What is Continental Cuisine?
Cuisines are often named after the geographic areas or regions from which they originate. A cuisine is primarily influenced by the ingredients that are available locally or through trade. Religious food laws, such as Islamic dietary laws and Jewish dietary laws, can also exercise a strong influence on cuisine. Regional food preparation traditions, customs, and ingredients often combine to create dishes unique to a particular region. Cuisine can be stated as the foods and methods of food preparation traditional to a region or population. Continental cuisine is a generalized term collectively referring to the cuisines of Europe and other countries. It includes Europe, Russia, New Zealand, Britain, Australasia, Oceania, Latin America and cuisines of North America which derive substantial influence from continental settlers in those regions.

Classification of Continental Cuisine

**British**- British food is associated with the food culture of United Kingdom. British continental food is mainly distinguished with 'full breakfast'. Ham, cheese, salami, breads, pastries, pies, hamburger, tea, coffee, butter, and jam are some of the main food items served in English breakfast.

**American**- American cuisine is classified into various regions: Latin American cuisine, South-American cuisine and North-American cuisine. Americans has a very diverse and rich style of cooking.

**Italian**- Italian cuisine is famous for its varied kind of dishes suitable for every occasion. The most distinguished feature of Italian cuisine is that it varies from region to region. It is one of the richest cuisines of the world.

**New Zealand**- New Zealand cuisine is also known as Oceanian cuisine and it is mainly famous for seafood. Armenian Cuisine, Hungarian cuisine, Russian cuisine, Australian, and cuisines from many other European countries come under the category of Continental cuisines.

Ingredients Commonly Used in Continental Cuisine

- Continental dishes contain less chillies and very minimal amount of spices.
- Fresh herbs are widely used in continental recipes.
- Dairy products form an important part of continental dishes.
- Ham, cold meats, pies, pastries, jam, and bread are some of the commonly served breakfast items in Continental cuisine.

Cooking Methods Adopted by Continental Cuisine

**Baking**- This cooking method is mainly used to make cakes, pastries, pies, etc. In this process food is baked in oven with the help of dry heat.

**Grilling**- Food items like chicken, fish, beef, lamb and vegetables are mostly made by this method in continental cuisine.

**Stewing**- This is a process of boiling meats and vegetables with other ingredients in a slow cooker. It’s a long process but most of the continental dishes are made by stewing method.

**Roasting**- Roasting is a process of making roasted continental dishes. In this method meat and vegetables are roasted in an oven or grill.
**Roux**

**What is Roux?**

Roux (“roo”) is a thickening agent made from fat and flour. It is used in production of sauces, gravies, stews, and soups for getting the desired consistency. Equal part of fat and flour is cooked over flame to get the required color and doneness. Depending upon the color, cooking time and doneness, roux can be classified into three types and that are-

1. **White Roux** - The mixture of the fat and flour is cooked just for 2-3 minutes on medium flame, the raw flavour of the flour is just cooked out while maintaining the white color of the mixture and without developing any toasted aroma. This roux is used in white sauce preparation such as béchamel because of the color. All milk based sauces are made with white roux.

2. **Blond or Blonde Roux** - Also called as yellow roux or golden roux. Blonde roux is cooked for 3-5 minutes, thus caramelizing it and giving it a dark blonde color. This roux is used in making of veloute and other sauces which require golden texture. This is the most common roux used in culinary preparations because of its balanced flavour and taste also blond roux has excellent thickening power in comparison to brown roux.

3. **Brown Roux** - This roux is cooked for 8-10 minutes until the mixtures develops dark brown nutty color which has more pronounced and sharper aroma. The thickening power of brown roux is less because of the cooked flour and hence the quantity required is more in sauce making. This roux is used in brown sauce preparation such has espagnole and other brown gravies.

**Roux used for clarifying of Sauce**

In addition to starch, wheat flour contains proteins and other components. As a roux thickened sauce is simmered, these components rise to the surface as scum. They then can be skimmed off. Sauces are generally simmered for a time even after the starch is completely gelatinized so these “impurities” can be cooked off. This improves the texture, gloss, and clarity of a sauce. When high-protein flour such as bread flour is used in a roux, the sauce must be cooked longer and skimmed more often to achieve good clarity.

**Precautions in Roux preparation**

Correct amounts of fat and flour i.e. equal parts by weight are important to a good roux. There must be enough fat to coat all the starch granules, but not too much. In fact, Escoffier called for even less fat than our standard proportions (8 parts fat to 9 parts flour). A good roux is stiff, not runny or pourable. A roux with too much fat is called a “Slack Roux”. Excess fat increases the cost of the roux unnecessarily; the excess fat rises to the top of the sauce, where it either is skimmed off or makes the sauce look greasy. Too much flour will result in a starchy taste and too much oil will cause a “Slick” on the top of the sauce.

**Cretan Staka**

Staka is a type of roux particular to Cretan cuisine. It is prepared by cooking goat milk cream over a low flame with wheat flour or starch, the protein-rich part of the butterfat coagulates with the flour or starch and forms the staka, which is served hot. It is generally eaten dipping bread in it, occasionally served over French fries. The fatty part separates to form stakovoutyro, staka butter, which is
kept for later use and has a faint cheesy flavor. Staka butter is used in Cretan pilaf (piláfi), commonly served at weddings.

**Roux used for clarifying of Sauce (Agent)**

In addition to starch, wheat flour contains proteins and other components. As a roux thickened sauce is simmered, these components rise to the surface as scum. They then can be skimmed off. Sauces are generally simmered for a time even after the starch is completely gelatinized so these “impurities” can be cooked off. This improves the texture, gloss, and clarity of a sauce. When high-protein flour such as bread flour is used in a roux, the sauce must be cooked longer and skimmed more often to achieve good clarity.

**THICKENING AGENT**

**Definition:** Most sauces and gravies are thickened with some kind of starch. Thickening agents increase the viscosity of a liquid mix without interfering with its other properties. Each thickening agent has properties best suited for specific recipes. Starches are the most common and most useful thickeners for sauce-making. Flour is the principal starch used. Others available starches to the chef include cornstarch, arrowroot, waxy maize, instant or pre gelatinized starch, bread crumbs, and other vegetable and grain products, like potato starch and rice flour.

**To incorporate liaison:**

- Remove sauce from heat.
- Correct seasoning and strain if necessary.
- Combine beaten egg yolks and cream.
- Whip small amounts of sauce into liaison gradually until certain that eggs will not curdle.
- Incorporate liaison-sauce mixture with balance of sauce.
- Hold for service.

**Whitewash**

It is a thin mixture of flour and cold water. Sauces made with whitewash have neither as good a flavour nor as fine a texture as those made with roux. Whitewash is not recommended for use.

