, Dip, Oils, Gravy, Marinade and Batter

and creamy. The amount of kick is controlled by more or less lemon juice and seasonings. It is served warm, not hot. Traditionally, it is made by hand whisking over a double boiler but a blender is faster and fool proof.

- 4 Egg yolks
- 2 Tablespoon juice from Meyer lemon
- 2 Teaspoons hot water
- ¼ Teaspoon salt
- Pinch of cayenne pepper
- ½ Cup (¼ pound) sweet butter

Heat the blender jar in a bowl of very hot water until hot. Remove jar, and add to it the egg yolks, lemon juice, 2 teaspoons hot water, salt and cayenne. Heat the butter in a Pyrex measuring cup equipped with a spout in the microwave until bubbly. Place lid on blender bowl and pulse on high speed for 2 seconds. Turn off. Remove center section filler hole in blender's lid. Turn the blender on high speed, pour in hot butter gradually in a thin, steady stream. Stop when butter all incorporated and emulsified. Use right away.

Home Made Applesauce

An apple peeler corer will prove invaluable and because slices will be uniform, help make the cooking of large patches of apples easier. They are usually about \$30 and can be purchase, like most any item, online and delivered to your door step.

If you're buying apples, the fall harvest is the best time to buy them. Choose ripe firm apples with bright color. Avoid apples that feel soft or are blemished. Taste the apple for texture. Tart is ok but mealy is not ok. If you getting your apples from your friend's tree, you may need to pare a few imperfections away but these are easy to deal with once the apple is peeled. Making applesauce is a good activity to do with children who show an interest in the kitchen. A word of caution: the apple peeler is very attractive and fun because it so ingenious. It has, however, many sharp parts that can easily injure young hands. Allow children turn the handle but not to mount or dismount apples. Additionally, boiling water and children don't mix. For this reason the canning operation is strictly an adult activity.

Canning supplies include a large tall soup pot with lid big enough to hold four to five quart mason jars, jar thongs for lifting hot jars, a canning funnel (metal is best as weight hold it in place), a large ladle, a large spoon, a large kettle for cooking the apples equipped with a lid, a stout post blender for turning the cooked apples into sauce.

- Apples
- Water
- Ascorbic acid
- 1 Teaspoon lemon zest
- Bulk Splenda sweetener or sugar
- Cinnamon
- Salt

Bring a sterilization pot filled ¼ way up its side with water to a boil with its cover on. When this is boiling, turn the heat down until actually sterilizing the jars which will be a final step.

Core and peel apples. Cut away imperfections or off color spots or any extra seeds if corer was misaligned. Place apples in kettle until it is ¾ full and break up the whole apples with a sharp knife. Sprinkle with 1 tablespoon powdered ascorbic acid to keep the color bright and help preserved the fruit. Add lemon zest. Add a cup of water and heat on high with lid on. Have additional water standing by in case it's needed. Stir the apples every four minutes or so to help promote even cooking. Add additional water if it looks too dry as the steam is required to promote the cooking process. When they apples are soft turn off the heat and remove the kettle to a work surface. Using a post blender, process the apples into applesauce by repeatedly plunging the post blender through the apples all away to the bottom of the kettle. Repeat this process into the sauce is smooth. Don't worry about an occasional lump and this characterizes homemade applesauce. When the sauce is smooth return the kettle to stove and place on medium heat. Add additional water, Splenda, cinnamon, and salt to taste. Meanwhile, turn heat up on sterilization pot to high. When the applesauce is very hot remove it for immediate canning. Using a canning funnel and a ladle, transfer the sauce into one quart mason jars filling them to near capacity. Add lids on the jars but leave the lids loose.

Transfer mason jars to sterilization pot. Boil covered four or five jars at times for 15 minutes. Remove the jars while hot using canning jar thongs. Using a couple of dry dish towels or pot holders, tighten the lids on the jars. As the jars cool you may hear a popping sound when the vacuum formed in the jars deforms the lids. This is completely normal. When the jars are cool transfer them to the cupboard or pantry for long-term storage.

Homemade Mustard

For other variations (tarragon mustard, honey mustard, traditional mustard, and creole mustard) read notes below.

Requiring only patience and non-reactive tools and vessels (glass, stainless steel or ceramic), homemade mustard may be made that fits your degree of desired heat and taste. A well ventilated kitchen with open windows is advisable. See warning below about fumes.

For grainy mustards, soak the seeds in a liquid for 3 hours or overnight before use. Buying ingredients: Mustard seeds may be offered as either seeds or pre-ground as mustard flour. Look at the list of ingredients on the packages offered for sale. Yellow mustard maybe the label but the list of ingredients could be a whole lot of things like garlic powder, preservatives and turmeric or simply ground mustard seeds. A good source of mustard seeds is Indian spice companies or Indian markets. Two types are offered white (the yellow fellow) and black (the brown spicier one). The bright yellow color found in commercial mustards comes from either artificial color and or the addition of the spice turmeric. Turmeric has a very strong flavor so use it sparingly at first.

Master chef and TV personality Alton Brown has shown us that the final hotness of the mustard is dependent on when the acid component (vinegar in this case) is introduced. In Brown's TV series "Good Eats", he explains that the critical peak occurs at 15 minutes for maximum heat. For the lowest heat, vinegar is added at the time the seeds are ground.

- ¼ Cup brown mustard seeds¹
- ¼ Cup yellow mustard seeds¹
- As required ground yellow or brown mustard (or a mix of both)
- ½ Cup dry white wine
- ½ Cup white wine vinegar
- 2 Tablespoon lemon juice or 2 teaspoon citric acid or use Ascorbic Acid⁴
- 1 Teaspoon onion powder
- 1 Teaspoon garlic powder
- 1 Teaspoon white pepper
- 1 Teaspoon salt
- Sugar to taste (see text)
- Optionally add tumeric for more yellow color or yellow food coloring

Combine seeds and wine, cover with plastic wrap and refrigerated 3 hours or overnight to soak. Transfer soaked seeds to a blender. Have vinegar and lemon juice mixture ready in a measuring cup with a spout for pouring. Add other ingredients except vinegar and ground mustard. Process seeds and spices until mustard has almost obtained the desired texture, adding more ground mustard until thickened to a mud consistency. Take the grinding to the point where the texture is either near done: course with chunks of seeds or smooth.

DO NOT PUT YOUR FACE ANYWHERE NEAR THE OPEN BOWL AS FUMES CAN BE HARMFUL!

Wait 1 minute (mild) to 15 minutes (hot) before adding vinegar and lemon juice (or citric acid). Pour vinegar and lemon juice through the lid's pour hole and blend to final consistency. If too loose, add a bit more ground mustard.

Store refrigerated in airtight glass mason jars for 4-5 days before use. Adjust salt to taste. If too harsh add a little sugar or brown sugar.

Notes:

1. If using pre-ground mustard flour, there is no need to soak overnight
2. Citric acid is a weak organic acid. It is a natural preservative and is also used to add an acidic, or sour, taste to foods and soft drinks. Citric acid can be added to ice cream to keep fat globules separate, and can be added to recipes in place of fresh lemon juice as well.
3. Alternate Types of Mustards by adding additional ingredients:
 - a) Tarragon Mustard - 2-4 Teaspoons tarragon leaves
 - b) Honey Mustard honey to taste to **aged** mustard
 - c) Traditional Mustard - 2 Teaspoons turmeric for color
 - d) Creole Mustard - 4 tablespoons prepared horseradish & 1 tablespoon cayenne
 - e) Country Mustard - 3 tablespoons brown sugar to taste to **aged** mustard
4. Ascorbic Acid is a preservative that will make mustard last like commercial mustard

Horseradish Sauce

- 1 Pound horseradish root, washed, peeled of woody exterior
- ¼ Teaspoon ascorbic acid (optional to extend shelf life)
- ½ Cup white wine vinegar
- ¼ Teaspoons kosher salt

Scrub the horseradish in water and peel woody exterior. Doing this step under running water can save your eyes some grief. Cut root into small cubes and process in the food processor along with a little salt. The smaller the grind, the more heat is released. Warning: keep your face away from fumes and use plenty of ventilation in the kitchen. Allow the horseradish to sit for 15 to 30 minutes before adding the vinegar and, optionally, the ascorbic acid. The vinegar will stop further heat from developing. To serve, mix with fresh sour cream in proportions to the amount of heat desired.

