

Global Fusion Americana
E-Series 

100
Quick & Easy
Sauces



Always be happy when you cook or bake.
The love for people will come out making a great Dish,

If you mess up do as the French do.
It's Country Style!!!
And no one will know.

Now, show some love. Cook with all your heart!!!!

Enjoy
Chef Murph

Now, Cook like a Chef !!

By: Keith Thomas Murphy AKA: **Chef Murph**



Global Fusion Americana



Is the melting pot of cultures and food from around the world. Having traveled the world as a young man living in Asia for 3 years, Germany for 4 years, Middle East for 3 years and Central and South America on and off.

I believe food brings people and culture to the table to talk. Where problems can be solved. Change someone's mind with food and culture and not by bullets. Finding that people have a lot in common, by building relationships..

Our planet is getting smaller with larger amounts of people . We can not all just get along for that's is but a dream..... some one always wants to be on top. To just coexist is not good enough either

It is ***RESPECT***

Good food , makes for better decisions.

R. J. Murphy

Chef Murph

BIO

I was born, not hatched in Camden, New Jersey on 1 May 1963. I grew up in a 1 square mile town in Southern New Jersey. At five years old by parents divorced. My mother quickly remarried to an abusive man and we spent time in and out of shelters and friends' homes. One of the close family friends convinced my parents to send me to a rural boarding school. At that school, in addition to attending classes we worked the farm that was on the grounds. Due to financial problems, my father had to take me out of boarding school, and I lived with him and his girlfriend. I became extremely rebellious and had many difficulties in High School, I left school early and obtained a GED in order to join the military. While in the military, I spent a considerable amount of time living in Germany, Central America, Middle East and Korea, amazing experiences for a suburban boy. It also introduced me to a variety of cultures and foods. I returned to the United States where after a variety of new adventures I am currently enjoying the challenges of being a husband and father of two, while driving across the United States. I believe that each experience has given me something to learn and helped me move to the next experience.

**Philosophy**

We are all human, made up of red blood, eyes, ears etc. I believe the right food helps us think, learn and become strong. Food brings people and cultures to the table, humans can become friends and show love through preparation of food. Cooking and food helps people to realize they have a lot in common. Leadership in the kitchen observed by promoting trans-cultural meals, leads to actions meaning more than words. Violence can be and is curbed with understanding of others perspectives, all cooking involves the same basic ingredients. To coexist is not good enough, we need to build respect through relationships. Good food makes for better decisions. People Feed People



I have a diverse background. I am graduate of Escoffier International Culinary Academy in Hoffman Estates, Chicago IL, specializing in: Culinary, Pastry, World Spices and Salts, with diplomas in Gourmet Cooking, Herbology, and Restaurant Management through Penn Foster/CIA. I has completed certificate programs in Child Nutrition from Stanford University, Blue Chef Sustainability Certification from Blue Ocean Institute/Collaborating Chefs, Stoney Creek Long Island, Nordic Diet from University of Copenhagen, and Food Chemistry/Food for Thought from McGill University, Montreal Canada. Completed diploma programs in aquaponics and commercial farming including: RAS Engineering, from Cornell University, Aquaponics Short Course from University of the Virgin Islands, Aquaculture 101 from University of Hawaii and Aquaponics Faming with Tilapia, from Morning Star Fisherman. I am also a certified Wine Sommelier from Mediterranean Wine School, Malta EU. I have completed the New Jersey Food Safety Managers Certifications. Certificates in Global Supply Chain Intro, Design and Management from Tribhuwan University, Kathmandu, Nepal India In addition I have a BS in Business Management from Thomas A Edison State College, Trenton, NJ, AA General from University of Maryland, Heidelberg Germany and a graduate of the Federal Law Enforcement Academy, Glenco GA.

I am American Trucker one of a few American Long haul truckers with over 20+ years driving including 3.2 million miles covering over 49 states 3 Providences of Canada, Europe and Asia. I have also served in the United States Army with a rank of E-6, Infantry: Special OPS, Light, Air Assault, Airborne and Nuclear PRP Program. In addition, I have served 3 years as a federal law enforcement officer, including serving on the 1993 Terrorist Task Force, and Organized Crime Task Force and 3 years in the banking industry working as solicitor to becoming a bank licensee

Currently, on a quest for knowledge about anything pertaining to nutrition, health and food production to help my fellow man in need, Attending, studying Supply Chain Logistics at MIT. Writing a series of cookbooks about American Cuisine and what makes us great, the melting pot of food and culture.