**Cornstarch**

This produces a sauce that is almost clear, with a glossy texture. To use, mix with cold water or other cold liquid until smooth. Stir into the hot liquid. Bring to a boil and simmer until the liquid turns clear and there is no starchy taste. Do not boil for a long period or the starch may break down and the liquid become thin. Sauces thickened with cornstarch may thin out if held on the steam table for long periods. Cornstarch is used extensively in sweet sauces to accompany certain meats as well as in desserts and dessert sauces. It has roughly twice the thickening power of flour.

**Arrowroot**

It is used like cornstarch, but it gives an even clearer sauce. Its use is limited by its high cost. Nevertheless, because of its quality, it is the preferred starch for thickening jus lié. It is less likely than cornstarch to break down when heated for a long time. Most commonly added as slurry, and its full thickening power is not realized until the sauce is brought to a simmer.
Slurry
The easiest and quickest thickening method, slurry thickens almost immediately and creates a glossy appearance. To create slurry, corn starch is stirred into a small amount of cold water or stock, and then whisked into a simmering sauce.

Waxy Maize; It is used for sauces that are to be frozen. Flour and other starches break down and lose their thickening power when frozen. Waxy maize does not. It is handled like cornstarch.

Bread Crumbs; Bread crumb and other crumbs will thicken a liquid quickly because they have already been cooked, like instant starches. Bread crumbs may be used when smoothness of texture is not desired. A common example is the use of gingersnap crumbs to thicken sauerbraten gravy.

Vegetable Purées; A simple tomato sauce is basically a seasoned vegetable purée. The sauce gets its texture from the thickness of the main ingredient. No additional thickener is needed. Using this same principle, we can add body or texture to sauces by adding a smooth vegetable purée, or by puréeing mirepoix or other vegetables with the sauce.

Nuts & Seeds; Finely grounded Nuts and seed such as ground nut, cashew nut, pumpkin seed or chaar magaz are used in making of soup which adds texture as well as flavor to a sauce.

Fecule (Potato Starch); Raw Potatoes are sometimes used as a thickening agent in puree soups and are cooked with legumes. The starch from the potatoes is the major thickening factor. Potato starch settles to the bottom of a soup crock if it stands for long periods of time. A small amount of roux is often added to prevent this separation.

Cream
A handy and rich addition to soups because its proteins have been greatly diluted by fat globules and are less likely to form a skin (like milk does) when heated or boiled. It is also fairly immune to curdling in the presence of acidic or salty foods. The word "cream" comes from the Greek "Chriein," which means "to anoint." This word is also the root word of "Christ," the "Anointed One."

Evaporated milk
Mary Bruce of Brunswick, Maine, cites this as a good and healthy substitute for cream as a soup thickener, adding body and helping to avoid curdling. She credits Marjorie Standish, author of Cooking Down East with the idea.

Yoghurt
A reasonably good thickener for certain soups especially Middle Eastern and south Indian recipes, it gives a tangy taste to the gravies. Note that yoghurt has an undeservedly high reputation in health-food circles. At the turn of the 20th century, it was discovered that the growth of harmful microbes was suppressed in cows by the lactobacilli (found in yoghurt) populating their intestines. An assumption was made but, unfortunately, lactobacillus bulgaricus does not survive in humans.

Vegetable Gums
Vegetable gums come from the varied sources that can be on land or in sea. Some of the seaweeds are the excellent sources of food gums in which comes the carrageenan and alginites. Whereas guar, locust bean gum, pectin are obtained
from the plants. Xanthan gum is obtained by the process of microbial fermentation. The source of gelatine is animal tissue. So vegetable gums are actually the food thickening agents.

**Major Vegetable Gums**

XanthanGum, AgarAgar, CelluloseGum, GuarGum, LocustBeanGum, Pectin

**Agar Agar**

Agar agar is used as a vegetable gum for gelling the dairy products like yogurt. Agar agar as a food thickener has the capacity to absorb 100 times more water than its weight. Agar agar is a polysaccharide that has the repeating unit of alpha-D-galactopyranosyl and 3, 6-anhydro-alpha-L-glactopyranosyl.

**Cellulose Gum**

Use of cellulose gum as a vegetable gum and food thickening agent is not new. At home homemakers have been using it for the last 50 years. All cellulose vegetable gums are water soluble because of the cellulose content in it. It is used in ice-creams, beverages and in baked food products to prevent stalling. Also the ice-crystal formulation in ice-creams is prevented by this vegetable gum.

**Xanthan Gum**

Xanthan Gum is again a polysaccharide and chiefly used in salad dressing and sauces. Also some of the bakery filling use the Xanthan gum that is an excellent food thickener. This vegetable gum is also used to increase the shelf period of eatables.

**Pectin**; Pectin is a kind of polysaccharide that is obtained from plant such as citrus fruit peel, apple peel etc. Pectin is a vegetable gum and food thickener that is used to make gel. You will find in almost every fruit based product such as jam, confectioneries, fruit drinks etc. Apart from this yogurt and other dairy products also use this vegetable gum as food thickener.

**BINDING AGENT**

**Panada**

Most commonly used to stabilize and bind meat balls and pâtés, it is usually a mixture of day old bread and some sort of liquid; stock, milk, water, etc. In the case of thickening sauces or soups, the bread is usually browned in butter and then simmered into the base that you wish to thicken. It can either be left as is, or blended and strained for a more refined consistency. It aids in binding the fat. It also lightens the density of the product. It contributes to the seasoning of the product. Some examples of panada are below;

- Bread Panada
- Frangipane Panada

* Flour Panada
* Rice Panada
* Potato Panada

**STOCKS**

*(Fonds de Cuisine)*

**Definition of Stock**

Stock is a liquid containing some of the soluble nutrients and flavours of food which are extracted by prolonged and gentle simmering (with the exception of fish stock, which require only 20 minutes). Such liquid is the foundation of soup’s sauces and gravies. Stocks are the foundation of many important kitchen prep therefore greatest possible cones should be taken in their production.

A stock is a flavorful liquid prepared by simmering meaty bones from meat and poultry, seafood or and vegetables in water with aromatics until their flavor, aroma, colour, body and nutritive value is extracted. The liquid is then used for the
preparation of soup, sauce, stew and also as braising and simmering cooking medium for vegetables and grains.

The word “fond” comes from the word “foundation”. Just as a foundation is the base for a house, fond is the base for much of cooking. Almost every culinary preparation requires a fond. For all practical purposes, “stock” and “fond” have the same meaning.

