## **velouté sauce** Family Chef: Tim McMahon

#### Ingredients:

* 2 cups of [Mary-Ellen McMahon’s bone broth](http://elevenlimited.com/cookbook/Soups/soup-Bone-Broth.docx)
* 3 tablespoons butter
* 3 tablespoons flour
* Salt and white pepper to taste

#### Instructions:

1. First, create the roux.
   1. in a small saucepan, melt the butter on medium heat until it is frothy
   2. add the flour and continue to stir with a wooden spoon or whisk until the roux turns a pale golden color
   3. keep in mind that if you’re looking for a traditional blonde Velouté you shouldn’t overcook the roux. The roux will continue to darken, and the flavor will change, as well.
2. Whisk in the stock in ½-cup increments until the mixture is smooth.
3. Next, add the desired amount of salt and pepper.
4. Bring the sauce to a boil and reduce the heat
5. Let the sauce simmer for 20 minutes.

**Notes:**

This would be nice on top of my [black pepper mashed](http://elevenlimited.com/cookbook/sides/side-Black-Pepper-Mashed.docx) , [Mary-Ellen’s roasted chicken](http://elevenlimited.com/cookbook/dinner/dinner-roasted-Chicken.docx).

Feel free to add other “fixins” that you enjoy. I find Gravy Master adds some nice body and depth of flavor.

**Daughter sauces:**

Credit: <https://www.escoffieronline.com/veloute-101>

Below are some of the more common daughter sauces derived from Velouté. This simply gives you a guide for the kinds of variations you can explore and the ingredients you’ll need on hand.

White wine sauce  
Begin with a fish Velouté, add white wine, heavy cream, and lemon juice.

Sauce Allemande  
This sauce is based on a veal stock Velouté with the addition of a few drops of lemon juice, cream, and egg yolks.

Sauce Normandy  
After cooking a fish stock Velouté, add mushroom and oyster liquids along with cream and egg yolks.

Sauce Ravigote  
Lemon juice and white wine vinegar lend acidity to this Velouté, which can be served warm or cold. Onions, shallots or mustard are traditionally added.

Sauce Poulette  
Start with any variation of Velouté, add mushrooms, parsley, and lemon juice.

Supreme Sauce  
This daughter sauce uses a chicken stock Velouté with the addition of mushroom liquor and cream.

Sauce Bercy  
With a fish Velouté base, add white wine, shallots, lemon juice, and parsley.