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Food Safety

Temperature Check, You're Food!!!

USDA Recommended Safe Minimum Internal Temperatures



Beef, Veal, Lamb Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Beef, Veal, Lamb Ground 160 °F	Egg Dishes 160 °F	Turkey, Chicken & Duck Whole, Pieces & Ground 165 °F
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Ground Meat and Meat Mixtures

Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F

Mechanically Tenderized Meat 155°F

Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

Poultry

Chicken and Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	165°F
Duck and Goose	165°F
Stuffing (cooked alone or in bird)	165°F

Fresh Pork

Roasts	160°F
Medium	160°F
Well Done	170°F

Ham

Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F

Eggs and Egg Dishes

Eggs	Cooked until yolk and white are firm
Egg dishes	160°F

Leftovers and Casseroles 165°F

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Purpose of the e-books is to give ideas and basic knowledge to its user.

Enjoy

**Sauces should be
Temperature Checked!**
**Good Rule to follow is what ever your protein is
required to temp. Min. 165F**

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ONE HUNDRED SIMPLE SAUCES

ADMIRAL SAUCE

Add two pounded anchovies, four chopped shallots, a teaspoonful of chopped capers, and a little grated lemon-peel to one cupful of Drawn-Butter Sauce. Reheat, season with salt and pepper and lemon-juice. Serve hot.

ALBERT SAUCE

Boil three chopped shallots with a tablespoonful of butter and one-fourth cupful of vinegar. Add one cupful of freshly grated horseradish, half a cupful of white stock and one cupful of Veloute Sauce. Boil until thick, rub through a sieve, reheat, add the yolks of three eggs beaten with a cupful of cream, two tablespoonfuls of butter in small bits, and a little minced parsley.

ALLEMANDE SAUCE--I

Put two cupfuls of white stock into a saucepan with half a dozen mushrooms, chopped fine, a two-inch strip of lemon-peel, salt and pepper to season, and a teaspoonful of minced parsley. Simmer for an hour and strain. Thicken with a teaspoonful of flour, rubbed smooth in a little cold stock or water, take from the fire, and add the yolks of three eggs beaten with the juice of half a lemon. Reheat, but do not boil. Take from the fire and add a tablespoonful of butter.

ALLEMANDE SAUCE--II

Cook together two tablespoonfuls of butter and three of flour. Add two cupfuls of white stock and cook until thick, stirring constantly. Beat the yolks of three eggs and add the sauce gradually to the eggs, beating constantly. Strain, add the juice of half a lemon and a tablespoonful of butter. Serve hot.

ANCHOVY BUTTER

Soak, bone, dry, and pound eight salted anchovies. Add twice their bulk of fresh butter, mix thoroughly, press forcibly through a fine sieve, add a little more butter and the juice of a lemon. Make

into small pats and keep in a cold place.

ANCHOVY BUTTER SAUCE

Prepare a pint of Brown Sauce according to directions elsewhere given and season with melted butter, lemon-juice, and anchovy essence.

ANCHOVY SAUCE--I

Stir two tablespoonfuls of anchovy essence into one cupful of melted butter. Season with cayenne and powdered mace.

ANCHOVY SAUCE--II

Pound three anchovies smooth with three tablespoonfuls of butter, add two teaspoonfuls of vinegar and a quarter of a cupful of water. Bring to the boil and thicken with a tablespoonful of flour rubbed smooth in a little cold water. Strain through a sieve and serve hot.

ANCHOVY SAUCE--III

Add a tablespoonful of anchovy paste to a cupful of Drawn-Butter Sauce and season with lemon-juice and paprika.

AURORA SAUCE

Add one half cupful of mushroom liquor to one cupful of Bicameral Sauce. Add also three tablespoonfuls of stewed and strained tomatoes, and one tablespoonful of butter. Reheat, add a few cooked mushrooms cut into dice, and serve.