**Types of Stock**

There are four basic kinds of stock/fond: white stock (Fond Blanc), brown stock (Fond Brun), vegetable or neutral stock (Fond Maigre) and Fish Stock (Fume de Poisson). The classifications refer to the contents and method used to prepare the stock, not necessarily to color.

a. **White stock**: is made with white meat or beef, veal bones, chicken carcasses, and aromatic vegetables. The bones or meat are put in cold liquid and slowly brought to a boil. The mirepoix (a flavoring base of diced vegetables is sweated in suitable fat and then added to the liquid before it develops any color. The mixture is reduced to a simmer to finish cooking. This stock is used for white sauce, blanquettes, fricassee, and poached dishes.

b. **Brown stock**: is made with beef, veal, and poultry meat and bones. The bones are roasted until golden in color, not burnt. (Burnt bones and mirepoix will damage the stock’s flavor and color). The mirepoix is added when the bones are three-quarters roasted; tomato product may also be added. When the bones and mirepoix are golden in color, cold liquid is added and the mixture is slowly brought to a boil, and then reduced to a simmer to finish cooking. This stock is used for brown sauces and gravies, braised dishes, and meat glazes.

c. **Vegetable stock**: is a neutral stock composed of vegetables and aromatic herbs sautéed gently in butter, then cooked in liquid. This relatively new type of stock is gaining in popularity.

d. **Fish stock (Fume de Poisson)**: is categorized separately from the other basic stocks because of its limited usage. The basis of fish preparation is the fumet or fond. It has been said that all fish produce a fumet are equal. Some fish produce better quality stock than others. The result from some fish is stocks which are too gelatinous and fishy tasting. Fish are which are oily yield stock that has a bitter taste or that is milky.

**Guideline to be followed**

1. Do not use trimmings from oily fish, such as salmon, mackerel, blue fish etc.
2. Flounder or lemon sole will work for sole fumet. Halibut for turbot and striped bass for brill.
3. The freshest local whitefish by any name is what you want.
4. Sometimes the complementary juices of oyster, mussel or clam are added to fish fumet. This liquid should not be reduced. It is used as an additive only.

STOCKS
(Fonds de cuisines)

- White (Fond Blanc)
  - Veal (Fond de Veau)
  - Beef (Fond de Boeuf)
  - Poultry (Fond de Volaille)
  - Lamb (Fond de Agneau)
  - Mutton (Fond de Mouton)

- Brown (Estouffade)
  - Veal (Fond brun Veau)
  - Beef (Fond brun Boeuf)
  - Poultry (Fond brun Volaille)
  - Lamb (Fond brun Agneau)
  - Mutton (Fond brun Mouton)

- Veg (Fond maigre)
  - Poultry (Fond brun Volaille)
  - Lamb (Fond brun Agneau)
  - Mutton (Fond brun Mouton)

- Fish (Fume de Poisson)
Preparing Stock
Stocks appear to be a simple item to prepare. Although the ingredients are simple and the cooking method simplistic, you must use great care. This is a base from which you will create a wide variety of other dishes, so the stock must be right. As with any other preparation, you should start with quality ingredients.

**Composition of Stock:**
1. Selected bones and trimmings.
5. Moisture / Water.

The four principle steps in producing a quality stock are:
1. Start with cold liquid
2. Allow natural clarification to occur
3. Skim carefully
4. Simmer, do not boil
Beginning with a cold liquid prevents the sealing of the items. This makes it possible to release the flavors of the meat, bones, poultry, etc. into the liquid surrounding them. This interchange occurs whether the bones and vegetables are browned or not.

However, when they are browned a richness of flavor and color is added that is not achieved otherwise.
A high-quality stock has a clear, clean appearance. This requires that it be clarified. Pouring the cooked stock through a fine sieve is not the kind of clarification that we mean here. Clarification is the removal of the many minute particles that form in the cooking process.

Albumin is a protein complex found in muscles, blood, milk, egg white, and many vegetable tissues. It is soluble only in cold water. Albumin is valued for its property of clarification by coagulation (forming a mass) when exposed to heat. The slower the application of heat, the better the removal of cloudiness from liquid. Bringing stock slowly to a boil gives the albumin time to pass into the solution. As its proteins coagulate, they attract particles in the liquid. The action is similar to that of a magnet. However, as with magnets, when disturbed the albumin will drop the particles.

**Preparations from Stock**

**Broth**
Broth and stock are similar in technique and cooking time. Meat, Fish, Poultry, Trimmings of vegetables can be roasted or seared are slowly simmered along with aromatic vegetables, spices and herbs to produce a clear flavorful liquid with some body. The major distinction between Broth and Bouillon (Stock) is that Broth can be served as is, where as Bouillon are used in the production of other dishes.

**Meat glace**
Meat glace is the reduced stock containing higher percentages of gelatin. Meat glace takes eight to twelve hours .It can be prepared from any kind of stock but the technique works best for the stocks that are rich in gelatin. For this reason meat glace is prepared from the knucklebones which are rich in gelatin. Stocks
containing too little gelatin needs too long to reduce and by the time it reduces the flavour of the stock is compromised.

**Fish glace**
Fish glace is prepared in the same way as meat glace except that the fish stock is used instead of meat stock. Fish glace has a strong fishy taste and flavour, which it can impart to sauces if used in more than tiny amount. It is better to use reduced court bouillon. If concentrated fish stock is required then a double fish stock is preferable.

**Jus**
The term jus traditionally describes the light, natural liquid derived from the drippings of the roasts. Because the natural juices are the most satisfying of all the sauces, chefs often use variety of techniques to stimulate the flavour of the natural juices.

Long and slow cooking is not the only stock or jus with the flavour of a specific meat. Although slow simmering will extract much of the gelatin and nutritive element from meats and bones, much of the character, freshness, and individuality of the meat is lost. Actually, the best method for extracting the best flavour from the meats is to brown them in a heavy bottom pan with a small amount of mirepoix until their juices are released. Juices obtained by this method are often termed as “jus”.

**Essences**
Essences are the extracts made from the vegetables and used as last minute flavoring for sauces; an essence is to vegetable what jus is to meats. In classic sauce making essences are used for final flavoring. The most common essences are mushroom essence, truffle essence and vegetable essence.

**Remouillage**
The word translates as a “rewetting”, which is a good way to think of the way that remouillage is made. Bones used to prepare a “primary stock” are reserved after the first stock is strained away from the bones. The bones are then covered with water, and a “secondary stock” is prepared.

**Estouffade**
The classic formula for estouffade set down by Escoffier is virtually identical to what was then known as a brown stock. There are differences to note, however, Estouffade is prepared by simmering together browned meaty veal bones, a piece of fresh or cured pork, and the requisite vegetables and other aromatic.

