



Culinary Institute  
of America

# Warm Global, Ethnic, & Regional Sauces

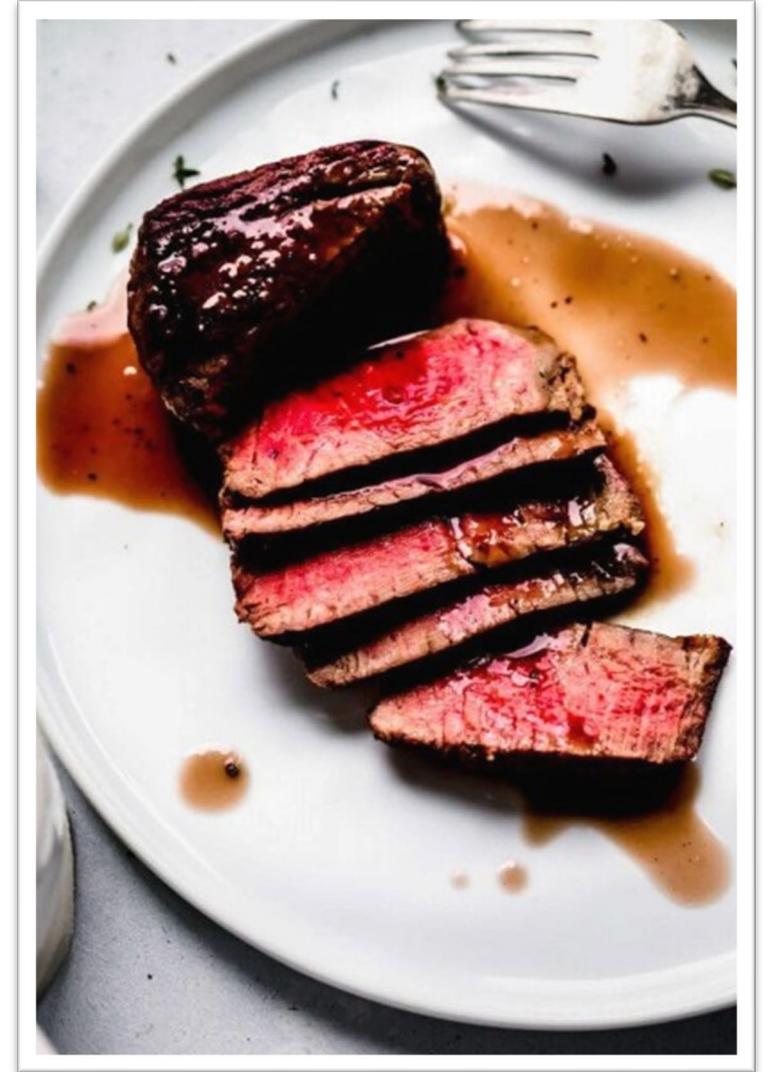


# Learning Objectives

- Explain the process of sauce thickening using primary ingredients and reduction.
- Identify various basic sauces, their general compositions, and their flavor profiles.
- Identify the global origins and uses of various sauces.
- Prepare several classic global sauces using a variety of regional techniques.

# Thickening by Reduction

- Simmer until ideal consistency is achieved
- Do not over caramelize aromatics
- For brown sauces, use a lighter brown stock to avoid bitterness
- For braises/ stews, add enough liquid to tenderize the protein & thicken the sauce
- Reducing concentrates flavors
- Seasoning may need to be adjusted



# Global Thickeners

- Many regional/ ethnic sauces are thickened by vegetable pulp, potatoes, & grains
- **Italy:** Marinara sauce → tomatoes
- **India:** *Korma* sauce → cashews
- **West Africa:** *Mafe* → peanut butter
- **France:** *Soubise* → onions, rice



