

# A Brief History of the Mother Sauces

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The French mother sauces were originally four base sauces set forth by Marie-Antonin Carême in the 19<sup>th</sup> century. Carêmes **four original mother sauces** were **Allemande**, **Béchamel**, **Veloute** and **Espagnole**. In the 20th century, **Chef Auguste Escoffier** demoted Allemande to a secondary sauce of Veloute and added Sauce Tomat and Hollandaise.

## Sauce Béchamel

**Base:** Milk (Usually Whole Milk)**Thickening Agent:** **White Roux**<sup>1</sup>

**Classical Flavourings:** White Onion, Clove, Bay Leaf, Salt, White Pepper, Nutmeg

**Common Secondary Sauces:** Cream Sauce, **Mornay**, Cheddar Cheese Sauce, Mustard Sauce, Nantua

**Classically Served With:** Eggs, Fish, Steamed Poultry, Steamed Vegetables, Pastas, Veal

## Sauce Veloute

**Base:** **White Stock** (Classically **Veal**, but **Chicken** and **Fish Stock** can also be used)

**Thickening Agent:** Classically a **Roux**, but sometimes also a **Liaison**<sup>2</sup> is used.

**Classical Flavorings:** None, used specifically as a base

**Common Secondary Sauces:** Sauce Vin Blanc (White Wine Sauce), Sauce Supreme, Sauce Allemande, Sauce Poulette, Sauce Bercy, Sauce Normandy

**Classically Served With:** Eggs, Fish, Steamed Poultry, Steamed Vegetables, Pastas, Veal

## Sauce Tomat (AKA Tomato Sauce)

**Base:** Tomatoes (Raw, Tomato Paste, Tomato Puree, Stewed Tomatoes)

**Thickening Agent:** Classically a **Roux**, modern versions commonly use a reduction or purees

**Classical Flavorings:** Salt Pork, Mirepoix, Garlic, **White Veal Stock**, Salt & Pepper, Sugar (Just enough to balance acidity, not enough to make the sweetness perceptible).

**Common Secondary Sauces:** Modern variations concentrate more on seasonings giving rise to sauces such as Creole, Portuguese and Spanish Sauce Tomat.

**Classically Served with** Pasta, Fish, Vegetables (Especially Grilled), Polenta, Veal, Poultry (Especially Chicken), Breads and Dumplings such as Gnocchi.

## Sauce Espagnole (Sauce Brune or Brown Sauce)

**Base:** **Roasted Veal Stock** (Roasted **Chicken Stock** Is Sometimes Used In Modern Variations).

**Thickening Agent:** **Brown Roux**

**Classical Flavorings:** Mirepoix, Sachet (Bay Leaf, Fresh Thyme, Parsely), Tomato Puree

**Common Secondary Sauces:** Demi-Glace, Bordelaise, Sauce Robert, Lyonnaise, Sauce Madeira, Sauce Bercy, Sauce Chasseur

**Classically Served With** Roasted meats, especially beef, duck, veal, lamb

## Hollandaise Sauce

**Base:** Egg Yolks and Butter (Classically **Clarified Butter**)

**Thickening Agent:** **Emulsification**

**Classical Flavorings:** Peppercorns (Black), White Wine Vinegar, Salt, Lemon Juice, Cayenne Pepper

**Common Secondary Sauces:** Bearnaise, Maltaise, Mousseline, Foyot, Choron and **Mayonnaise**.

**Classically Served with** Eggs (Eggs Benedict), Vegetables (especially Asparagus), light poultry dishes, fish, Beef (Béarnaise Sauce)

<sup>1</sup> Roux is flour and fat cooked together and used to thicken sauces. Roux is typically made from equal parts of flour and fat by weight. The flour is added to the melted fat or oil on the stove top, blended until smooth, and cooked to the desired level of brownness. Butter, bacon drippings or lard are commonly used fats

<sup>2</sup> "Liaison" is used almost exclusively to refer to a mixture of cream and egg yolks use to thicken soups or sauces.