Italian White Sauce with Cheese

This sauce is especially used for cannelloni or lasagna but may be used on vegetables.

- 9 Tablespoons of unsalted butter
- 9 Tablespoons of Italian “00” flour
- 1 Cup heavy cream
- 1 Cup on quick onion stock (see recipe below)
- 1 Cups chicken stock
- ¾ Cup grated Parmesan cheese
- White pepper
- Salt

Quick Onion Stock

Add one peeled whole onion, cut up and one whole bay leaf to 1 ½ cups of cold water. Boil until onion is tender. Strain. Use this clear onion stock for this recipe.

Melt over low heat unsalted butter add and blend over low heat for 3 - 5 minutes flour. Slowly add cream, onion stock, chicken stock. Cook and whisk the sauce until it thickens. Season with white pepper. Add grated Parmesan cheese. Correct the seasoning. If the sauce has to stand for an extended period, it may be re-heated and strained through a medium strainer.

Japanese Dipping Sauces

These sauces may be used for lettuce wraps, tempura, and spring rolls.

Japanese Dipping Sauce I

- 3 Tablespoons mirin
- 1 Tablespoons fish sauce
- 1 Tablespoons seasoned rice wine vinegar
- 1 Teaspoon sesame chili oil
- 1 ½ Tablespoons mushroom soy sauce
- Cayenne pepper to taste
- 1 Tablespoon finely chopped green scallions

Japanese Dipping Sauce II

- 2 Tablespoons dashi - See “Dashi Stock” on page 300.
- 2 Tablespoons mirin
- 1 Tablespoons seasoned rice wine vinegar
- ½ Teaspoon minced ginger
- ½ Teaspoon minced garlic
- 2 Tablespoons shrimp soy sauce (page 278)
- 1 Tablespoon finely chopped green scallions

Jamaican Jerk Marinade

3 Tablespoon brown sugar
Juice from 2 limes
1 ½ Tablespoon light soy sauce
1 Tablespoon light molasses
½ Teaspoon allspice
¼ Teaspoon cinnamon
1 Teaspoon ground cumin
¼ Teaspoon thyme
1/8 Teaspoon ground cloves
1 Tablespoon vinegar
1 Teaspoon white pepper
1 Teaspoon black pepper
1 Teaspoon or more cayenne pepper¹
3 Tablespoon dark rum

Combine ingredients and marinate meat, pork or chicken several hours, turning frequently as the scant liquid needs to be redistributed often.

Jamaican Red Stripe beer or a Cuban Mojito, fresh papaya and mango slices in lime, along with some fried plantains are good with this.

Note:

1. Traditional jerk sauce is done with Scotch bonnet peppers and often garlic. By all means turn it on with the fiery peppers if you can handle HOT. As for garlic, sometime a different flavor is something I crave. I leave it out of this marinade.

Jamaican Jerk Sauce

When I first mention to my young kids we were having Jerk Chicken, my son Robert said “Which one is he?”

Jerk is the process of spicing and grilling meats, poultry, and even vegetables, although the most popular island offering is either jerk pork and jerk chicken. The term jerk is said to come from the word charqui, a Spanish term for jerked or dried meat, which eventually became jerky in English. The origins of jerk pork can be traced back to the pre-slavery days of the Coromantee hunters of West Africa through the Maroons, who were Jamaican slaves that escaped from the British during the invasion of 1655.

¼ Teaspoon ground allspice
1 Teaspoon Kitchen Bouquet
1 Tablespoon dark molasses
1 ½ Tablespoon olive oil
½ Cup brown sugar
8 Garlic cloves
1 Scotch bonnet (habanero) pepper, chopped fine
½ Teaspoon ground thyme
½ Cup shallots
¼ Teaspoon cinnamon
1/8 Teaspoon ground cloves
¼ Teaspoon nutmeg
¼ Cup Myers rum
2 Tablespoon cider or wine vinegar
1/3 Cup water
Salt, white pepper, pepper to taste

Sauté shallots in olive oil until translucent and limp. Add chopped Scotch bonnet. Sauté another three minutes. Add garlic sauté for a minute. Add other ingredients and simmer 10-15 minutes on low heat.

Lobster or Prawn Butter

Clarified Butter

1 1/3 pound of high quality sweet butter

In a small heavy pot, slowly melt butter over very low heat until the butter breaks down into three layers. Skim the top surface of the whey foam that forms with a spoon. Allow butter to rest so all milk solid go to the bottom, then ladle off the clarified butter avoiding the milk solids that are on the bottom. Use 33% more butter than you need to get clarified butter.

Use:

Shells from two cooked lobsters or heads and shells from 2 pounds of prawns
1 Pound of clarified butter

Crack lobster tails and legs with a cleaver. Place shells on a sheet pan and bake in a 350 F oven until dry and fragrant. Transfer shells to a frying pan and add clarified butter. Cook on medium-low heat until butter has absorbed shellfish's flavor. Stir occasionally with a wooden spoon. Strain the butter through a fine sieve. Use right away or refrigerated in a covered glass container until ready to use. (May be frozen, if necessary.)

Mango Pico de Gallo

1 Green bell pepper, finely diced
½ Cup red onion, diced
1 Ripe firm mango, peeled and diced
16 Sun-Gold 100 tomatoes coarsely chopped
2 Jalapenos, seeded, white ribs discarded, finely diced
1 Teaspoon fresh lime juice
1 Tomatillo, finely diced
Black pepper

Combine ingredients and refrigerate an hour. Allow to warm slightly before serving. Prior to serving, correct seasoning adding salt as required then add:

½ Cup finely chopped cilantro
¼ Cup green scallion tops, cut small.

Marinade for Egyptian Chicken

2 Tablespoons paprika
1 Tablespoon Kitchen Bouquet
½ Teaspoon red pepper (or more)
2 Tablespoons cornstarch
4 Cloves chopped garlic
¾ White onion
¼ - ½ Cup water (substitute beef stock or red wine)
1 Tablespoon chicken stock granules
1 Red jalapeño
2 Tablespoons lime juice
½ Teaspoon of hickory liquid smoke
1 Tablespoons black pepper

Process in food processor until finely chopped.

Marinara Sauce

This sauce is one that stretches back into southern Italian history where tradition holds that the sauce was originally a sauce for pizza and first referred to in writing around 1000 A.D. between Rome and Naples. "Marinara" is seaman in Italian but this sauce has nothing to do with sea food but rather was thought to have originated from the quick cooking time of the sauce while

others say it was prepared ship-board easily as it had no meat. The original sauce probably consisted of not more than garlic, oil, and onions. The variations of this sauce today are as plentiful as we have cooks but traditionally most recipes are meatless. A Spaniard would tell you the Spanish introduced it to Naples.

In the tradition of the simple sauce, this Marinara Sauce 1 is very quick to prepare and is cooked in a large frying pan where liquid from the tomatoes evaporates quickly. Marinara Sauce 2 only takes marginally longer.

Marinara Sauce 1

- 3 Tablespoons delicious olive oil
- 1 Small onion, chopped fine
- 4 Cloves of garlic chopped fine
- 2 Pounds of fresh San Marzano Tomatoes, peeled, seeded and chopped
- 3 Basil leaves, chopped
- 3 Oregano leaves, chopped
- 1 Small chopped sprig of rosemary
- Salt and pepper

Sauté onions in a hot fry pan in olive oil. When they begin to clear, add garlic and stir for one minute. Add fresh tomatoes, peeled, seeded and chopped. Add basil, oregano, rosemary, sugar, and pepper. Cook the sauce for twelve minutes or until it is thick enough.

If you don't want to go to the trouble of peeling and seeding the tomatoes, to may chop them ahead of time in the food processor. The skins all but disappear. If you substitute something else instead of San Marzano tomatoes (read below) you may need to add a teaspoon of sugar. If the sauce is a bit bland due to a lack of acidity in the tomatoes, you may correct with a teaspoon of vinegar. Seeding tomatoes removes some of the bitterness that seeds contribute. Cutting a tomato in half and squeezing it in the sink will loose some of the pulp but most of the seeds. It is worth the trouble to reduce the number of seeds.