AVIGNONNAISE SAUCE

Chop together four shallots and two beans of garlic. Fry in olive-oil, add two cupfuls of Bicameral Sauce, bring to the boil, add the yolks of three eggs, two tablespoonfuls of grated Parmesan cheese, and a little minced parsley. Heat, but do not boil, and use as soon as it thickens.

BEARNAISE SAUCE--I

Bring to the boil two tablespoonfuls each of vinegar and water. Simmer in it for ten minutes a slice of onion. Take out the onion and add the yolks of three eggs beaten very light. Take from the fire, add salt and pepper to season, and four tablespoonfuls of butter beaten to a cream. The butter should be added in small bits.

BEARNAISE SAUCE--II

Beat the yolks of five eggs, add a pinch of salt and one tablespoonful of butter. Heat in a double-boiler until it begins to thicken, then take from the fire and add two more tablespoonfuls of butter. Season with minced fine herbs and parsley and add a teaspoonful of tarragon vinegar.

BEARNAISE SAUCE--III

Beat the yolks of two eggs very light and put into a double-boiler. Add gradually three tablespoonfuls of olive-oil, then the same quantity of boiling water, then one tablespoonful of lemon-juice. Season with salt and cayenne and serve immediately.

QUICK BEARNAISE SAUCE

Beat the yolks of four eggs with four tablespoonfuls of oil and four of water. Add a cupful of boiling water and cook slowly until thick and smooth. Take from the fire, and add minced onion, capers, olives, pickles, and parsley and a little tarragon vinegar.

BECHAMEL SAUCE

Cook together two tablespoonfuls each of butter and flour, add two cupfuls of white stock and cook until thick, stirring constantly. Season with salt, pepper, and grated nutmeg.

BOMBAY SAUCE

Season Drawn-Butter Sauce highly with chopped pickle, curry powder, and tarragon vinegar.

BORDELAISE SAUCE

Fry in butter a tablespoonful of chopped shallots and two minced beans of garlic. Add half a cupful of Claret, a pinch of red pepper, and a pint of Espagnole Sauce. Boil until thick, take from the fire and add lemon-juice and minced parsley to season. Add also a quarter of a pound of beef marrow cut in small pieces and parboiled in salted water. Serve at once.

WHITE BORDELAISE SAUCE

Fry a tablespoonful of chopped onions in butter, add a wine glassful of white wine and a cupful of Veloute Sauce. Season to taste, boil for five minutes, take from the fire, add one tablespoonful each of minced parsley, lemon-juice, and butter.

BROWN SAUCE--I

Brown two tablespoonfuls of flour in butter. Add two cupfuls of milk or cream and cook until thick, stirring constantly.

BROWN SAUCE--II

Fry in pork fat two slices of onion, a slice of carrot, a bay-leaf, and a sprig of parsley. Add a heaping teaspoonful of flour and, when brown, a cupful of stock. Cook until thick, stirring constantly. Take from the fire, strain, add the juice of half a lemon, and salt and pepper to season.

BROWN BUTTER SAUCE

Melt butter in a frying-pan and cook until brown, taking care not to burn. Take from the fire and add lemon-juice or vinegar and salt and pepper to taste. Serve hot.

BUTTER SAUCE

Mix chopped hard-boiled eggs with a liberal amount of melted butter. Season with salt, pepper, and minced parsley.

CAPER SAUCE--I

Add half a cupful of capers to two cupfuls of Drawn-Butter Sauce.

CAPER SAUCE--II

Prepare a pint of Drawn-Butter Sauce and add to it two tablespoonfuls of capers, a tablespoonful of anchovy essence, and salt and pepper to season.

CLARET SAUCE

Reheat one cupful of Brown Sauce, season with grated onion, add half a cupful of Claret, bring to the boil, and serve.

COLBERT SAUCE

Put into a saucepan one cupful of Espagnole Sauce, two tablespoonfuls of beef extract, the juice of a lemon, red and white pepper and minced parsley to season, and half a cupful of butter in small bits. Heat, but do not boil, and serve at once.

CREAM SAUCE

Cook together one tablespoonful of butter and two of flour. Add two cupfuls of cream or milk and cook until thick, stirring constantly. Season with salt and pepper.

CUCUMBER SAUCE--I

Chop two cucumbers, drain, and add one tablespoonful of grated onion and half of a minced bean of garlic. Season with salt, pepper, and vinegar, and add enough olive-oil to make a smooth paste. Serve immediately.