**Juslié**
Meat juice thickened lightly with starch (Potato flour).

**Nage**
A culinary buzzword usually indicate a Bouillon with white wine, shallots and herbs

**Technique: Making a Sauce Reduction**
You, too, can dazzle your family and dinner guests with chi-chi reduction sauces at very little time and cost.
A reduction sauce is often a sauce made with the drippings and juices left over after cooking meat. These drippings are dense in flavor and make a sauce that is intense with the cooking flavors from the dish. Other ingredients are added to these drippings to create a reduction sauce, ranging from cream to vinegar to alcohol.
To make a basic reduction with meat drippings, follow these easy steps:
1. Remove the meat, chicken, or vegetables from your roasting or sauté pan.
2. Add a cup or so of water or other liquid.
3. Turn the heat to high.
4. Stir, scraping the bottom of the pan to release any solids left from cooking, until the liquid is reduced in quantity by about half.
5. Stir in some softened butter or cream.

And that's it! You can add other items such as thickening agents (e.g. flour) and spices of your choice.

If you aren't making a reduction based on meat drippings, start with a small sauce pan and boil down a cup or two of liquid (such as balsamic vinegar or wine) until it’s reduced by half and has a syrupy texture. The resulting reduction can be drizzled over your main dish.

Flavouring used in stocks.
1. Bouquet garni (Sachet d’Epices)
   A small bundle of herbs tied with string used to flavour stocks, braises and other preparation usually contains bay leaf, parsley, thyme and possibly other aromatics such as leek and celery salt.
2. Mirepoix
   Roughly chopped aromatic vegetables e.g onion, carrots, leek, celery in the proportion of 2:1:1:1 used for flavouring stocks, soups, sauces and stews.

GUIDELINES TO MAKE A GOOD STOCK
1. Use good raw bones - bones that are pleasant smelling and fresh. They should be cracked or cut out crosswise to expose the marrow. Shank and knucklebones are preferred.
2. Use fat free bones. Fat will produce grease in the stock, spoiling its flavour and appearance.
3. Do not wash the bones or you will wash many water-soluble flavour-producing substances. Some Chefs prefer to wash or blanch the bones, but this should not be necessary if they are fresh.
4. Start with cold liquid. Some proteins in the bones are soluble only in cold water. And a cold-water start will produce a clear stock, whereas starting with hot water will produce a cloudy one.
5. Use a tall, narrow pot to minimize evaporation.
6. A certain amount of flavour is lost in evaporation and the rate of evaporation depends on the surface area of the liquid.

BASIC SAUCES
In the culinary arts, the term "mother sauce" refers to any one of five basic sauces, which are the starting points for making various secondary sauces or "small sauces."
A good sauce is that which makes excellent food still better. To make it, or as it is often a work of art, let us say, create it, calls for precision and knowledge gained from experience exercised with patience and disciplined attention. A keen sense of smell, a delicate sense of taste, a light, strong hand for the blending all must contribute to the perfect sauce.

DEFINITION : Sauce are liquid or semi-liquid mixtures which are added to meat, poultry, fish, vegetables and desserts to give moisture or richness, to garnish or to otherwise enhance the appearance and in some cases the nutritional value, but more importantly to better the flavor. The principal purpose of a sauce then is to add or enhance the flavor of food.
CLASSIFICATION OF SAUCE

Sauces may be classified by several ways. Here is one system.
1. By serving temperature warm or cold
2. By flavor: blandness or piquancy
3. By acidity
4. By sweetness
5. By color
6. By base: neutral or meat.

In general Sauce can be classified under two major heads as follows:
A sauce is essentially a liquid plus some sort of thickening agent along with other flavoring ingredients. Each of the five mother sauces is made with a different liquid, and a different thickening agent — although three of the mother sauces are thickened with roux, in each case the roux is cooked for a different amount of time to produce a lighter or darker color.

**Proprietary Sauces Denotes:**
- Sauces that are not made in the kitchen, but can be purchased from the market.
- They are imported or procured locally.
- They have a unique taste which cannot be reproduced by anybody.
- It has a secret recipe, guarded by patents.
- They are multipurpose in their use.

**Preparatory Sauce**
Very much made in the kitchen by following standard recipe and traditional guidelines. Depending upon the style of making they are classified as follows:

**The function of the Sauce in Culinary work**
- Sometimes sauces are used to add a contrast in taste to another food. Apple sauce with fresh roast pork serves the same purpose. Broadly speaking any condiment or mixture of food, which serves to contrast with or compliment another food, can be termed a sauce. In this broad sense a peanut butter and jelly mixture would be a sauce to a piece of bread if they were served together.
- Some sauces are used to add sharpness or tanginess to a bland food. A remoulade sauce served with shrimp is an example of a piquant sauce.
- Sauces may add to the appearance of food, sometimes as a coating which is poured or brushed over the food to give a pleasing appearance to an otherwise uninteresting item. The chaud-froid sauce made with a cream or mayonnaise and gelatin is used to coat various food items.
- Sauces such as barbeque sauce are used to modify the original flavor of a food, blending the sauce flavor with the flavor of the food.
- Some sauces are used to disguise or mask the original flavor of the food. As the French use the work ‘mask’ in regard to sauces, masking a food with a jelly or sauce...
is to completely cover it physically hiding its appearance. Masking does not change the true flavor of the food.

✓ Sauces should never be used to change the flavor of a food material, only to enhance or to compliment the flavor of the food.
✓ Salad dressings such as *French dressing* and *mayonnaise* could also in this sense be considered sauces. However, sauces are usually considered those mixtures served with meats, entrees, desserts and other major foods as a compliment or contrast to their flavor.

**General faults in sauce production**

**Lumpiness:** This may be caused by the following;
- Roux is too dry when liquid is added.
- Adding liquid too quickly and not stirring continuously.
- Incorrect temperature of roux and liquid. One should be hot and other should be cold.
- Formation of the skin when the sauce comes in contact with air and becomes dry.
  This can be prevented by putting a film of melted butter on the surface of the sauce or by using a greased paper.
- By allowing sauce to congeal on the the sides of the cooking vessel which later could be stirred into sauce.

**Poor gloss:** This is caused by in sufficient cooking of the sauce or using a sauce which has not been passed, tammied or liquidized. High gloss is achieved by preparing the sauce correctly and aided by the addition of butter just prior to service, called ‘mounting with butter’ or ‘monter au beurre’

**Incorrect consistency:** This is the result of in correct formula balance. Over and under cooking is ultimately lead to a incorrect consistency.

1. **Greasiness** : Too much fat in roux or failure to skim off surface grease as it rises. The use of greasy stock may cause this fault.
2. **Poor colour** : Incorrect cooking of the roux in the early stage, using dirty cooking vessel or utensils may cause poor colour.
3. **Raw starch flavour** : This causes due to the insufficient cooking of starch. Starch needs to reach to boiling point and simmered it for a further period to avoid for a raw starch flavour.
4. **Bitterness:** This is caused by over browning or burning of the roux.