Marinara Sauce 2

- 3 Tablespoons olive oil
- 4 Ounces chopped guanciale or salt port
- 1 Small onion, chopped fine
- 4 Cloves of garlic chopped fine
- 2 Pounds of fresh San Marzano Tomatoes, peeled, seeded and chopped
- 3 Basil leaves, chopped
- 1 Tablespoon of double strength tomato paste
- Parsley, chopped
- 3 Oregano leaves, chopped
- 1 Small chopped sprig of rosemary
- Pepper
- Crushed red pepper

Sauces, Butters, Dip, Oils, Gravy, Marinade and Batter



San Marzano Tomatoes

Sauté guanciale or salt port and crushed red pepper in a hot fry pan in olive oil. When near done, add onions. When onions begin to clear, add garlic and stir for one minute. Add tomato paste and just enough water or wine to allow the paste to minimally spread. Cook for three to four minutes on medium high while stirring constantly. This process deepens the flavor. Add fresh tomatoes, peeled, seeded and chopped. Add fresh herbs and spices. Cook the sauce until done and it is thick enough. There should already be ample salt from the cured pork hence no extra is needed. Always taste before correcting seasonings. Note: If using in a recipe like pizza, lasagna, cannelloni where extra cheese is being added, consider that the cheese too is salty.

San Marzano Tomatoes

“The San Marzano tomato is Italy's most famous plum tomato, grown in Campania, the home of pizza -- since the middle ages. The tomato is prized for its tart flavor, firm pulp, red color, low seed-count and easily removed skin. It is widely used in both pizza and pasta, though recently it has become famous around the world as the base for Vera Pizza Napoletana. It's interesting to note that Naples lays claim not only as the home of pizza, but also tomato-based pasta dishes -- both enjoyed by local royalty in the 17th century.” “The San Marzano tomato is now protected by tight rules, like many wines, cheeses and even Pizza Napoletana, obtaining the DOP (Denominazione

one d' Origine Protetta) label in 1996 from the European Union for the processed product.” To make sure you get the real thing, the D.O.P. products are marked. The canned San Marzano tomato is better than most fresh supermarket varieties. If these are not readily available near where you live, you can buy canned San Marzano tomatoes online at Amazon.com although they are not cheap. The Italians claim that it's not just the tomato but where it's grown (volcanic soil) that contribute the high character in this tomato. You may grow your own; vines start bearing later in the summer. There is little doubt in this author's mind that these tomatoes make a superior sauce if you do not have home grown or farm fresh ripe tomatoes.

Melba Sauce

Created by the famous French chef Auguste Escoffier for Australian opera singer Nellie Melba, this sauce was originally made with a combination of pureed and strained fresh raspberries, red currant jelly, sugar and cornstarch. It's classically used to adorn the dessert Peach Melba but can also top ice cream, fruit, crepes, pound cakes and puddings

- 1 Package fresh raspberries
- 1 Package fresh blackberries
- 1 Tablespoon of corn syrup
- ¼ Cup dark rum
- ¼ Cup white wine
- 1/3 Cup sugar
- Juice from a ½ lemon

Place rum and wine and raspberries in a blender. Chop. Add black berries and chop. Sieve to remove seeds using wooden spoon to accelerate the process.

Turn out into a frying or sauté pan; add sugar, lemon, and corn syrup. Heat sauce on low until thickened. Cool and serve over fruit.

Meuniere Butter (Parsley Lemon Sauce)

The quintessential sauce for fish, meuniere (French for “in the style of a miller's wife”) butter is simply a brown butter sauce with lemon and parsley. Recipe is enough for four guests. The sauce cannot be rushed but other than allowing the butter to develop its flavor slowly, the sauce is fall out of the chair easy.

- ¼ Pound (8 tablespoons) sweet butter
- Juice from a Meyer lemon
- Sea salt

Freshly ground black pepper to taste
Flour for dredging
5 Tablespoons fresh chopped parsley
Pinch of sweet paprika for color (optional)

Place a heavy frying pan over low heat and heat butter until it turns light brown and has developed a nutty flavor. Be patient. Swirl the pan periodically to prevent the butter burning.

Swirl in the juice from a lemon. Add chopped parsley, salt and several grinding of black pepper. If you want, add a pinch of sweet paprika just for a bit of color.

Mint Sauce, Au Jus

The juice and run off from the roast
¼ Cup cremini mushrooms, chopped
¼ Cup shallots, chopped
½ Cup sherry, heated
½ Cup finely chopped fresh mint leaves
5 Tablespoons mint jelly

Deglaze the roasting pan and transfer the juice and run off from the roast to a sauce pan. Add shallot and mushrooms and bring to a high boil. Reduce by half. Add mint leaves and stir while cooking for a few minutes. Strain sauce and return to sauce pan. Add mint jelly and stir to dissolve over low heat. Serve over slices of meat.

Miso Marinade

Use as a marinade for any firm white fish that is to be broiled or grilled.

1/3 Cup sake cooking wine
1/3 Cup mirin
1/3 Cup red miso¹
1 Tablespoons light brown sugar
1 Tablespoons Thai sweet black soy sauce (page 279)

Heat ingredients on low until sugar has dissolved. Cool in refrigerator for several hours. Marinate fish a half hour, turning fish once half way through.

Notes:

1. Red miso is a traditional Japanese seasoning produced by fermenting rice, barley and/or soybeans and comes in two forms: dry as a soup mix or wet in the refrigerated section of the market. It is offered mixed with a dashi soup stock (page 300) for a more savory flavor. A lighter white miso is also available that is not fermented as long. Miso is used in many types of soups and soup-like dishes, including varieties of miso ramen and udon noodles.

Miso Sauce

1/3 Cup sake
1/3 Cup mirin
¼ Cup sweet white miso
1 Teaspoon seasoned rice vinegar
1 Teaspoons brown sugar
1 Teaspoons fish sauce (optional)
1 Teaspoon Thai black soy sauce
3 Tablespoon of sweet butter, cut into patties

In a frying pan, reduce sake, mirin with the white miso over medium-high heat by half. If you are baking a fish, add the run off juice from the pan when the fish has cooked. To finish, stir in the vinegar, sugar, (fish sauce if you like) and black soy. Take pan from heat and mount the sauce by swirling in the butter. Correct the seasonings. Garnish with fresh herbs.

Mornay Sauce

This is a multipurpose sauce which is often used on vegetables and sea food dishes. This sauce has as many variations as the chefs that prepare it. If topping an elegant lobster crepe some truffle shavings would be excellent.

Makes about 2 cups

- 1 ½ Cup half and half
- 2 Tablespoon sweet butter
- 2 Tablespoon Italian "00" flour
- ½ Teaspoon salt
- ½ Teaspoon of onion powder
- ½ Teaspoon white pepper
- Pinch nutmeg
- 1 Tablespoon cream sherry (optional)
- 1/3 Cup grated Gruyere cheese
- ¼ Cup freshly grated Asiago cheese

Melt the butter in a saucepan over medium heat. Whisk in the flour and allow flour to cook until it has a hint of color. Add the half and half, white pepper, onion powder and whisk until sauce is thick. Optionally whisk in cream sherry for additional flavor. Whisk in the cheeses and cook a while longer, add more half and half if too thick. Add nutmeg. Correct the seasoning adding salt as required.

New Orleans Brown Sauce

This sauce is not the same as a classic French brown sauce and its easier to make.

- Chopped parsley
- Paprika
- Salt and pepper to taste (at the end)
- 4 Chopped green onions
- 10 Chopped mushrooms
- ½ Chopped onion
- 2 Cloves chopped garlic
- 1 Rib of chopped celery
- 3 Tablespoons of flour
- ½ Cup of burgundy (red wine.)
- 2 Cups beef stock or beef bouillon
- 4 Tablespoons butter
- 1 Tablespoon tomato paste

Sauté all vegetables in the butter except green onions and garlic in butter until onions are clear. Add garlic. Sauté 1 minute. Add green onions. Sauté 1 minute, then add flour, tomato paste, allow the tomato paste to temper 3 minutes while stirring continuously then add wine. Stir and smooth. Then add beef stock. Heat on medium high, stirring constantly to allow thickening. Adjust salt and pepper to taste. Add finely chopped parsley and serve.