CUCUMBER SAUCE--II

Grate four large cucumbers and drain. Season the pulp with salt, pepper, grated onion, and tarragon vinegar. Add enough whipped cream to make a smooth mixture and serve at once.

CUCUMBER SAUCE--III

Chop a cucumber finely, season with salt, pepper, and vinegar and add it to Hollandaise Sauce.

CURRY SAUCE

Fry a tablespoonful of chopped onion in butter and add a tablespoonful of flour mixed with a teaspoonful of curry powder. Mix thoroughly, add one cupful of cold water, and cook until thick, stirring constantly. Take from the fire, season with salt and onion juice, and serve hot.

DRAWN-BUTTER SAUCE

Cook to a smooth paste two tablespoonfuls of butter and two of flour. Add two cupfuls of cold water and cook until thick, stirring constantly. Season with salt and pepper.

DUTCH SAUCE

Cook together two tablespoonfuls each of butter and flour, add one cupful of white stock, and cook until thick, stirring constantly. Season with salt and pepper, take from the fire and add the yolks of three eggs beaten with half a cupful of cream. Cook in a double-boiler for three minutes, take from the fire, add a tablespoonful of lemon-juice and strain.

DUXELLES SAUCE--I

Cook in butter one cupful of chopped mushrooms; and one tablespoonful each of minced onion and parsley. Add to one pint of Spanish Sauce and serve.

DUXELLES SAUCE--II

Prepare a pint of Veloute Sauce, add a wine glassful of white wine and two tablespoonfuls of beef extract. Boil for five minutes, add two tablespoonfuls each of chopped mushrooms and cooked beef tongue or ham. Add a little minced parsley, reheat, and serve.

EGG SAUCE--I

Add one half cupful of sliced or chopped hard-boiled eggs to two cupfuls of Drawn-Butter Sauce.

EGG SAUCE--II

Prepare a Cream Sauce according to directions previously given, and add the yolks of two raw eggs, a tablespoonful of grated onion, a hard-boiled egg, chopped fine, and a teaspoonful of minced parsley.

ESPAGNOLE SAUCE

Add a small bay-leaf, a blade of mace, and two cloves, to two cupfuls of white stock. Simmer for fifteen minutes. Cook together two tablespoonfuls of butter and three of flour; add the heated stock and cook until thick, stirring constantly. Add one tablespoonful each of chopped ham, onion, celery, carrot, and parsley, with salt and paprika to season. Simmer for an hour, strain, and serve very hot.

FINE HERB SAUCE--I

Fry in butter one tablespoonful each of minced parsley and onion. Add to one pint of White Sauce and reheat. Season with salt and pepper, and serve.

FINE HERB SAUCE--II

Prepare according to directions given for Brown Italian Sauce, using butter instead of oil and half a cupful of minced parsley instead of the thyme and bay-leaf. Season with grated nutmeg and add to either Spanish or Veloute Sauce.

FLEMISH SAUCE

Prepare a cupful of Drawn-Butter Sauce, take from the fire, add the yolks of two eggs well-beaten, and pepper, grated nutmeg, made mustard, vinegar, and minced parsley to season. Add gradually half a cupful of melted butter and serve.

GARLIC SAUCE

Peel the garlic and boil for an hour, changing the water four times. Drain, chop, and mix to a smooth paste with melted butter. The flavor is mild and resembles almond.

SAUCE A LA GASCONNE

Chop together a tablespoonful of capers and a bean of garlic. Fry in olive-oil, seasoning with pepper and grated nutmeg. Add a Wine glassful of white wine, a cupful of Veloute Sauce, a bay-leaf, and a sprig of thyme. Boil for fifteen minutes, skim, add another Wine glassful of white wine, strain, and add the yolks of three eggs well beaten. Season with lemon-juice, butter, anchovy essence, and minced parsley.

GENEVA SAUCE

Brown one tablespoonful of flour in butter, add two cupfuls of thick stock and one cupful of red wine, and cook until thick, stirring constantly. Add two small onions chopped, a bunch of sweet herbs, two tablespoonfuls of chopped mushrooms, and salt and pepper to season. Simmer for half an hour, add a wine glassful of Madeira, strain, and serve.