**I. White Sauce : Bechamel Sauce.**

White sauce or Bechamel sauce is more versatile for its nutral base. It is used to bind soufflés, croquettes , soups, egg dishes and gratins and to coat many foods. The texture should be smooth and rich and the consistency of double cream. The taste should be milky with no hint of raw flavour.

A plain Bechamel Sauce is made with flour .butter and milk in ratio of 1:1:20. Its flavoured with a clove studed onion(*cloute /pique*) which is infused in milk before making the sauce. Sometimes a amount of finely chopped onion, which is sweated in butter added to milk before adding the roux.

For thickening soup or sauce use only 15 grms. Of butter ,15 grms of flour with 225ml of milk and for a very thick Bechamel sauce ,use only 25 grms of butter ,25 grms of flour with 225 ml of milk. Thickening milk with a white roux and simmering it with aromatics makes this white sauce. It should be creamy, smooth and lustrous.

**DERIVATIVES OF BÉCHAMEL SAUCE**

**Cream sauce**

Chopped onions are reduced with white wine and then cream is reduced in the same pan. Now some béchamel sauce is added & whisked in. More cream is added till correct consistency is obtained and the sauce is then strained.
Sauce Mornay
Grated Cheddar cheese is added to cream sauce and it is strained.

Sauce Fine herbs
To cream sauce, some chopped tarragon, parsley and chervil are added. In place of chervil we often use thyme.

Chilly mornay
Some bell peppers are lightly sautéed in olive oil, & paprika powder is added to it. Mornay sauce is poured over this till the flavor is obtained & it is then strained out.

Sauce Nantua
To cream sauce, add very fine crayfish butter and small cooked crayfish tails.

II. BLOND SAUCE: VELOUTE SAUCE
A Veloute sauce is often made from the liquid used in cooking the main ingredient, such as that used in poaching fish and chicken or for veal, as in a Blanquette. Additional liquid is added to the blond roux at the beginning to make a very thin sauce. Simmering for 15 minutes to 1 hour thickens the sauce and intensifies the the flavour. The long slow process of cooking gives it a velvety texture and consistency----- hence the name Veloute or Velvety. Stir the sauce frequently to prevent scorching and skim from time to time.

DERIVATIVES OF VELOUTE SAUCE
Sauce Allemande
Quite simply, this is a veloute thickened with egg yolks and flavored with mushroom liquor, lemon juice, pepper and nutmeg. (This sauce is also known as sauce Parisienne)

Sauce Supreme
This is a chicken veloute enriched with cream. It should be very white in color and delicate in flavor.

Sauce Ivore
To one-liter sauce supreme, add three-tbs. Melted light colored meat glaze, just sufficient to give the acquired ivory tint to the sauce. Suitable for serving with poultry.

Sauce Normande
To fish veloute-add mushroom liquor and cooking liquor from mussels and fish stock, all in equal proportions, a few drops of lemon juice and a thickening of egg yolks with cream. Reduce this to 1/3 of its volume. Pass through a fine strainer and finish with some more cream butter. This can be used for a large numbers of fish dishes.

Sauce Joinville
Prepare Sauce Normande and finish with equal parts of crayfish butter and shrimp butter instead of cream and butter.

Points to be remembered
Whenever the above sauces are served with chicken, veal, fish or shell fishes, they are seasoned to taste with salt and pepper and adjusted for consistency to suit the requirements. Again the above sauces are used for a glazed dish, egg yolk or a sabayon should be added to the sauce just prior to glazing. Once egg yolk has been added do not reboil, other wise the sauce will separate.

SABAYON
Mix yolk of egg with a few drops of water and whisk over bain-mari to ribbon stage. Used to enrich sauce and assist when a glazed appearance is required.

III. BASIC BROWN SAUCE (SPANISH ORIGIN): ESPAGNOLE
The most famous brown sauce, Espagnole, is made with a rich brown stock and a gently cooked brown roux. Although rich sauce is robust, yet fine and well flavoured. It is time consuming and requires skills. A brown roux is tricky to make without scorching or separating. The sauce is intensified by adding fine original Spanish ham and tomato
puree, which add to the glossy brown colour. Although it can be served by itself. It is also the base of many rich, dark French sauce as ‘Demi glaze’, Sauce Robert and sauce Madira.

Mix 11/4kg of brown roux into 20 liters of brown stock, add mirepoix and tomato puree and then cook for 3-4 hours until it reduces by three-quarters, strain and use.

**WHAT IS DEMI-GLAZE?**
Cook equal quantities of espagnole and brown stock until reduce by half, finished with a little fortified wine, skim and strain.

**DERIVATIVES OF BROWN SAUCE**

**Sauce Chasseur**
Melt butter in a small pan, add chopped shallots and sliced mushrooms and sauté. Add white wine, reduced by ½, then add equal parts of tomato sauce and sauce demi-glace. Add meat glaze, simmer gently and finish with chopped parsley (In some methods of preparing Sauce Chasseur some brandy is also added)

**Sauce Bordelaise**
Reduce red wine in a small pan with. Finely chopped shallots, a little pepper, bay leaf and a sprig of thyme to ¾. Add Sauce Espagnole and allow it to simmer gently, skimming as necessary. Pass through a fine strainer and finish with. Melted meat glaze, the juice of ¼ lemon and 50 gm. Bone marrow cut into small slices or dices and poached. This sauce is especially suitable for serving with grilled red meats. (Originally this sauce was made with white wine but nowadays-red wine is always used)

**Sauce Bourguignononne**
Reduce red wine in a pan with sliced shallots, a few parsley stalks, a bay leaf, small sprig of thyme and mushroom trimming ½. Pass through a fine strainer (u may thicken by adding beurre manie). Finish at the last moment with frozen butter and a little cayenne. This sauce is especially suitable for serving with egg and dishes designated a’ la bourguignononne.

**Sauce Diable**
Place white wine in a pan. Add chopped shallots and reduce by 2/3. Add sauce demi glaze and allow to simmer slightly for a few minutes then season the sauce strongly with cayenne pepper. This sauce is especially suitable for serving with grilled chicken.

**NOTE:** Vinegar may be used instead of wine and chopped fine herbs and may be included in the reduction.

**Sauce Piquante**
Place white wine and the same amt of vinegar in a pan with chopped shallot, reduce by ½. Add sauce espagnole, bring to the boil and simmer gently, skimming as necessary for 10 min. Remove from the heat and finish with 2 tbsp. of chopped gherkins, tarragon, chervil and parsley. This sauce is usually served with boiled, roasted or grilled pork.

