Cold Global, Ethnic, & Regional Sauces

Learning Objectives

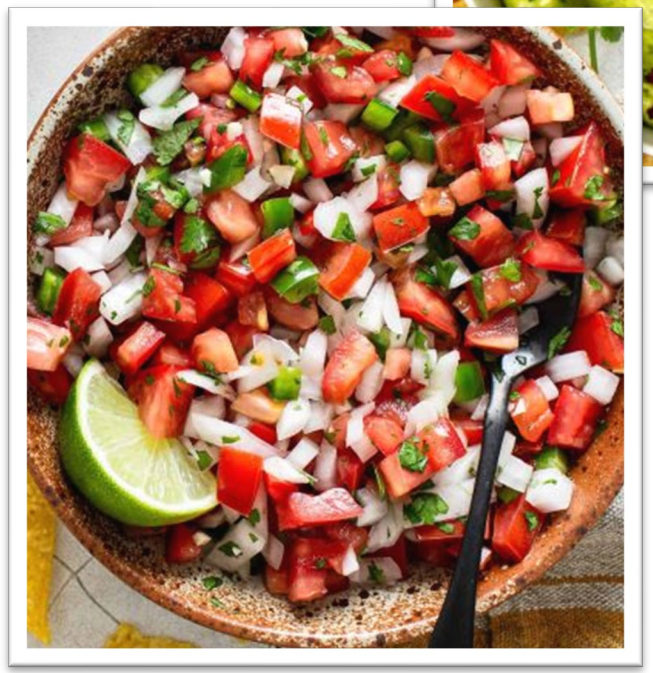
- Identify various cold sauces and their global origins and uses.
- Compare and contrast the similarities and differences between purees, dairy-based sauces, relishes, glazes, salsa, and condiments.
- Explain the emulsification process related to sauce preparation.
- Prepare several classic global cold sauces using a variety of regional techniques.

The Americas

- **Guacamole:** dip made from avocados, onions, cilantro, + lime
- **Chimichurri:** Argentinian; made of parsley, garlic, olive oil, + red wine vinegar
- ***Red sauce (Salsa roja)*:** cooked tomato sauce with onion, cilantro, + chiles
- **Chile-cheese sauce (*Huancaina*):** Peruvian; made from yellow *aji* peppers, cheese (*queso fresco*), + onions

The Americas

- **Avocado salsa (*Guasacaca*):** Venezuelan; made with blended avocado, cilantro, + vinegar
- **Ranch:** North American salad dressing/ dip made from buttermilk, herbs, + spices
- **Fresh salsa (*Pico de gallo*):** a dip made from chopped tomatoes, onion, cilantro, & chile peppers



Europe

- **Tzatziki:** Greek; made from yogurt, cucumber, garlic, + dill
- **Vinaigrette:** emulsified dressing made with oil + vinegar; used in salads
- **Remoulade:** French; mayonnaise-based sauce with pickles, capers, + herbs
- **Romesco:** Spanish; often served cold with small dishes (*tapas*)

Europe

- **Pesto:** Italian; made from blended basil, parsley, pine nuts, garlic, Parmesan, + olive oil
- **Mayonnaise:** creamy emulsion made from oil + egg yolks
- **Aïoli**: Mediterranean; mayonnaise-based sauce with garlic + herbs

Asia

- ***Ponzu*:** Japanese citrus-based sauce
- **Hoisin:** Chinese; made from fermented soybeans, sugar, & spices, used for glazing & stir-fries
- **Fermented chile paste (*Gochujang*):** Korean; used as a base for sauces & stews
- **Raitas:** Indian; yogurt-based sauce with fresh vegetables & herbs
- **Chutney:** cooked fruit/ vegetable relish

Africa & the Middle East

- **Muhammara:** sweet-spicy dip from Syria; red peppers, walnuts, breadcrumbs
- **Chermoula:** North African marinade/sauce; herbs, oil, spices
- **Baba Ghanoush:** a dip made from roasted eggplant, tahini, garlic
- **Hummus:** dip made from chickpeas/ fava beans
- **Harissa:** spicy chile-based sauce made from with garlic + spices

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Any Questions?