GOOSEBERRY SAUCE

Boil a pint of green gooseberries for ten minutes in water to cover. Drain, press through a sieve, and mix with an equal quantity of White Sauce.

HESSIAN SAUCE

Mix four tablespoonfuls of freshly grated horseradish with an equal quantity of fresh bread-crumbs, a tablespoonful of sugar, and a little salt and pepper. Mix to a smooth paste with sour cream and serve with baked fish.

HOLLANDAISE SAUCE--I

Beat half a cupful of butter to a cream and add gradually the yolks of two eggs well beaten. Then add the juice of half a lemon and pepper and salt to season. Place the bowl over boiling water and beat with an egg-beater until thick and smooth. Take from the fire and beat for a few moments. Be careful not to cook it too long.

HOLLANDAISE SAUCE--II

Put a bay-leaf and a chopped onion in two tablespoonfuls of tarragon vinegar, bring to the boiling point, strain and cool. Cook together two Tablespoonfuls of butter and one of flour, add a half cupful of cold water, and cook until thick, stirring constantly. Take from the fire and add the yolks of two eggs beaten with the vinegar. Reheat for a moment, seasoning with salt and pepper, strain, and serve immediately. Lemon-juice may be used in place of the vinegar.

HORSERADISH SAUCE--I

Add half a cupful of freshly grated horseradish to a cupful of Drawn-Butter Sauce. Season with lemon-juice and beat until smooth.

HORSERADISH SAUCE--II

Prepare a Cream Sauce according to directions previously given, and add three tablespoonfuls of freshly grated horseradish and half a cupful of melted butter. Serve with boiled fish.

HORSERADISH SAUCE--III

To one cupful of Spanish Sauce add two tablespoonfuls of prepared horseradish, two tablespoonfuls of bread-crumbs, a teaspoonful of powdered sugar, and salt, pepper, and made mustard to season. Heat in a double-boiler, and just before serving add one-half cupful of whipped or cold cream. (Cow cream, not cosmetic.)

ITALIAN SAUCE

Fry in butter two tablespoonfuls of minced parsley and one tablespoonful of chopped mushrooms and shallots. Add two cupfuls of white wine and boil until reduced half. Add one cupful of Veloute Sauce and one half cupful of stock. Boil until thick, skim, and serve.

BROWN ITALIAN SAUCE

Fry in olive-oil half a cupful of chopped mushrooms, four chopped shallots, a sprig of thyme, and a bay-leaf. Add half a cupful of white wine and simmer until the liquid is reduced half. Take out the thyme and bay-leaf, add a cupful of Spanish Sauce, skim, boil, and serve.

JAPANESE SAUCE

Chop fine a shallot and two cloves of garlic. Add two tablespoonfuls each of walnut Ketchup, soy, and Worcestershire sauce. Season highly with paprika, add two cupfuls of tarragon vinegar, and let stand for two weeks. Strain, and serve with fish.

JERSEY SAUCE

Brown four tablespoonfuls of flour in butter, add two cupfuls of brown stock and cook until thick, stirring constantly. Season with salt, pepper, and Worcestershire.

LEMON SAUCE--I

Melt half a cupful of butter and add to it the juice of a large lemon. When very hot take from the fire and pour over the well-beaten yolks of two eggs.

LEMON SAUCE--II

Prepare a pint of Drawn-Butter Sauce according to directions previously given, season with salt, pepper, grated nutmeg, and lemon-juice, and add half a cupful of melted butter.

LIVOURNAISE SAUCE

Soak, bone, and pound to a pulp eight salted anchovies. Add the yolks of two eggs, well beaten. Add slowly half a cupful of olive-oil and two tablespoonfuls of vinegar. Season with pepper, grated nutmeg, and minced parsley. Serve very cold.

LOBSTER SAUCE--I

Add half a cupful of chopped cooked lobster meat and the pounded coral to each cupful of Drawn-Butter Sauce. Season with paprika, butter, and lemon-juice.

LOBSTER SAUCE--II

Prepare a Hollandaise Sauce and mix with finely-cut cooked lobster meat. Season with melted butter, lemon-juice, Tabasco, and Worcestershire.