Newburg Sauce

- 2 Tablespoons sweet butter
- 2 Tablespoons shallots
- 1 Tablespoon sweet paprika
- ½ Cup cream sherry
- 1 ½ Tablespoons triple concentrated tomato paste
- 2 Cups white sauce (Bechamel -see page 249)
- 1/8 Teaspoon thyme
- ¼ Teaspoon cayenne pepper
- White pepper
- Salt

Saute shallots in butter on medium heat they begin to clear but do not brown. Add the sweet paprika and tomato paste and stir constantly for two minutes. Add the white sauce, sherry, thyme, and cayenne. Whisk and cook until thicken. Correct the seasoning adding salt as required.

Orange Sauce Bigarade

Bigarade (French for “bitter orange”) is a nice brown sauce for roasted fowl. Bigarade sauce usually combines an enriched stock, drippings, orange and lemon juice, blanched orange peel, and Curaçao, Grand Marnier, triple sec, or Cointreau.

Juice from 1 orange
Jest of 1 orange, finely chopped
1 Cup veal, chicken or duck stock¹ reduced to ¼ cup or veal demi-glace
2 Tablespoons brown sugar
1 Tablespoon lemon or red wine vinegar
Jigger of triple sec or Curaçao
1 Teaspoon crème sherry
Add drippings from the roasting pan or duck stock or a tablespoon veal demi-glace

Combine ingredients in a sauce pan and reduce to a sauce over medium low. Stir as necessary. Paint on fowl after it has roasted and the skin is crispy. You can coat the birds the last ten minutes of cooking but do not cook at a high temperature as the sugar in the sauce may burn. This is an example of a glaze (page 262).

Parsley Butter

Mince parley and wring out in a cloth to remove excess moisture. Added to softened sweet butter.

Parsley (or Cilantro) Sauce

3 Tablespoons sweet butter
2 Tablespoons flour
1 Cup heavy cream
Pinch of salt
White pepper
2 Tablespoons very finely chopped parsley (cilantro)

Make a white sauce starting with melted butter over medium heat. Stir in flour whisk until lightly browned. Add cream, whisk and simmer 3-5 minutes. Strain in bowl, add parsley and serve.

Parley sauce may be used over pork or fish, potatoes, dumplings, or fried bread.

Peggy's Bourbon Barbecue Sauce

1 Tablespoon butter
1 Tablespoon olive oil
2 Cups finely chopped onion
2 Cloves garlic, crushed
½ Cup molasses
1 Cup ketchup
¼ Cup red wine vinegar
1 Teaspoon dry mustard
¼ Teaspoon freshly ground black pepper
2 Tablespoons lemon juice
½ Teaspoon grated lemon zest
1 Tablespoon soy sauce
1 Tablespoon Hungarian paprika
1/3 Cup bourbon whiskey

In a large, heavy saucepan, melt the butter with the oil. Sauté the onions until tender. Add the garlic and cook 2 minutes longer.

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Combine the molasses, ketchup, vinegar, mustard, pepper, lemon juice, zest, soy sauce, paprika, and bourbon. Stir into onion mixture.

Bring to a boil, reduce heat, and simmer for 30 minutes, stirring occasionally. Cool and refrigerate in a covered container.

Pesto Genovese Sauce

- 3 Cloves garlic
- 2 Cups fresh basil leaves
- 4 Tablespoons toasted pinenuts
- Black pepper to taste
- Fruity extra virgin olive oil
- ¼ Cup grated pecorino romano cheese
- ½ Cup grated Parmigiano Reggiano cheese

Process basil, cheese and garlic in food processor until just chopped. Add nuts, chop, add enough oil to turn into a paste, then add pepper to taste. Serve tossed with pasta al dente and a bit of the pasta water.

Plum Sauce

See “Plum Sauce” on page 388.

Piacere Restaurant’s Garlic Basil Basalmic

Served as a bread dip (Piacere, San Carlos, California)

- 1/3 Cup basalmic-vinegar
- 3 Tablespoons of best flavor olive oil, first cold pressing
- ½ Cup chopped fresh basil leaves
- 6-8 Large cloves of red Italian garlic, crushed then coarsely chopped.

Preheat small frying pan until hot. Add oil then garlic. Stir constantly for 1 minute. Add basil leaves, stir in for 20 seconds, cool mixture with Basalmic vinegar. Remove from heat. Let sit several hours before using. Mixture will keep for a quite a while. But is best if less than a week old.

Serve with a good Italian crusty bread.

Pineapple Mango Sauce

- ½ Cup sugar
- ½ Cup water
- 1 Cup pineapple juice
- 1 Cup mango juice
- 1 Tablespoon white vinegar
- 4 Tablespoons butter

Caramelize the sugar and water in a saucepan. Take off heat. Allow to cool a bit then stir in fruit juices, and vinegar. Return to low heat and slowly reduce until thick stirring occasionally. Add butter and simmer until ready to use. Serve over cakes and crepes or paint on grilled chicken or fried shrimp..

Pineapple Pepper Sauce, Kae’s

- Jalapeño jelly
- Fresh ginger

Peanut oil for frying
1 Bell pepper cut to perfect ½ squares.
Same volume of cut up fresh pineapple in perfect ½ squares.

Stir fry pepper and pineapple separately in a little oil. Throw out oil. Add melted jalapeño jelly with slivered fresh ginger.

Pizzaiola Sauce

Follow recipe for “Marinara Sauce 1” on page 269 adding cayenne pepper to taste until sauce is spicy.

Red Wine Reduction Sauce with a Demi Glace

In general, if you are serving a wine with dinner, the type of wine, if not the exact brand, is used for the reduction. This is the most harmonious approach while I will completely understand a reluctance to use a very expensive bottle of wine.

1 Carrot
1 Stalk of celery
1 Half of medium onion
½ Bottle of good red wine (Merlot, Cabernet, and Zinfandel)
¼ Ounce dried morel mushroom
¼ Ounce dried porcine mushrooms
1 Tablespoon double concentrated Italian Tomato paste
1 ½ Teaspoon veal or beef Demi-glace (ask butcher where this is in the store)
1 Cup (or more) low sodium beef stock
2 Tablespoons sweet butter
10 Juniper berries
3 Patties of sweet butter to finish sauce

Soak mushrooms in wine.

Sauté finely chopped carrot, celery, and onion in sweet butter on medium heat, stirring, so not to brown, until the vegetables are limp and the onions are clearing. Add tomato paste and beef stock. Cook and reduce by half. Add wine and mushrooms. Reduce by half. Strain off all solids and wring all liquid from solids. Discard solids. Return liquid to a frying pan, add demi-glace and reduce to near thick. Set aside until needed then finish as follows:

On high heat, reduce sauce until it begins to coat the pan heavily. Remove from heat. Correct salt and pepper as needed. Drop in 3 patties of sweet butter and swirl pan to finish sauce to a high shine. Serve over hot fine steak or tenderloin.

Roasted Garlic Aioli Mayonnaise

Roasted garlic aioli is milder than regular aioli made with fresh garlic hence will not overpower certain foods.

2 Heads of roasted garlic
1 Tablespoon of Meyer lemon juice
2 Egg yolks
White pepper
Pinch of paprika
Salt
1 Cup mild olive oil

Add garlic and a pinch of salt to a mini-food processor and chop fine. Add two egg yolks, lemon juice, white pepper, and pinch of paprika. Turn processor on and slowly drizzle in olive oil to make a thick mayonnaise. Correct the seasoning with extra salt, pepper and extra lemon juice as required and process again. Cool in refrigerator for two hours before using. If the sauce breaks while making, for any reason, add an additional egg yolk and reprocess until thick.

Robert's Chicken Magic Marinade

Not to be bragging, but the culinary inclination runs in the family. This is my son's creation that is as imaginative as it is tasty.

