



Menu du Jour

29 Apr 06

Espagnole Sauce

Espagnole Sauce

Espagnole, also called brown sauce, is another one of the 5 “mother sauces” in French cuisine. It is the basis of many other sauces including Demi-glace, Madeira, Bordelaise, Mushroom and Chasseur (Hunter’s) among others. Start with a carefully browned roux to give a greater depth of flavor to the sauce. Although homemade stock is preferred, a low-sodium organic stock could be used.

1/4 cup unsalted butter
2 cloves garlic, finely chopped
1/2 cup diced yellow onion
1/2 cup diced carrot
1/2 cup diced celery
1/4 cup all-purpose flour
3 cups beef stock (recipe follows)
1/2 cup tomato purée
1/2 teaspoon dried thyme
2 bay leaves
1 teaspoon chopped fresh flat-leaf parsley
Coarse kosher salt and freshly ground black pepper

In a large cast iron skillet over medium heat, melt the butter and cook the garlic, onion, carrot and celery until golden, about 10 minutes. Reduce the heat to low.

Stir in the flour. Cook until the roux is a dark brown color, stirring constantly. Do not try to rush the cooking by increasing the temperature of the flour will burn. If it burns, toss it and start over. Developing a rich roux will take about 30 to 40 minutes.

In a separate saucepan, heat the stock to a simmer. While stirring constantly, add the stock to the roux. Add the tomato purée and the herbs.

Simmer on low heat, partially covered and stirring occasionally, until the sauce is reduced to 2 cups, approximately 45 to 60 minutes. Strain the sauce, pressing with a wooden spoon to extract all the juice from the vegetables, and season with salt and pepper.



Beef Stock

Beef stock is not a quick stock to make but it is the basic ingredient for many soups and sauces. The stock may be frozen for up to 3 months.

3 pounds beef bones with meat
1/4 cup unsalted butter
1 pound carrots, peeled and chopped
4 yellow onions, peeled and coarsely chopped
2 leeks, white part only, sliced in half lengthwise
2 cups dry white wine
5 quarts water
1 bay leaf
8 sprigs flat-leaf parsley
1/2 teaspoon dried tarragon
1/2 teaspoon celery seed
Coarse kosher salt and freshly ground black pepper

Have the butcher cut the bones into 2-inch pieces.

Preheat the oven to 400 degrees F. and place the bones on a sheet pan. Roast the bones for 30 minutes; turn and roast another 30 minutes or until the bones are well browned.

Melt the butter in a large stockpot over medium heat. Add the carrots, onions and leeks. Cook until lightly caramelized, about 10 to 15 minutes. Add the browned bones to the vegetables in the stockpot. Scrape any fond (those wonderful brown bits in the roasting pan) into the stockpot. Add the wine, water and herbs.

Bring the stock to a boil over high heat, then lower the heat and skim the foam that rises to the top. Cover the stockpot and simmer for about 8 hours, skimming occasionally. Season with salt and pepper. Strain the stock through a colander lined with several layers of cheesecloth.

Cool the stock, uncovered, and refrigerate overnight. Remove the congealed fat.

(To concentrate the stock: Return the stock to clean pot and bring it to a boil. Reduce the heat and simmer until the stock reduces to the desired consistency. For Demi-glace, simmer the stock for 2 to 3 hours until reduced to 3 cups. Beef stock can be made from the Demi-glace by adding 3/4 cup of Demi-glace to 1 quart of water.)



Cooking & Presentation



Classic Mirepoix With Garlic



Sautéed Mirepoix With Flour Added



Roux After Cooking 30 Minutes



Tomato Purée And Homemade Beef Stock

From The Kitchen Of Michael H. Stines, Ph.B.
www.CapeCodBBQ.com



Brown Sauce Beginning To Reduce



Finished Brown Sauce Before Straining