MAITRE D'HOTEL SAUCE

Work into half a cupful of butter all the lemon-juice it will take and add a teaspoonful or more of minced parsley. Or, melt the butter without burning, take from the fire, add the juice of half a lemon and a teaspoonful of minced parsley.

MAYONNAISE

Put into an earthen bowl the yolk of a fresh egg and a pinch of salt, a dash of red pepper, and half a teaspoonful of dry mustard. Place the bowl on ice or in ice-water. Pour one cupful of olive-oil into a small pitcher from which it will drop easily. When the egg and seasoning are thoroughly mixed, begin to add the oil, using a silver teaspoon, and rubbing rather than stirring. Add the oil until a clear spot is formed upon the egg, and then mix until smooth. Only a few drops can be added at first, but the quantity may be gradually increased. The clear spot on the egg is an infallible test of the right quantity of oil. If too much oil is added the dressing will curdle. A few drops of lemon-juice and long beating will usually make it right again. If this fails, set the bowl directly on the ice in the refrigerator, and let stand for half an hour. If it is still curdled, begin again with the yolk of another egg and add the curdled mayonnaise by degrees to the new dressing.

When the mayonnaise is so thick that it is difficult to stir it, add the juice of half a lemon, if desired.

MILANAISE SAUCE

Melt two tablespoonfuls of butter, add two chopped mushrooms and two boned and pounded anchovies. Add two tablespoonfuls of flour and cook until the flour is brown. Add one cupful of brown stock and one tablespoonful each of sherry and vinegar drained from capers. Cook until thick, stirring constantly, seasoning with salt, cayenne, and made mustard. Simmer for twenty minutes, strain, add one tablespoonful of capers, boil for five minutes, and serve.

MUSHROOM SAUCE

Prepare a Drawn-Butter Sauce according to directions previously given and add to it one cupful of chopped cooked mushrooms.

NICOISE SAUCE

Rub through a fine sieve the yolks of three hard-boiled eggs. Put into a deep bowl, with two raw yolks, a tablespoonful of made mustard, and salt and pepper to season. Add gradually half a cupful of olive-oil and a little vinegar, finishing with two tablespoonfuls of minced fine herbs.

NONPAREIL SAUCE

Add chopped hard-boiled eggs and chopped cooked mushrooms to Hollandaise Sauce.

NORMANDY SAUCE

Add one tablespoonful of mushroom Ketchup to one pint of Veloute Sauce and cook for ten minutes. Add one fourth cupful of strong fish stock, bring to the boil, take from the fire and add the yolks of two eggs beaten with the juice of half a lemon. Strain, add a tablespoonful of butter, and serve.

OLIVE SAUCE

Prepare according to directions given for Jersey Sauce, adding half a dozen chopped olives instead of the Worcestershire.

OYSTER SAUCE--I

Prepare a Cream Sauce according to directions previously given, using the oyster liquor for part of the liquid. Add parboiled oysters cut fine, and season with paprika and lemon-juice.

OYSTER SAUCE--II

Cook two dozen oysters in their liquor with a little water, butter, white and red pepper, and grated nutmeg. Thicken with a tablespoonful each of butter and flour cooked together, take from the fire, add the yolks of two eggs well beaten, the juice of a lemon, and two tablespoonfuls of butter. Serve with boiled fish.

PARSLEY SAUCE--I

Prepare a Drawn-Butter Sauce according to directions previously given, add half a cupful of fine minced parsley, and season with lemon-juice.

PARSLEY SAUCE--II

Boil two large bunches of parsley in water to cover for five minutes. Strain the water, and thicken with a tablespoonful each of butter and flour cooked together. Season with salt, pepper, and grated nutmeg, take from the fire, add the yolks of two eggs beaten with a little vinegar, three tablespoonfuls of butter in small bits, and a little minced parsley.

PARSLEY AND LEMON SAUCE

Squeeze the juice out of a lemon, remove the seeds, and chop the pulp fine with a bunch of parsley. Add a little of the grated peel. Cook together one tablespoonful each of butter and flour, add the parsley and lemon and one and one half cupfuls of stock. Season with salt, pepper, and powdered mace, and boil for ten minutes. Take from the fire, add the yolks of two eggs beaten with a little cold stock, and serve.