**Sauce Poivrade**
Heat oil in a pan, add a mirepoix comprising of. Carrots, onion, little parsley stalks, a pinch of thyme and a crushed bay leaf and cook until lightly colored. Moisten with vinegar, & marinade and reduce by 2/3. Add sauce espagnole and allow to simmer gently for 45 min. A little before passing the sauce add crushed peppercorns and pass through a sieve then add some of the marinade again. Bring to the boil, skim and carefully simmer for approx. 35 min. so as to reduce the sauce to required quantity. Pass and finish with butter.

**Sauce Madeira**; Reduce sauce demi glaze until slightly thickened. Remove from the heat and add Madeira wine Pass through a fine strainer and do not re boil.

**Sauce au Porto**; This is prepared in the same way as Madeira replacing the Madeira wines with Port wine.

**Sauce Robert**
Heat butter in a pan, add finely chopped onion and cook without coloring. Moisten with white wine and reduce by 2/3. Add sauce demi glaze and simmer gently for 10-min. Pass the sauce through a fine strainer and finish away from the heat with a pinch of sugar...
and some English mustard diluted with a little water. This sauce is usually served to accompany grilled pork.

**Sauce VIN rouge**

Heat butter, add finely cut mirepoix and cook to a light brown color; moisten with good quality red wine and reduce by ½. Add some crushed garlic and espagnole; skim & simmer carefully for 12-15 mins. Pass through a fine strainer and finish with butter, a little anchovy essence and a little cayenne pepper. This sauce is especially suitable for serving with fish.

**Sauce Matelote**

Place red wine court – bouillon in a pan with mushroom trimmings. Reduce by two-thirds and then add Espagnole. Simmer gently for a few min and pass through a fine strainer. Finish the sauce with of and lightly season with cayenne pepper.

**IV. HOLLANDAISE SAUCE : HOT EMULSIFIED SAUCE**

Hollandaise and its variations are opaque, but the sauce should have a luster and not appear oily. They should have a smooth texture. A grainy texture indicates over cooking of the egg yolks. It should have light consistency and at times almost appears frothy.

**DERIVATIVES OF HOLLANDAISE SAUCE**

**Sauce Choron**

Prepare a Sauce Béarnaise, omitting the final addition of tarragon and chervil and keeping it fairly thick, add upped a quarter of its volume of tomato puree which has been well concentrated or reduced in order that the addition will not alter the consistency of the sauce.

**Sauce Foyot**

Prepare a Sauce Béarnaise, keeping it fairly thick and finish with melted meat glaze added little at a time.

**Sauce Maltaise**

Prepare a Sauce Hollandaise and at the last moment add the juice of 2 oranges (reduced) and a good pinch of grated zest. Goes well with asparagus.

**Sauce Palois**

Prepare a Béarnaise but while doing this replace the principle flavoring of tarragon with the same quantity of mint in the reduction of white wine and vinegar and replace the chopped tarragon with chopped mint at the final stage.

**Sauce Mousseline(Chantilly)**

Prepare Sauce Hollandaise and at the last moment carefully mix in stiffly whipped cream.

**V. MAYONNAISE SAUCE : COLD EMULSIFICATION**

This delicious sauce is used in salads, sandwiches and as a part of other sauces. It can be varied by using different oils, herbs and other flavourings. Mayonnaise can also be made in a blender, food processor or with an electric mixer. Make sauce that all the ingredients are in room temperature. If making by hand, set the bowl on a towel to stop it sliding around.

**Remember**, mayonnaise is made with raw egg yolk which can harbour ‘Salmonella’ bacteria. Pregnant women, children and the elderly should avoid under cooked or raw eggs.

**Points to remember**

**Faults:**

Unstable emulsion caused due to;

When the ingredients have been at too low a temperature, thus preventing the emulsifying agents from coating the oil successfully.

- By using stale egg yolks which consequently provide insufficient agent.
- By inadequate whisking when adding oil to the egg yolks, thus preventing even distribution of oil into egg.
By adding oil too quickly in the initial stages of preparations, thus prevent a thorough mixing of yolks and oil resulting in the sauce separations.

By using incorrect formula balance.

**How to correct a curdled Mayonnaise Sauce?**
Mix the unstable emulsion on to a fresh egg yolk or on to a few drops of boiling water. Use a clean bowl and proceed as for making Mayonnaise.

**DERIVATIVES OF MAYONNAISE SAUCE.**

**Sauce Tartar**
To mayonnaise sauce add chopped gherkins, capers, shallots, parsley, chives.

**Sauce Verte**
Blanch rapidly for five minutes spinach and watercress & a mixture of parsley, tarragon and chervil drain well. Refresh quickly and squeeze out all the water. Pound the leaves then squeeze them firmly in a clean cloth so as to obtain a thick herb juice. Add this to well seasoned mayonnaise.

**Sauce Mousquetaire**
To mayonnaise add finely chopped shallots which have been cooked and completely reduced with white wine, some melted meat glaze and chopped chives. Season the sauce with a touch of cayenne or milled pepper.

**Sauce Remoulade**
To mayonnaise add and mix in Mustard, chopped gherkins, chopped capers, parsley tarragon and chervil and some anchovy essence.

**Sauce Casanova**
Add chopped truffle and shallots, sieved hardboiled egg to Mayonnaise.

**Sauce Gribiche**
Mix together cooked yolks of egg with mustard, salt and pepper and gradually add oil and vinegar as for Mayonnaise. Garnish with chopped Capers, gherkins and fine herbs along with the julienne of hardboiled egg white.

**Contemporary Saucers**
The broad category of contemporary sauces includes beurre blanc, coulis, compound butters and a variety of miscellaneous sauces, such as relishes, salsas and compotes. The primary factors distinguishing contemporary sauces from the grand sauces are the following -

- They usually take less time to prepare.
- They are more likely to be specifically tailored to be a given food or technique.
- They have a lighter color, texture and flavor than some of the grand sauces.
- They are more likely to be thickened and finished using emulsions, modified starches or reduction and less likely to contain roux.

Some of the popular contemporary sauces are:

- Roasted Tomato Coulis.
- Tomatillo Salsa Verde.
- Red Pepper and corn relish.
- Rosemary Oil.
- Basil Oil.
- Chemichurri sauce.
- Red onion marmalade.