Bullseye mesquite BBQ sauce
Lemon pepper
Garlic powder
Dash of onion pepper
Worcestershire sauce
Paul Prudhomme¹ blacken steak magic
Italian herb seasoning
A1 sauce
Soy sauce
Lawry's steak seasoning salt
Mesquite marinade sauce with Lime
Honey

Note:

1. Paul Prudhomme is a famous New Orleans chef. He is someone whose immense size commands total respect.

Sambal Sauce

Sambal is a popular chili based condiment of Indonesian, Singapore, Malaysian cuisine where every region has their own way to make it.

6 Large fresh red jalapenos or other hot chilies, seeded, white ribs removed
1 Large onion, peeled, quartered
6 Cloves garlic, minced
8 Walnuts nuts
3 Tablespoons peanut oil
½ Teaspoon powdered galangal
1 Tablespoon dried shrimp, powdered
3 Tablespoons tamarind paste
2 Tablespoons water or orange juice
2 Stalks bruised lemongrass, cut into pieces to fit sauce pan
2 Tablespoons brown sugar

Chop the jalapenos and onion in a food processor. In a small frying pan, sauté this mixture in oil until well-cooked. Do not brown. Add garlic. Cook another minute. Now add galangal, dried shrimp, tamarind paste, water or orange juice, brown sugar, lemongrass stalks and on low, simmer 10 minutes to combine flavors. Taste and correct salt.

Remove lemongrass before serving.

To extend refrigerated storage life, add in a tablespoon vinegar and 1 teaspoon of ascorbic acid in the last minute of cooking.

Sangria Port Sauce

For grilled or fried fish. Coat a white plate with sauce and put fish on it.

1 Cup medium red wine like Merlot
¼ Cup tawny port
2 Slices each of orange and lemon
¼ Cup chopped shallots
1 Tablespoon of butter + 2 tablespoons to mount the sauce
½ Teaspoon tarragon

Place citrus to soak in wine for several hours or over night. Sauté shallot in butter until tender. Add port, tarragon and strain in red wine. Reduce until sauce has thickened. Strain the sauce; return to pan, warm the sauce. Remove from heat and swirl in two tablespoons of butter to mount the sauce. Taste then season as desired.

Satay Peanut Sauce

A peanut sauce for BBQ Satay. There are as many versions of this sauce as chefs. Most restaurants serve a mild peanut sauce that is medium thick, slightly sweet, having a distinct citrus and chili flavor.

- 4 Ounces of roasted unsalted peanuts
- 3-4 Cloves garlic, chopped
- 1 Ounce chopped onion
- 1-2 Tablespoon massaman curry paste
- 1 Teaspoon fish sauce
- 8 Tablespoons coconut milk
- 4-6 Teaspoons lime juice (to taste).
- 2-3 Teaspoons palm sugar (substitute brown sugar)

First grind or crush the peanuts to a fairly fine powder. Then combine them with the remaining ingredients (except the lime juice), to form a smooth sauce. If the sauce is too thick, you can thin it with a little chicken stock or water. Now add the lime juice, tasting as you progress to check the balance of flavors is correct.

Note:

1. Massaman - paste derives its name from the Muslim traders who brought spices to Thailand. It has a rich warm flavor and is medium to hot. There are plenty of recipes on the internet in case you wish to make your own. Typical ingredients usually include most of these: cardamom, cinnamon, cloves, coriander, cumin seed, garlic, ginger or galangal, Keffir lime leaves, lemongrass, nutmeg, red peppers, salt, shallots, shrimp paste, turmeric, white pepper.

Simplified Turkey Gravy

This is a reduced steps quick turkey gravy. Additional reading refer to About Sauces and Gravy. A more extensive recipe is Steve's Turkey Giblet Madeira Gravy.

Things you need include:

A fat separator, large colander, measuring spoons, a bowl to catch and retain turkey stock, and a large glass measuring cup (you need to see into it), a tall stock pot, large tall saucepan, a bulb baster and a whisk.

- 1 Large onion, skin on, sliced in quarters
- 2 Large carrots cut into 1~2 inch pieces
- 2 Ribs of celery and celery leaves cut into 1~2 inch pieces
- 1 Turkey neck and turkey giblets¹ (comes with the turkey)
- 3 Cloves of unpeeled garlic crushed and a rough chop
- Any left over chicken stock from ejecting the bird
- Pinch of red pepper
- 3 Bay leaves
- 1 Quart of low sodium chicken stock
- 4 Tablespoons of white flour
- 2 Cup of white wine
- ½ Cup Madeira or Cream Sherry
- ¼ Cup port
- Pinch of ground thyme
- Pinch of white pepper
- Pinch of ground sage
- Kitchen Bouquet⁵ (optional used to darken the gravy as required)
- 1 Teaspoon ~1 tablespoon sugar if needed to peak the flavor at the end

Place the turkey neck, giblets and vegetables in to a tall stock pot. Add any left over chicken stock, a pinch of red pepper, bay leaves, 2 cups of wine, 1 quart of low sodium chicken stock and the giblets from the turkey. Cover and bring to a boil, and reduce to medium heat and cook for 3 hours. Cool and strain stock through a large colander into a large bowl. After "strainings" have cooled, separate giblets and neck meat. Remove meat from bones dice the meat and giblets very finely. Place meat in the same bowl with the drained stock and retain.

After the turkey has cooked for five hours, open the oven, and remove 2 cups of liquid from the turkey's roasting pan with a bulb-baster into a glass measuring cup. Let the cup stand 5 minutes so that the fat rises to the top of the measuring cup. Separate 4 tablespoons of the turkey rendered fat from the top layer in the measuring cup to use to make a roux.

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To make the roux, add 4 tablespoons of the turkey rendered fat in a large tall sauce pan over medium heat; add 4 tablespoons of flour and brown while stirring with a whisk continuously until the flour has turned a nutty brown. Be careful. You need the nutty brown color to add color and flavor but go a little too long, the butter will burn and the whole roux will turn very dark brown and bitter. If that happens start the roux over with fresh ingredients. Remove sauce pan from heat, let cool a minute then whisk in about two cups of the stock. When whisked in, add all the remained stock with the chopped meat. Now add: ½ cup of Madeira and ¼ cup sherry

Return sauce pan to stove top and cook on low to reduce and concentrate the flavor. This should take 35 to 45 minutes. If still a little too watery, add another 10 minutes to reduction time. When the sauce has reduced, add a pinch of ground thyme, white pepper and ground sage. When the gravy is thickened to the desired consistency turn off the heat. Wait until the turkey is finished cooking.

The turkey, at this point, is out of the oven and resting in its pan. The last things that go into the gravy are the juices and the dark pan scrapings. These help darken the gravy's color while adding flavor and character. Unless you have a Teflon pan, your roasting pan bottom should look something like the one in the picture. Elevate one end of the roasting pan with towels to help collect the juices from the pan. Caution: It may be hot. Collect all of the juices from the roasting pan using a bulb-baster. Separate the juices from the fat using a fat separator² which is a handy kitchen tool. Add the juices to the gravy not the fat. Use a spoon for the scrapings⁴. Set the gravy back over medium heat until further reduced to the desired consistency. (If you added a lot of juice from the pan, this may take 30 minutes.) Finally check the seasoning by tasting the gravy. Add a little salt only if needed. Added extra pepper or seasonings as required. Add 1 teaspoon ~1 tablespoon sugar if needed to peak the flavor at the end to add a hint of sweetness.

Note:

1. Giblets - the gizzard, liver, heart of the turkey. These are in a pouch and usually stuffed in the neck cavity of the turkey.
2. If you don't have a fat separator, you can use a bulb-baster and a large clear measuring cup. Either skim off the fat from the top or pull out just the dark juices from the bottom of a large measuring cup to another cup.
3. The turkey wings help create a rich turkey stock, if you scaling back the recipe, maybe the turkey neck is enough. This is especially true if you choose to use a low salt chicken stock replacing some of the water of the stock. If turkey wings are not available look for turkey necks, or even drumsticks (legs.)
4. Scrapings – the precious dark caramelized bits from the roasting pan may not occur in Teflon coated pans – see picture.
5. Kitchen Bouquet is a bottled condiment sauce used as an ingredient in cooking. It is mostly used for its ability to add a dark brown color. It's generically referred to as a “browning agent.”

Soy Sauce

Ancient China was first with a fermented seasoning which was a forerunner of today's soy sauce which is made from soybeans, wheat, salt and water. Three types of fermentation occur: lactic, alcoholic, and organic fermentation which contribute to soy's favor and produces over 20 different complex amino acids.

