

## Crème Anglaise

*French in origin, crème anglaise is a vanilla-flavored custard sauce that is served over cake, fruit or other desserts.*

Rinse the inside of a nonaluminum saucepan with water and shake out the excess water. Pour in the milk, place over medium-low heat and cook until small bubbles form around the edges of the pan, about 5 minutes.

In a small bowl, combine the eggs, egg yolk and sugar and whisk until just blended. Gradually whisk in half of the hot milk, then pour the egg mixture into the pan. Set over low heat and cook, stirring constantly, until the mixture is thick enough to coat the back of a spoon and leaves a clear trail when a finger is drawn through it, 6 to 8 minutes. Do not allow it to boil.

Strain the mixture through a fine-mesh sieve into a bowl. Stir in the vanilla. Cover with plastic wrap, pressing it directly on the surface to prevent a skin from forming, and let cool. Refrigerate for at least 2 hours or up to 2 days. Makes about 2 cups.

Adapted from Williams-Sonoma Collection Series, *Christmas*, by Carolyn Miller (Simon & Schuster, 2003).

## Classic Caramel Sauce

*Follow these instructions carefully and your caramel sauce will turn out perfectly. Remember that you cannot rush the caramelizing process, but once the sugar turns amber, it can cross the line from caramelized sugar to burned sugar in an instant, so watch it carefully. Drizzle the finished sauce over ice cream for a decadent dessert.*

In a heavy 2- to 2½-quart saucepan over medium-high heat, combine the sugar, water and lemon juice. Cook until it turns amber, 6 to 8 minutes. Stir the sugar with a wooden spoon during the first 1 to 2 minutes of cooking; do not stir after this point and, instead, tip the pan to ensure even cooking. Do not allow the sugar to burn. If the sugar burns, turns very dark and smells acrid, discard it and start again.

Remove the pan from the heat and very carefully pour the cream into the hot syrup. Take care it does not splash; the syrup is very hot. Use heavy pot holders to protect your hands and arms. Stir with a long-handled wooden spoon until the sauce is smooth and blended. Let the sauce cool to warm or room temperature.

Use immediately, or cover and refrigerate for up to 3 days. To reheat, set the bowl or pan holding the sauce over a saucepan partially filled with gently simmering water. Stir until the sauce is warm. Makes about 1 cup.

Adapted from Williams-Sonoma Collection Series, *Ice Cream*, by Mary Goodbody (Simon & Schuster, 2003).

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### *International Sauces*

The world of sauces, of course, reaches far beyond the borders of France. In Latin American countries, for example, where table sauces are commonly called salsas or *mojos*, many of them are made from fruits, vegetables and herbs, and butter is rarely used. In India, curry sauces vary from one end of the country to the other and typically combine a large number of spices.

Every region in Italy has its own pasta sauces, whether it is the pesto of Liguria, the ragù of Emilia-Romagna or the amatriciana of Lazio. Some Italian sauces use butter and cream, such as the Alfredo sauce that coats fettuccine, but many sauces—particularly those in the Italian south—call for olive oil.

### *Summer Sauces*

Summer sauces are a simple way to enhance grilled meats and vegetables using the season's bountiful fresh herbs, vegetables and fruit. While pan sauces utilize the meats' caramelization for flavor (fonds), summer sauces are usually made separately and complement the smokiness of outdoor cooking.

### *Essential Tools for Summer Sauces*

- Blender
- Professional vegetable chopper
- Citrus press
- Mango pitter
- Herb mincer
- Garlic press
- Fine-mesh strainer

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# Technique Class: Summer Sauces

Whether playing the role of a finishing touch or of an essential component, a sauce should seamlessly complement the dish it accompanies. It should neither overwhelm the other ingredients nor be overshadowed by them. Sauces can be rich, like hollandaise, or light and fresh tasting, like *salsa fresca*. They can be complex and labor-intensive, like Mexico's mole, or lightning quick to prepare, like raspberry *coulis* that's delicious drizzled over ice cream.

## *Basics of Sauces*

### The Origins of Sauce Making

The French may not have created the concept of sauces, but they have elevated sauce making to an art. After the French Revolution, many chefs who had been employed in the kitchens of the aristocracy opened restaurants in Paris and other French cities. They vied with one another for customers, each one attempting to create the most memorable dishes. Sauces were one way to stand out in the crowd.