**SOUPS**

**CLASSIFICATIONS OF SOUPS**
Soups can be divided into three basic categories: clear or un-thickened soups, thick Soups, and special soups that don’t fit the first two categories. Most of these soups, no matter what their final ingredients may be, are based on Stock. Thus, the quality of the soup depends on the stock-making skills.
Clear soups
Clear soups are all based on a clear, un-thickened broth or stock. They may be served Plain or garnished with a variety of vegetables and meats.
1. Broth and bouillon are two terms used in many ways. In general, they both refer to Simple, clear soups without solid ingredients. We have already defined broth as a flavourful liquid obtained from the simmering of meats and/or vegetables. E.g. Scotch Broth

Broth
2. Vegetable soup is a clear, seasoned stock or broth with the addition of one or more vegetables and, sometimes, meat or poultry products and starches.
3. Consommé is a rich, flavorful stock or broth that has been clarified to make it perfectly Clear and transparent, a well-made consommé is one of the greatest of all soups. Its sparkling clarity is a delight to the eye, and its rich, full Flavor, strength, and body make it a perfect starter for an elegant dinner.

Thick soups
Unlike clear soups, thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent, such as a roux, or by puréeing one or more of their Ingredients to provide a heavier consistency.
1. Cream soups are soups that are thickened with roux, beurre manié, liaison, or other added thickening agents, plus milk and/or cream. They are similar to velouté and béchamel sauces—in fact, they may be made by diluting and flavoring either of these two leading sauces. Cream soups are usually named after their major ingredient, such as cream of Chicken or cream of asparagus.
2. Purées are soups that are naturally thickened by puréeing one or more of their ingredients. They are not as smooth and creamy as cream soups. Purées are normally based on starchy ingredients. They may be made from dried legumes (such as split pea soup) or from fresh vegetables with a starchy ingredient Such as potatoes or rice added. Purées may or may not contain milk or cream. E.g. Puree de lentils
3. Bisques are thickened soups made from shellfish. They are usually prepared like Cream soups and are almost always finished with cream. The term bisque is sometimes used on menus for a variety of vegetable soups. In these cases, it is really a marketing term rather than a technical term, so it is impossible to give a definition that covers all uses.
4. Chowders are hearty soups made from fish, shellfish, and/or vegetables. Although they are made in many ways; they usually contain milk and potatoes. E.g. Calm Chowder
5. Veloute is a thick soup, which is thickened with a blond roux, prepared in the same way as a veloute sauce and Liaison is added.
National/Special Soup

Special soups are those that are made with unusual ingredients and are prepared by a distinctive method. So they are termed as National Soups. There are numerous varieties of international soups such as cold, hot, thin, or thick etc. international soups are those soups which are originated from the different places and locality within the different countries. These soups are basically having a great tradition and that’s why they are known by their country. Some of famous international soups are below:

<table>
<thead>
<tr>
<th>No.</th>
<th>Soups</th>
<th>Countries</th>
<th>No.</th>
<th>Soups</th>
<th>Countries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Minestrone</td>
<td>Italy</td>
<td>14.</td>
<td>Cock-a-Leekie</td>
<td>Scotland</td>
</tr>
<tr>
<td>4.</td>
<td>Petite Marmite</td>
<td>France</td>
<td>17.</td>
<td>Bouillabaisse a La Provençale</td>
<td>France</td>
</tr>
<tr>
<td>5.</td>
<td>Scotch Broth</td>
<td>Scotland</td>
<td>18.</td>
<td>Chicken Broth</td>
<td>England</td>
</tr>
<tr>
<td>7.</td>
<td>Gazpacho</td>
<td>Spain</td>
<td>20.</td>
<td>Olla Podrida</td>
<td>Spain</td>
</tr>
<tr>
<td>9.</td>
<td>Camaro</td>
<td>Brazil</td>
<td>22.</td>
<td>Vichyssoise (cold)</td>
<td>U.S.A.</td>
</tr>
<tr>
<td>10.</td>
<td>Laberkroedel</td>
<td>Germany</td>
<td>23.</td>
<td>Zuppa Pa Vese</td>
<td>Italy</td>
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<tr>
<td>11.</td>
<td>Paprika</td>
<td>Hungary</td>
<td>14</td>
<td>Cock-a-Leekie</td>
<td>Scotland</td>
</tr>
<tr>
<td>13.</td>
<td>Hotch Pot Flamanda</td>
<td>Belgium</td>
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Service of Soup

Standard Portion Sizes
Appetizer portion: 6 to 8 oz (200 to 250 mL)
Main course portion: 10 to 12 oz (300 to 350 mL)

Temperature
Serve hot soups hot, in hot cups or bowls.
Serve cold soups cold, in chilled bowls or even nested in a larger bowl of crushed ice.

Holding for Service
Strangely enough, some chefs who take the greatest care not to overcook meats or vegetables nevertheless keep a large kettle of soup on the steam table all day. You can imagine what a vegetable soup is like after four or five hours at that temperature. Small-batch cooking applies to soups as well as to other foods. Heat small batches frequently to replenish the steam table with fresh soup.
Consommés and some other clear soups can be kept hot for longer periods if the vegetable garnish is heated separately and added at service time.

GARNISH

Soup garnishes may be divided into three groups.

Garnishes in the soup. Major ingredients, such as the vegetables in clear vegetable soup, are often considered garnishes. This group of garnishes also includes meats, poultry, seafood, pasta products, and grains such as barley or rice. They are treated as part of the preparation or recipe itself, not as something added on. Consommés are generally named after their garnish, such as consommé brunoise, which contains vegetables cut into brunoise shape [1/8-inch (3-mm) dice].

Toppings. Clear soups are generally served without toppings to let the attractiveness of the clear broth and the carefully cut vegetables speak for themselves. Occasional exceptions are toppings of chopped parsley or chives. Thick soups, especially those that
are all one color, are often decorated with a topping. Toppings should be placed on the soup just before service so they won’t sink or lose their fresh appearance.

**Accompaniments.** American soups are traditionally served with crackers. In addition to the usual saltines, other suggestions for crisp accompaniments are: Melba toast Cheese straws Corn chips Whole-grain wafers Breadsticks Profiteroles (tiny unsweetened cream-puff shells)

**CONSOMMÉ (basic)**
Consommé are clear soups made using beef, veal, poultry, and game or fish stocks. They are often made using a combination of beef or veal and poultry. Having clarified the soup (as below) the consommé should be fat free, crystal clear, amber in colour with good flavour. To avoid producing too dark a consommé a combination of white and brown stock may be used

**Notes:**
1. To improve the quality and strength of this soup ½ brown stocks and ½ chicken stock may be used.
2. The stock for this recipe has been increased by 20% to allow for evaporation during the long cooking process.
3. When large quantities are cooked a stockpot with a tap should be used to facilitate straining.