Chinese Soy Sauce

Chinese soy sauce is primarily made from soybeans, with relatively low amounts of other grains. There are two main varieties:

- Light soy which is fresher, thinner, lighter brown soy sauce, highly salty, Kikkoman Less Sodium Soy Sauce 23% sodium
- Dark or black and old soy sauce darker and slightly thicker soy sauce, is aged longer and contains added molasses to give it its distinctive appearance and added sweetness. A Thai brand of sweet black soy is made by Healthy Boy.
- Mushroom soy sauce is a very dark soy sauce with added straw mushroom essence and is used for cooking.
- Shrimp soy sauce is a very dark soy sauce with added brine shrimp flavor usually used for cooking seafood and egg dishes.

Japanese Soy Sauce (Sho-yu)

Most Japanese soy sauces include wheat as a primary ingredient, which tends to give them a slightly sweeter taste.

Koikuchi is dark Japanese soy

Usukuchi is light color Japanese soy

Tamari is darker in appearance and richer in flavor than koikuchi. It contains little or no wheat.. It is the “original” Japanese soy sauce most similar to Chinese soy, typical 14% sodium

Shiro uses mostly wheat and very little soybean, lending it a light appearance and sweet taste. It is more commonly used in the Kansai region to highlight the appearances of food.

Usujio a low salt version contains 20% less salt than regular Japanese soy.

Gen'en a reduce salt version contains 50% less salt than regular Japanese soy.

Indonesian Sweet Soy Sauce

Kecap manis (pronounced like “ketchup”) is a thick sweet soy-based sauce made with palm sugar and is the origin of the word “ketchup,” even though it contains no tomatoes.

Spaghetti Sauce

(See “Elena’s Sugo de Pomodori e Guanciale - Sauce of Tomatoes and Guanciale” on page 259)

Steve’s Steak Sauce

The color of this sauce is a dark chocolate brown and the flavor not only is good on meat but promotes the meat’s flavor marriage to beg red wines. I use an immersion blender to process the sauce until very fine. If the destination includes small necked bottles, you may want to consider a course strainer to remove any large bits which may impede the pour ability. I think the exercise of making a sauce like this is a good one for any cook who may need more faith in their abilities. Achieving this sauce may seem almost magical.

If making a hot and mild version, consider doubling the recipe and split the sauce before adding all of the hot pepper. The sauce is so good that it goes quickly so consider doubling the recipe.

- 1 Chopped onion
- 2 Tablespoons of olive oil
- 1 Small can tomato paste
- Start with 1 cup of water (add more and sauce cooks and to adjust thickness)
- 2/3 Cup orange juice
- 1 Teaspoon Kitchen Bouquet browning sauce
- 1/8 Cup red wine vinegar
- 1/2 Cup brown sugar
- 1/3 Cup sugar or enough to correct the sweetness
- 1/2 Teaspoon of ground ginger to start
- 1/8 Cup Lime Juice (juice from two limes)
- 1/8 Teaspoon of ground cloves
- 1/8 Teaspoon of ground coriander seeds
- 1/2 Teaspoon of ground mustard
- 1 1/2 Cup raisins
- 1/2 Cup orange honey
- 2 Cloves crushed chopped garlic
- 6-7 Tablespoons of Tamarind paste (See page 283)
- 1 Teaspoon ground orange rind
- White pepper, black and red pepper to taste
- Pinch of thyme
- Salt to taste

Sauté 1 chopped onion in 2 tablespoons of olive oil. Cook until onion is translucent. Add ginger and garlic. Cook 1 minute then combine tomato paste, raisins, tamarind paste, lime juice, vinegar, honey and water. Cook down, adding water as necessary, until well blended, about a half an hour. Using a handheld post blender, blend all the ingredients finely. Add water as necessary to thin the sauce as it thickens at this stage. Add all other ingredients and cook another 10-15 minutes. Taste for seasoning and adjust salt, sugar, vinegar levels as necessary. When cool, pour the sauce into canning jars, tightly fit the lids, and sterilize the sealed jars in boiling water for an hour. The sauce is now ready for long-term storage. The flavor will deepen and further develop with age.

Steve’s Turkey Giblet Madeira Gravy

“If you’re not on the gravy train you are probably walking” - the author.

This is not the easiest recipe for a turkey gravy but it is my best. Gravy is a fill-in activity on turkey day. You are in the kitchen anyway, may as well make a fine gravy. Although the gravy practically cooks all day, it is not a time consuming effort nor does it need much attention. It does have a lot of steps so please read through the entire recipe once before making. The background section gives a sense of the steps involved. Also see About_Sauces_and_Gravy.doc

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Things you need include:

a fat separator, large colander, measuring spoons, a bowl to catch and retain turkey stock, and a large glass measuring cup (you need to see into it), a tall stock pot, large tall saucepan, a bulb baster and a whisk.

Background:

The gravy is done in several stages which are explained here in simpler form than the actual recipe so you can plan the stages. First broil the vegetables and two turkey wings along with the neck from the bird in oven to add flavor. If you only have one oven and the bird is in it, you can either do this step the day before, roast in the BBQ with lid down, brown with a little oil in a fry pan or skip this step.

After broiling, add wings, neck, and giblets¹ from the bird, vegetables, wine and cold water, red pepper, garlic, bay leaves to a large stock pot. No salt is needed as pan drippings used later maybe salty. Bring to a boil then simmer two hours.

After the stock has cooked for several hours, the stock is strained and the broth is retained. The vegetables are discarded. Some of the neck meat and all the giblets are cut very fine and retained. The other wing meat is saved for the pets.

The next stage only starts once there has been some runoff from the turkey having cooked for 5 hours. Some savory flavored fat from the turkey roasting pan is drawn off and used to make a roux - a mixture of flour and fat cooked together which will be used as a thickener for the gravy. The roux is allowed to brown. Stock is added to the roux along with giblets. Madeira and sherry are added, the gravy is further reduced until it has thickened enough. Turn off the heat on the gravy and wait until the turkey is cooked and removed from oven.

Finally, pan drippings are fat separated and this along with some pan scrapings are added to the gravy. The gravy is then further reduced until ready to serve.

Turn broiler on high.

- 1 Large onion, skin on, sliced in quarters (roasted)
- 2 Large carrots cut into 1~2 inch pieces (roasted)
- 2 Ribs of celery and celery leaves cut into 1~2 inch pieces (roasted)
- 1 Turkey neck (comes with the turkey) (roasted)
- Turkey giblets¹ (comes with the turkey)
- 2 Turkey wings³ (roasted)
- 3 Cloves of unpeeled garlic crushed and a rough chop (roasted)
- Any left over chicken stock from ejecting the bird
- Pinch of red pepper
- 3 Bay leaves
- 1 ½ Quarts of water or part white wine, and water (add more if needed to cover the vegetables/turkey parts)
- 4 Tablespoons of white flour
- 2 Cup of white wine (optional)
- ½ Cup Madeira or Cream Sherry
- ¼ Cup port
- Pinch of ground thyme
- Pinch of white pepper
- Pinch of ground sage
- Kitchen Bouquet⁵ (optional used to darken the gravy as required)
- 1 Teaspoon ~1 tablespoon sugar if needed to peak the flavor at the end

In a shallow roasting pan, add the roughly chopped onions, celery, carrots, garlic, along with turkey neck, and turkey wings. Broil these on high, turning the pieces with tongs until some color has been added to the wings and vegetables. This will only take 15-20 minutes depending on your broiler and the distance to the heat. If too close, things may burn. Be diligent; leave the broiler door open and peek in frequently, turning pieces as required. Now place all the fowl and vegetables in to a tall stock pot. Add any left over chicken stock, a pinch of red pepper, bay leaves, 2 cups of wine, 1 ½ quarts of cold water and the giblets from the turkey. Bring to a boil, and reduce to medium heat and cook for 3 hours. A lot of the water will evaporate into the kitchen you may wish to crack a window. Cool and strain stock through a large colander into a large bowl. After "strainings" have cooled, separate giblets, wings and neck. Remove meat from neck and dice the meat very finely along with the giblets. Place meat in the same bowl with the drained stock and retain.

