



Veloute

Yield: About 1 cup

Ingredients

2 tablespoons butter
2 tablespoons flour
1 1/4 cups Warm White Stock (Chicken, Fish,
Salt
Freshly ground pepper

Directions

1. Melt the butter in a heavy-bottomed saucepan. Stir in the flour and cook, stirring constantly, until the paste cooks and bubbles a bit, but don't let it brown — about 2 minutes.
2. Add the warm stock, continuing to stir as the sauce thickens. Bring it to a boil. Add salt and pepper to taste, lower the heat, and cook, stirring for 5 to 6 minutes more.
3. Remove from the heat. To cool this sauce for later use, cover it with wax paper or pour a film of milk over it to prevent a skin from forming.

Derivatives

Sherry Shallot: 3T minced shallots sautéed, .5 cup add sherry, reduce, add stock reduce

Normandy Sauce: 2 oz of mushrooms, 4 fl oz clam juice (Optional), 8 fl oz fish stock, 1T Lemon Juice.

Reduce by 1/3rd and finish with a 1-egg yolk, 3oz cream liaison. Strain.

Allemande: typically based on veal velouté but I like it with chicken veloute

1 qt of Veal Veloute, 2 egg yolks (for liaison), 4 ounce heavy cream (for liaison), 1 tablespoon lemon juice

White Pepper and Salt to taste.

Sauce Poulette: Simmer 8 ounces of white, button mushrooms with when making 1 quart of Veloute of your choice. Use Sauce Allemande and then strain out mushrooms. Finish with 2 tablespoons of chopped parsley and lemon juice to taste.