PERSILLADE SAUCE

Put into a bowl one fourth cupful of olive-oil with a tablespoonful of made mustard, the juice of two lemons, two tablespoonfuls of minced parsley, and salt and pepper to season. Add a few drops of tarragon vinegar, mix thoroughly, and serve.

PIQUANT SAUCE--I

Cook together a teaspoonful of chopped onion, a pinch of sugar, a few drops of Worcestershire sauce, and one tablespoonful each of chopped capers and pickles, with two tablespoonfuls of tarragon vinegar, and salt and cayenne to season. Prepare a Spanish Sauce and add the mixture to it.

PIQUANT SAUCE--II

Mix together half a cupful of beef stock, two tablespoonfuls of tarragon vinegar, two tablespoonfuls of chopped pickle, one tablespoonful each of chopped onion, capers, and parsley, a teaspoonful each of sugar and salt, and paprika to season.

POOR MAN'S SAUCE

Brown a tablespoonful of flour in butter, add two cupfuls of stock, and cook until thick, stirring constantly. Add two tablespoonfuls of tomato Ketchup and one of anchovy essence. Strain and serve.

PORTUGUESE SAUCE

Put six tablespoonfuls of butter into a saucepan with the yolks of two eggs beaten with the juice of half a lemon. Season with salt and pepper and heat thoroughly but do not boil. Take from the fire, stir until thick, and serve immediately.

POULETTE SAUCE

Simmer for ten minutes a pint of White Sauce, seasoning with salt, pepper, and lemon-juice. Beat the yolks of three eggs light and pour the hot sauce over them slowly. Cook for two minutes in a double boiler, and serve immediately.

RAVIGOTE SAUCE

Put one cupful of stock into a saucepan with two tablespoonfuls of white wine and three tablespoonfuls of chopped chives and parsley. Season with salt and pepper and simmer for twenty minutes. Thicken with one tablespoonful each of butter and flour cooked together. Take from the fire, add the juice of half a lemon, and serve.

COLD RAVIGOTE SAUCE

Chop together a tablespoonful each of parsley, chives, chervil, tarragon, and shallot. Add to a stiff mayonnaise and tint green, if desired, with color paste.

REMOULADE SAUCE

Mix two tablespoonfuls each of capers and minced anchovies, add a tablespoonful of minced parsley, a teaspoonful of dry mustard, and salt and pepper to taste. Add one half bean of garlic, chopped very fine, and enough olive-oil to make a smooth paste. Add a few drops of vinegar and serve.

ROYALE SAUCE

Cook together half a cupful of butter and the beaten yolks of three eggs until the yolks begin to thicken. Take from the fire and add by degrees two tablespoonfuls of tarragon vinegar, two tablespoonfuls of Indian soy, one finely chopped small pickle, and cayenne and salt to season. Mix thoroughly and cool. Serve cold.

SARDINE SAUCE

Add skinned, boned, and mashed sardines to Mayonnaise. Beat until smooth and serve with cold fish.

SHAD ROE SAUCE

Boil, drain, skin, and mash a shad roe. Season with salt, pepper, grated onion, and powdered mace. Add half a cupful of Madeira and half a cupful or more of melted butter. Serve with shad or any other fish.

SHRIMP SAUCE

Add one cupful of chopped cooked shrimps to each pint of White Sauce. Season with lemon-juice, paprika, and Tabasco sauce.

SICILIAN SAUCE

Slice four onions, fry brown and drain carefully. Put into a saucepan with two cupfuls of Espagnole Sauce, a wine glassful of sherry, and a pinch of cayenne pepper. Reheat, strain, and serve.

SPANISH SAUCE

Prepare according to directions given for Brown Sauce, using one cupful of highly seasoned stock for liquid.

SUPREME SAUCE

Prepare according to directions given for Drawn-Butter Sauce, using chicken stock and a little cream for liquid. Take from the fire, and add two tablespoonfuls of butter and the juice of half a lemon.

TARTAR SAUCE--I

Chop together capers, olives, parsley, and pickles. Add one half cupful of the mixture to a cupful of Mayonnaise.

TARTAR SAUCE--II

Mix together one tablespoonful each of vinegar and Worcestershire sauce, add a teaspoonful of lemon-juice and a pinch of salt. Brown half a cupful of butter and strain into the hot vinegar. Serve hot.