After the turkey has cooked for five hours, open the oven, and remove 2 cups of liquid from the turkey's roasting pan with a bulb-baster into a glass measuring cup. Let the cup stand 5 minutes so that the fat rises to the top of the measuring cup. Separate 4 tablespoons of the turkey rendered fat from the top layer in the measuring cup to use to make a roux.

Add 4 tablespoons of the turkey rendered fat in a large tall sauce pan over medium heat; add 4 tablespoons of flour and brown while stirring with a whisk continuously until the flour has turned a nutty brown. Be careful. You need the nutty brown color to add color and flavor but go a little too long, the butter will burn and the whole roux will turn very dark brown and bitter. If

Sweet and Sour Orange Sauce

that happens start the roux over with fresh ingredients. Remove sauce pan from heat, let cool a minute then whisk in about two cups of the strained stock. When whisked in, add all the remained stock with the chopped meat. Now add:

½ cup of Madeira and ¼ cup sherry

Return sauce pan to stove top and cook on low to reduce and concentrate the flavor. This should take 35 to 45 minutes. If still a little too watery, add another 10 minutes to reduction time. When the sauce has reduced, add a pinch of ground thyme, white pepper and ground sage. When the gravy is thickened to the desired consistency turn off the heat. Wait until the turkey is finished cooking.

Notes:

1. Giblets - the gizzard, liver, heart of the turkey. These are in a pouch and usually stuffed in the neck cavity of the turkey.
2. If you don't have a fat separator, you can use a bulb-baster and a large clear measuring cup. Either skim off the fat from the top or pull out just the desired dark juices from the cup's bottom.
3. The turkey wings help create a rich turkey stock, if you scaling back the recipe, maybe the turkey neck is enough. This is especially true if you choose to use a low salt chicken stock replacing some of the water of the stock. If turkey wings are not available look for turkey necks, or even drumsticks (legs.)
4. Scrapings – the precious dark caramelized bits from the roasting pan may not occur in Teflon coated pans.
5. Kitchen Bouquet is a bottled condiment sauce used as an ingredient in cooking, rather than as a table condiment. It is mostly used for its ability to add a dark brown color. It's generically referred to as a "browning agent."

Sweet and Sour Orange Sauce

1 Tablespoon olive oil
5 Cloves baked garlic, mashed
1/3 Cup orange juice
2 Teaspoon honey
1 Tablespoon chicken demi-glaze
2 Tablespoons minced mango
1 Tablespoon Heinz ketchup
1 Tablespoon minced basil
½ Teaspoon dry mustard
Salt and pepper to taste

Combine orange juice, chicken demi-glaze, olive oil. Stir in dry mustard and Ketchup. Heat in a small sauce pan. Mix in garlic. Let cool. Combine other ingredients. Correct seasoning. Taste before using. Spoon over roast chicken breast.

Sweet and Sour Sauce

2 Tablespoons corn starch
½ Cup sugar
4 Tablespoons red wine vinegar
White pepper and salt to taste
2 Tablespoons red chile sauce
4 Tablespoons catsup
3 Tablespoons low sodium soy (page 278)
1/3 Cup chicken stock
2 Tablespoons sherry
3 Tablespoons pineapple juice
Red food coloring or grenadine (page 119) is optional

In a sauce pan, add corn starch followed by sugar, and vinegar and heat on high. Stir until smooth. Add all other ingredients. Correct pepper, vinegar-sugar-soy (salt) balance. Add chicken stock to moderate strength. As sauce thickens, add extra pineapple juice as necessary to keep the required consistency.

Sweet Garlic Hot Sauce

(see page 99)

Taco Sauce

Seasonings are totally to taste so start with less and add more. The acid in the sauce peaks the flavors and helps the sauce extend its refrigerated life.

- ½ Small onion coarsely chopped
- 1 Tablespoon peanut oil
- 1 Large can whole San Marzano tomatoes (see page 270)
- 1 Teaspoon ground cumin
- 1 Teaspoon garlic powder
- ½ Teaspoon coriander
- 1 Teaspoon chili powder or use Homemade Chili Powder
- 1 Tablespoon lime juice
- ½ Tablespoon vinegar
- 1/8 Teaspoon dried oregano
- ½ Small can (7 ounces) Chipotle peppers in adobo sauce
- White, black and cayenne pepper to taste

Saute onions in oil until limp and clear. Add tomatoes, lime juice, vinegar, cumin, coriander, chili powder, garlic powder, oregano, ½ small can Chipotle peppers and cook over low for ½ hour adding water as required. Allow sauce to cool 10 minutes then using a post blender, blend until fairly smooth. Now taste to correct the seasoning by adding additional red, white, black peppers and salt. Add additional water if too thick.

Tamarind Chipotle Recado Sauce

- 2 Tablespoons peanut oil
- 6 Dried chipotle chiles¹
- 1 Cup chicken stock
- 1 Chopped white onion
- 10 Garlic cloves, unpeeled
- 4 Early girl tomatoes or best hot house tomato (should smell great)
- 1 Cup tamarind sauce (See page 367)
- 1 Tablespoon sugar
- Pinch of achiote powder (see annatto page 54)
- Correct seasoning with sea salt, cumin, and Mexican oregano

Prepare the dried chipotle chilies by removing the stems, discarding the seeds, cut open and scrape away the veins, It's the veins that carry most of the heat so if you like your peppers hot, leave the veins in. Preheat oven to 350F.

Heat fry pan, add oil; fry chipotles, tossing them as you go. When they swell and just begin to brown, remove them quickly from the pan to paper towels to drain. Avoid fumes. The heating process wakes us the flavors but burnt chilies will produce a bitter sauce. Retain chipotles. Pour off excess oil from fry pan, add the chopped onions, whole unpeeled garlic cloves, and tomatoes cut in half and squeezed to remove excessive seeds. Place the pan in a preheated oven to roast at 350 for 30 minutes.

Meanwhile, heat chicken broth in a microwave safe bowl until just boiling. Add chipotles, and soak chilies weighed down with several teaspoons to keep these submerged until soft, about 20 minutes. Drain chilies but retain the chicken broth.

Remove the roasted onion, garlic cloves, and tomatoes and let these cool so as to be handled. Discard garlic skins. Add onions, tomatoes, peeled garlic, tamarind pulp, half a cup of the chicken broth to a food processor and process until fine. Place sauce back in the fry pan, and add sugar and a pinch of achiote powder. Let simmer to blend flavors, add more to the reserved chicken broth if the sauce thickens excessively. Correct seasoning with sea salt, cumin, and Mexican oregano

Smoky sweet with a citrus orange tang from the tamarind, this recado is basted on roasts of pork, beef, or lamb imparting a south of the border flavor.

Notes:

1. Chipotles peppers are smoked jalapeno chili peppers and are also known as “chile ahumado” smoked chilies. These chilies are usually a dull tan to coffee color and measure approximately 2 to 4 inches in length and about an inch wide. As much as one fifth of the Mexican jalapeno crop is processed into chipotles.

Tamarind Sauce

Tamarind is a critical ingredient in many Thai foods, and will also be found in many steak sauces. It has a delightfully complex flavor with citrus tones.

Tamarind pods are brittle and easily broken. The pulp is a sticky brown paste enclosed by a few coarse strands of fiber. A pod may have from 1 to 12 large, embedded brown seeds. If using fresh pods, shell pods like a peanut, pull off fiber stems along fruited seed pods. You can scrape seeds with fingernail to remove the sticky paste.

The easiest way to make this sauce is to buy tamarind as a paste. Paste is sold in Asian Markets in brick-form about 4 inches square and 1 inch thick. Usually, the paste has residual bits of fiber or even seeds. In either case, fresh tamarind harvested from pods or tamarind from paste, this sauce will be strained before used.

- ½ Cup ripe tamarind pulp or paste
- ½ Cup orange juice
- ½ Cup water
- 1 Tablespoon brown sugar
- ¼ Teaspoon black pepper
- ¼ Teaspoon white pepper

Heat water and orange juice in a Pyrex bowl until very hot in microwave. Soak tamarind for an hour. Heat again to warm and soak another hour. If necessary, add additional water. Strain measuring-cup contents through a medium sieve over a bowl pressing down and working the pulp with a wooden spoon for best extraction. Add sugar and peppers. Let stand until needed or refrigerate overnight.