Sauce, in the most basic terms, is a flavored liquid designed to accompany food in order to enhance or bring out its flavor. Most sauces fall into one of five categories called Mother Sauces; by adding or substituting flavor components, thousands of sauce variations can be created.

MOTHER SAUCES	POPULAR SAUCES WITH MOTHER SAUCE AFFILIATION
<ul style="list-style-type: none"><li>• Béchamel (milk-based sauces)</li><li>• Espagnole (brown stock-based sauces)</li><li>• Velouté (white stock-based sauces) and allemande (egg-enriched sauces)</li><li>• Emulsified sauces</li><li>• Vinaigrettes</li></ul>	<ul style="list-style-type: none"><li>• Hollandaise (emulsified sauce)</li><li>• Béarnaise (emulsified sauce; derivative of hollandaise)</li><li>• Mayonnaise (emulsified sauce)</li><li>• Tartar sauce (emulsified sauce; derivative of mayonnaise)</li><li>• Remoulade (emulsified sauce; derivative of mayonnaise)</li><li>• Bordelaise (espagnole sauce)</li><li>• Demi-glace (espagnole sauce)</li></ul>

## Ingredients for Cilantro-Mint Chutney

2 cups lightly packed fresh cilantro leaves

1 cup lightly packed fresh mint leaves

1 small yellow onion, minced

1 garlic clove, minced

½ tsp. ground cumin

1 serrano chili, seeded and minced

½ tsp. sugar

1½ tsp. kosher salt

2 Tbs. fresh lemon juice

⅓ cup plain yogurt

### Ingredients for Grilled Vegetable Green Sauce

½ cup olive oil

¼ cup fresh lemon juice

1 shallot, chopped

2 tsp. capers

2 anchovy fillets in olive oil

½ tsp. freshly ground white pepper

½ cup coarsely chopped fresh flat-leaf parsley

½ cup finely chopped fresh flat-leaf parsley

¼ cup chopped fresh basil

### Ingredients for Cucumber Raita

1 seedless cucumber, peeled and grated

2 cups plain yogurt, store-bought or homemade

¼ cup coarsely chopped fresh cilantro

1½ tsp. minced garlic

1 tsp. lightly toasted cumin seeds

Salt and freshly ground pepper, to taste

## Cilantro-Mint Chutney

*This easy-to-prepare chutney boasts flavors of fresh herbs and spices. It's delicious with grilled lamb or chicken.*

In a food processor, combine the cilantro, mint, onion, garlic, cumin, chili, sugar, salt, lemon juice and yogurt. Process until smooth, 2 to 3 minutes.

Transfer the chutney to a bowl, cover and refrigerate until ready to serve. The chutney keeps for up to 3 days refrigerated. Makes about 1½ cups.

Williams-Sonoma Kitchen

## Red Onion, Parsley and Orange Mojo

Mojo (*pronounced mo-ho*) is a Cuban sauce that may be served hot or cold. It typically contains olive oil, citrus juice, garlic, chopped fresh herbs and aromatic seasonings, often cumin, and may also include diced shallots or onions. Occasionally butter replaces some of the olive oil. It is used as a marinade, a table sauce and a dip, and is a traditional accompaniment to suckling pig and roasted or grilled vegetables.

In a nonreactive bowl, stir together the onion, orange zest, orange juice, lime juice, garlic, salt, pepper, parsley and olive oil. Cover and refrigerate until ready to serve, up to 12 hours. Bring to room temperature before serving. Makes 2 cups.

Adapted from Williams-Sonoma Collection Series, *Sauce*, by Brigit L. Binns (Simon & Schuster, 2004).

## Ingredients for Red Onion, Parsley and Orange Mojo

1 small red onion, finely chopped

Zest of 2 oranges, finely chopped

½ cup fresh orange juice

¼ cup fresh lime juice

6 garlic cloves, minced

1¼ tsp. salt

¾ tsp. freshly ground pepper

¾ cup minced fresh flat-leaf parsley

¾ cup extra-virgin olive oil

1 large mango, peeled and cut into ½ inch dice

1½ cups peeled, cored and diced fresh pineapple (½ inch dice)

1 Tbs. diced red onion

Juice of ½ lime

1 tsp. minced fresh mint

1 tsp. chopped fresh cilantro

½ to 1 jalapeño, seeded and minced

2 cartons raspberries, each about 6 oz.

1 Tbs. fresh lemon juice

¼ cup sugar

3 Tbs. water