TARTAR SAUCE--III

Prepare a cupful of Drawn-Butter Sauce and add to it a teaspoonful each of made mustard, grated onion, and chopped pickle. Take from the fire, season with salt and cayenne, add the beaten yolk of an egg, and serve.

TOMATO SAUCE--I

Prepare according to directions given for Drawn-Butter Sauce, using tomato-juice or stewed and strained canned tomatoes for liquid.

TOMATO SAUCE--II

Chop together capers, pickles, onion, and olives. There should be half a cupful in all. Add one half cupful of stewed and strained tomatoes, a teaspoonful each of made mustard and sugar, and salt and cayenne to season highly. Serve very hot.

TOMATO SAUCE--III

Chop fine an onion and a clove of garlic. Fry in butter and add half a can of stewed and strained tomatoes. Thicken with butter and flour cooked together, season with salt and pepper and serve.

BROWN TOMATO SAUCE

Fry a tablespoonful of chopped onion in butter, add one tablespoonful of flour and one half cupful each of stock and stewed and strained tomato. Cook until thick, stirring constantly. Season with salt, pepper, and kitchen bouquet. Strain and serve.

VELOUTE SAUCE

Cook together three tablespoonfuls each of butter and flour, add one cupful of white stock and one quarter cupful of cream. Cook until thick, stirring constantly. Season with salt, cayenne, grated nutmeg, and minced parsley. Simmer for an hour, strain, and serve.

VENETIENNE SAUCE--I

Cook together for five minutes two tablespoonfuls of tarragon vinegar, six pepper-corns, a tablespoonful of chopped ham, six parsley roots, a sprig of thyme and a bay-leaf. Strain, and add to one cupful of Veloute Sauce. Reheat, add a teaspoonful of minced parsley and serve.

VENETIENNE SAUCE--II

Add minced parsley, tarragon vinegar, grated nutmeg, and a tablespoonful of butter to Allemande Sauce.

VINAIGRETTE SAUCE

Mix four tablespoonfuls of olive-oil with one tablespoonful of vinegar. Season with salt and paprika and add to it minced parsley, pickle, and capers.

WHIPPED CREAM SAUCE

Mix a teaspoonful of dry mustard with a tablespoonful of vinegar and two tablespoonfuls of freshly grated horseradish. Mix with one fourth cupful of Mayonnaise, and when smooth fold in carefully one cupful of whipped cream. Season with salt and red pepper and serve very cold with cold fish.

WHITE SAUCE

Cook together two tablespoonfuls each of butter and flour, add one cupful of white stock and one half cupful of cream. Cook until thick, stirring constantly. Season with salt and pepper. One and one half cupfuls of milk may be used instead of the stock and cream.

Most Popular Kitchen Seasonings From Around the World

<i>Cuisine</i>	<i>Popular Herbs, Spices & Seasonings</i>
<i>Italian</i>	<i>basil, oregano, marjoram, rosemary, parsley</i>
<i>French</i>	<i>thyme, French tarragon, rosemary, basil, sage, mint, marjoram</i>
<i>Greek</i>	<i>dill, lemon, oregano, fennel</i>
<i>Spanish</i>	<i>saffron, smoked and regular paprika, rosemary, thyme</i>
<i>German</i>	<i>mustard, rye, caraway seeds, borage</i>
<i>Mexican</i>	<i>cilantro, chili powder, cumin, Mexican oregano</i>
<i>Indian</i>	<i>curry powder, coriander, cumin, turmeric</i>
<i>Chinese</i>	<i>five-spice powder, star anise, fennel seed, cloves, cinnamon, ginger</i>
<i>Thai</i>	<i>Thai basil, cumin, turmeric, lemon grass, cinnamon</i>

Of course, this chart is far from comprehensive, but it can serve as a good reference point for assembling your own collection of must-have herbs, spices and seasonings.

In closing a lot of time when making a sauce. I will use the drippings and add white wine for chicken, fish, and pork, Red wine for beef or game. Use the spices and herbs from the table above tailoring it to the persons, adding a dash of cayenne and emulsify. Thicken mostly with arrow root. It is clear adds no flavors, not pasty like cornstarch or flour. My goal is to give you ideas to go forth and spread your love of cooking, Email me if I can help. Give that time that shows you really care. Enjoy

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Thank you