Tartar Sauce

This is a mix to fix sauce made in a few minutes. Taste best when steeped in the refrigerator for 2 hours before serving.

- 1 Tablespoon of chopped capers
- 2 Tablespoon of chopped sweet gherkins
- 2 Teaspoon of freshly chopped chervil
- 2 Teaspoon of freshly chopped dill
- 3 Tablespoons of chopped scallion greens
- 1 Tablespoons of lemon juice
- ½ Teaspoon Cayenne Pepper
- 1 Teaspoon paprika
- 1 Teaspoon dry mustard
- 1 Cup Best Foods (Hellmann's) mayonnaise

Tarragon and Mustard Flavored Cream Sauce

- 8 Tablespoons sweet butter
- 4 Cloves of minced garlic
- 2 Small shallots, minced
- 1 Tablespoon lemon juice
- 1 Pint heavy cream
- 1 Teaspoon yellow mustard
- 2 Tablespoons fresh chopped tarragon
- 1 White pepper to taste
- Pinch of salt

Sauces, Butters, Dip, Oils, Gravy, Marinade and Batter

Sauté shallots in a generous amount of butter on medium heat until clear but do not brown. Add garlic while stirring and cook 1 minute. Add lemon juice, mustard, and cream. Add chopped tarragon, reduce heat and reduce sauce until desired thickness. Correct seasoning with white pepper and salt.

Tempura Batter

Tempura is a classic Japanese dish of deep fried battered vegetables or seafood. Use this batter to deep fry vegetables or fish – one of my favorites is fresh squash flowers. Pieces are fried a few at a time and should be at room temperature and cut small so as to cook quickly. Fish, shrimp should be patted with paper towels so when dusted with flour the flour will stick.

2 Eggs
2 Cups very cold ice water
2 Cups sifted self rising low gluten flour¹
1 Teaspoon baking soda
Salt and white pepper

Preheat peanut oil to 365 F.

Prepare batter just before frying. Add egg to very cold water and beat until frothy. Sift flour into a bowl of egg water. Add a pinch of salt and pepper. Stir with chop sticks to mix slightly, ignore lumps. Dip fish, shrimp, and sliced vegetables into flour, then into batter a few pieces at a time. Cook quickly then drain on paper towels. Allow oil to return to temperature before next batch goes in. (Scoop out residual bits from previous batches so they don't burn and spoil the oil.) Serve immediately with tempura dipping sauce.

Note:

1. Specially formulated tempura flour is available in Japanese supermarkets.

Teriyaki Sauce Marinade

Use this marinade for chicken, duck, and pork ribs cut Chinese style, Mongolian style beef ribs, or English short ribs.

1 Cup tamari soy or usujio (lower salt) sauce (page 278)
1 Cup water
1 Tablespoon lemon juice
1 Tablespoon vinegar
Brown sugar or sugar and dark molasses
Ground ginger or finely minced fresh ginger
1 Clove chopped garlic

Combine equal parts of water and soy. Add lemon and vinegar. Start with a cup or cup and a half of sugar to start with. Taste for degree of sweetness. The sauce should be sweet but not overly so. Add ginger and garlic. Pour over meat, marinate 24 hours. Turn meat once after 6 hours. Use enough marinade to at least completely cover one side of the meat. Reserve marinade.

Toasted Thai Chile Sauce – “Nam prik pao”

If you want a milder sauce use less arbor and more New Mexico pods.

2 Packages of dried arbor chiles
1 Package of dried New Mexico pods
1 Package of dried ancho chiles

Stem, seed and de-rib chiles. Toast chiles 30 seconds until fragrant. Avoid fumes or toast outside. When just toasted, dump in a bowl and add a cup of warm water. Soak for an hour. Using a post blender, blend chiles into a paste and strain. Add more water if too thick. Store paste in a jar in refrigerator for up to six months.

Thai Cilantro Dipping Sauce

- 1 Tablespoon cilantro (page 55) or cilantro leaves
- 1 Tablespoon Thai basil leaves
- 1 Tablespoon fresh mint leaves
- 1 Clove garlic
- 1 Tablespoons fresh lime juice
- ½ Teaspoon white-wine vinegar
- 1 Tablespoon Best Food Mayonnaise
- Paprika, sugar, pepper, and salt to taste.

Chop cilantro, basil, mint leaves with 1 clove garlic. Add lime juice, white-wine vinegar and mayonnaise. Correct seasonings. Let the sauce meld covered in refrigerator for an hour.

Thai Mayonnaise Sauce

- 3 Tablespoons Best Foods (Hellmann's) mayonnaise
- 1 Tablespoon garlic, pounded to a paste
- 1 Tablespoon fish sauce
- 1 Each green and red Thai bird's eye pepper, pounded to a paste
- 1 Teaspoon sugar or brown sugar
- A squeeze of lime juice

Place mayonnaise sauce ingredients in a blender or small food processor and blend. Let stand in the refrigerator for 30 minutes. Correct the seasoning.

Tomatillo Sauce

This is a basic green sauce for use on just about any sort of Mexican food with a rather tart flavor. The sauce can be made hotter by adding more chillies. I make two versions of this sauce. The second is a variation of the first but is more like a salsa hot sauce. In this second version, there is no second cooking but added ingredients to the base sauce are chopped finely but are not processed to smooth but rather become like a salsa - somewhat chunky

- 2 Cups husked, washed, chopped firm tomatillos¹
- 1 or more Jalapenos or Serrano chillies, stemmed, seeded and white ribs removed, to taste
- ½ Spanish (yellow) onion, chopped
- 2 Cloves garlic chopped
- 1 Tablespoon olive oil
- ¼ Cup cilantro, chopped
- 2 Teaspoons brown sugar to taste (sugar offsets the tartness; sauce is not to be sweet)
- Salt and pepper to taste
- Optionally, chopped tomato (chunky version)

Husk tomatillos and wash well, rub off any sticky bits, chopped coarsely. Chop half an onion, seed and remove white ribs from jalapeno, then chopped coarsely.

In a frying pan, cook tomatillos, chillies, and onion in oil over medium heat, for about 5 minutes. When onions begin to clear, add garlic. Cook while stirring another minute. Remove from heat and cool ten minutes. Place cooked ingredients in a food processor. Keep frying pan as is, it will be used again. Add cilantro and puree until smooth or leave it chunky for a salsa-like effect that may also optionally add a chopped tomato. Pour puree back into pan; add sugar and cook, stirring constantly over medium heat until sauce thickens. Correct seasonings.

Vietnamese Dipping Sauce (*nuoc mam cham*)

Vietnam's many dipping sauces are important in all of its cuisines. It is usually made with fermented fish sauce diluted with lime juice, distilled white rice vinegar, sugar, fresh chilies, garlic and, sometimes ginger. It accompanies many dishes, from meat to fish and even plain steamed rice. It goes well with spring rolls.

Sauces, Butters, Dip, Oils, Gravy, Marinade and Batter

- ¼ Cup sugar
- ½ Cup water
- ¼ Cup fish sauce
- ¼ Cup white vinegar
- Juice from a lime
- 1 Tablespoon of minced ginger
- 1 Tablespoons of finely julienned carrot
- 3 cloves of garlic, minced
- 2 Thai Bird chilies, minced

Let stand an hour after mixing.

Worcestershire Sauce

- 1 Small can anchovy fillets in oil (drained and washed)
- ½ Teaspoon liquid mesquite smoke
- 2 Tablespoons red wine vinegar
- 3 Cloves crushed garlic
- ¼ Cup dark corn syrup
- 3 Chopped shallots
- ½ Teaspoon onion powder
- ½ Teaspoon ground coriander
- 2 Tablespoons of tamarind paste
- 1 Tablespoon low sulfur (black strap) molasses
- 1 ¼ Cup of water

Combine all ingredients. Bring to boil then simmer on low until slightly reduced. If salt is needed add it last. Blend with a hand blender. Fill a sterile jar to full. Attach lid tightly. Let rest a couple of months in a dark cupboard, longer is better. Refrigerate after opening.