# France

- **Béchamel:** white sauce made from roux + milk
- **Velouté:** light, stock-based sauce thickened with roux
- **Espagnole:** brown sauce made from brown stock + dark roux
- **Hollandaise:** emulsion of egg yolk, melted butter, + lemon juice
- **Sauce Tomate:** tomato sauce with aromatics & herbs
- **Béarnaise:** emulsion with tarragon, shallots, + vinegar
- **Beurre Blanc:** butter-based sauce from the Loire Valley



# Italy

Sauces vary greatly by region

- North → more butter & cream
- South → olive oil & tomatoes

## Emilia-Romagna (Northern Italy)

- **Bolognese:** complex meat sauce (ragù)

## Liguria (Northwest Coast)

- **Pesto-alla Genovese:** vibrant green sauce; basil, pine nuts, garlic, parmesan, olive oil

## Lazio (Rome)

- **Carbonara:** creamy sauce w/ egg yolks, cured pork (*guanciale*), Pecorino cheese, black pepper
- **Amatriciana:** red sauce w/ *guanciale*, tomato, and chili

## Campania (Naples, Southern Italy)

- **Marinara:** simple tomato sauce; tomato, garlic, herbs
- **Puttanesca:** Pungent sauce; tomato, olive, capers, garlic, anchovies

# Mexico

- Diverse array of complex sauces (*salsas*)
- Many general & regional varieties
- **Mole:** various sauces, some containing chocolate, chiles, spices, & fruits, popular in central + southern regions
- **Salsa Verde:** a tangy sauce made from tomatillos, jalapeños, + cilantro
- **Adobo:** a marinade/ cooking sauce made with chile peppers, spices, + vinegar



# South America

## Argentina/Uruguay

- Chimichurri: condiment/marinade made of parsley, garlic, oregano, + white vinegar

## Peru, Ecuador, Bolivia

- *Ají*: a general term for spicy, Aji pepper-based condiments



# Thailand

- **Sriracha:** a moderate hot sauce made with pickled garlic
- ***Nam Phrik*:** a general name for Thai chile pastes/ sauces, a staple condiment
- ***Nam Chim*:** a broad category for various dipping sauces



# Japan

- **Teriyaki:** a sweet-savory marinade made from soy sauce, mirin, + sugar
- **Ponzu:** a citrus-based sauce, used for dipping & marinades
- **Tentsuyu:** a light tempura dipping sauce made with *dashi*, soy sauce, + mirin



# China

- Lots of regional condiments & preparations used to make sauce
- **Hoisin sauce:** a sweet-savory Cantonese sauce for marinades, glazes, & dipping
- **Oyster Sauce:** a viscous sauce made from oyster extracts, used for stir-fries
- **Doubanjiang:** a spicy, fermented broad bean + chile paste from Sichuan cuisine



# India

- Vary heavily by region
- Often referred to as chutneys, gravies, or curries

## North India

- Curries, *korma*, *Saag*, *Vindaloo*
- Mint/ coriander chutney

## South India

- Coconut/ garlic chutney



# Southeast Asia

## Indonesia/Malaysia

- **Sambal:** a spicy chile-based relish/ sauce with hundreds of varieties
- **Peanut/ *Satay* sauce:** made from ground roasted peanuts, used also in Thai cuisine
- **Sweet soy sauce (*Ketjap Manis*):** a sweet & aromatic Javanese soy sauce

## Vietnam

- ***Nước Chấm*:** dipping sauce made from fish sauce, lime juice, sugar, chili, + garlic



# Africa & the Middle East

## Tunisia, Morocco, Algeria

- **Harissa:** hot chile paste made from dried red peppers, garlic, & spices
- **Chermoula:** marinade/ relish made with herbs, spices, lemon, oil

## Yemen

- **Sahwiyq:** a spicy green herb & chile sauce

## Ghana

- **Shito:** a hot black pepper sauce
- **Mafe:** peanut sauce
- **Egusi:** pumpkin seed sauce

## Levant (Lebanon, Syria)

- **Toum:** garlic sauce emulsion



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Any Questions?