**Consommé Variation :**

<table>
<thead>
<tr>
<th>Name</th>
<th>Ingredients / Garnish</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Consommé Royale</td>
<td>Dices savory egg custard</td>
</tr>
<tr>
<td>2. Consommé Julienne</td>
<td>Julienne of vegetables</td>
</tr>
<tr>
<td>3. Consommé Brunoise</td>
<td>Brunoise of vegetables</td>
</tr>
<tr>
<td>4. Consommé Celestine</td>
<td>Julienne of thin pan cake</td>
</tr>
<tr>
<td>5. Consommé Breton</td>
<td>Juliennes of celery, onion and leeks</td>
</tr>
<tr>
<td>6. Consommé Dubbary</td>
<td>Floweret’s of cauliflower</td>
</tr>
<tr>
<td>7. Consommé Florentine</td>
<td>Juliennes of blanched spinach</td>
</tr>
<tr>
<td>8. Consommé St. Germain</td>
<td>Fresh green peas</td>
</tr>
<tr>
<td>9. Consommé Cereals</td>
<td>Rice and barley</td>
</tr>
<tr>
<td>10. Consommé Madrilène</td>
<td>Flavoured with tomato and celery, garnished with tomato flesh</td>
</tr>
</tbody>
</table>

**ASPIC AND GELEE**
Definition: Aspic is savoury gelatine made from consommé or clarified stock. Because consommé is high in gelatine, it hardens when it cools, forming aspic.

Aspic can be prepared as a mold with various ingredients such as meat, vegetables, or egg set into the mold. The aspic is chilled and then sliced and served.

Used in this way, aspic is an effective method for preserving foods because the gelatine seals off the oxygen, preventing the growth of bacteria that cause food spoilage.

Aspic can also be used as a glaze for appetizers and cold food platters.

Aspic is traditionally made from consommé, and this process can be time-consuming. To save time, some modern kitchens prepare aspic by fortifying water or ordinary stock with added gelatine. This technique produces an inferior product, in terms of both flavour and texture.

**Gelee Definition:**
Aspic jelly is called GELEE in French. It is a flavourful gelatinous stock which has been carefully clarified.

**PLEASE NOTE** – it is different from ASPIC- which is slices or dices of poultry, meat, game, fish, seafood, or fruit are moulded in a clarified aspic jelly. Any well made stock,
prepared with large amount of bones will gel when chilled. At this stage it is only called a savoury jelly. It becomes an aspic jelly after it has been clarified.

Beef and game aspic jellies are amber in color. Veal, poultry, pork aspic jellies are light amber. Fish aspic jelly has no colour but it’s transparent.

**CLASSICAL METHOD OF PREPARATION**

- The stock is made from more collagen rich products such as pork skin and calf’s feet.
- The stock is carefully clarified.
- This kind of aspic jelly depends solely on the gelatin present in the bones for gelling.

**CHARACTERISTICS OF A GOOD ASPIC JELLY**

1. **FLAVOR** - it should be intense enough. It should not be so strong so that it masks the flavour of the main ingredients. Little amount of acids added such as lime juice or vinegar or wines will enhance the flavour of the aspic jelly.

2. **TOOTH** - is the density or elasticity of the jelly. The jelly should be firm enough to hold the desired shape, yet it should melt in the mouth.

3. **CLARITY** - aspic jelly should be crystal clear.

4. **COLOR** - the range of the colour should be from rich amber to brown as in the case of the game aspic, to white or transparent as for fish aspic jelly. Additional tones of red can be present depending on the choice of the wine used. Fruit aspic jellies can be colored to represent certain fruit - green to yellowish for lime to red for the cherries. The jelly is colored using various dyes. A colour derived naturally from fruit and vegetable purees is preferable.

**Preparing Aspic Jelly**

The best aspic is a well-made, naturally gelatinous stock. It has a superior texture and flavour, but it is time-consuming to make because a separate batch of stock must be made in addition to the normal stock production. Consequently, most aspic are made by reinforcing regular stock with gelatine. Aspic powders and mixes are available, but the flavour of aspic made from them does not compare with that made from stock. They can be useful in an emergency, however, or for pieces used purely for displayer decoration.

**Uses of Aspic Jelly:**

1. To coat showpieces such as whole turkeys and hams.
2. For Aspic sheets, Aspic mirrors, and Aspic cut outs.
3. Decorative centrepieces can be made using colored aspic.
4. To fill cavities in Pates.
5. To line moulds for cold buffet presentation.

To glaze whole terrines and galantines and items coated with chaudfroid.

5. To prepare aspic croutons which can be used to garnish cold platters or even added into salads.
6. Chopped aspic, which can be used as a base to present a variety of cold meats on the buffet.
7. To glaze canapés, zakuski and other hors d’oeuvres.

Gelee also has its uses in the kitchen. As explained earlier,

Gelee is stock that has been reduced and cooled down to a gelatinous consistency. It can be used to enrich soups, sauces, and gravies. It can also enhance the taste of stews and sauces. Gelee can be used to glaze cold meat products to prevent them from drying out during the long presentation times on the buffet counter.

**JELLIES**

Jellies are made from the strained juice of fruit. Jelly should be crystal clear and shimmering. It should hold its shape but be soft enough to spread. Marmalades are soft-fruit jellies containing small pieces of fruit or peel evenly suspended in the transparent jelly. Preserves are fruits preserved with sugar so that the fruit retains its shape. Preserves are clear, shiny, tender, and plump.
Pectin and Fruit Pectin is a carbohydrate found in fruits. When sugar is added, the pectin in fruit or commercial pectin precipitates out and forms insoluble fibers. An acid, such as lemon juice or citric acid, aids in the process. The insoluble fibers produce a mesh-like structure that traps the fruit juice or other liquid, much like a sponge absorbs water. This enables a gel to form. Recipes without added pectin use the natural pectin in the fruit to form the gel.

Tart apples, sour blackberries, cranberries, currants, gooseberries, Concord grapes, soft plums, and quinces work well in recipes without added pectin. Slightly under-ripe fruit contains more pectin than ripe fruit. Overripe fruit may not contain enough pectin to form a gel. A general guideline is to use one part under-ripe fruit to two parts fully ripe fruit for the best gel and flavor.

The pectin in fruit becomes water soluble when it is heated. So for jelling to occur, the fruit must be heated. Too high of a temperature or cooking for too long can destroy the pectin, resulting in a poor gel. Doubling the recipe changes the length of time needed for boiling and can result in a soft gel. Commercial pectin can be used with any fruit, even those high in pectin. Too much pectin will give the jelly a tough, rubbery consistency, making it difficult to spread.

Following the recipe guide that comes with the pectin will help eliminate this problem. There are two types of pectin, liquid (usually made from apples) and dry (from citrus fruits or apples). Powdered pectin can be stored in the freezer from one season to the next. Freezing will destroy the gel-producing qualities of liquid pectin, but liquid pectin will keep for two years in a cool, dry place. Powdered and liquid pectin are not interchangeable.