



Culinary Institute  
of America

Classic/ Derivative Sauces  
Moist Heat Cookery  
Fresh Pasta Cookery  
Bound Salads



# Learning Objectives

- Explain classical, contemporary, and derivative sauces.
- Prepare a classical grand sauce and a derivative sauce and evaluate quality using established standards.
- Describe the similarities, differences, and temperature ranges for poaching and simmering.
- Identify appropriate proteins, cuts, and vegetables for poaching, simmering, steaming, and boiling.
- Describe correct methods for determining doneness of foods cooked using moist-heat techniques.
- Identify the key components of bound salads.
- Demonstrate proper techniques for combining and binding ingredients using appropriate dressings or binding agents.
- Describe the characteristics and quality indicators of properly prepared fresh pasta.
- Describe the correct method for producing fresh pasta.
- Prepare fresh pasta and evaluate quality based on established standards.
- Prepare a variety of dishes using standardized recipes.

# Sauces

- Often considered one of the greatest tests of a chef's skill
- Classification of sauces:
  - Grand/Mother Sauces
  - Derivative Sauces
  - Classical Sauces
  - Modern Sauces
- Must consider pairing, garnishes, plating



# Functions of Sauces



- Complementary or counterpoint flavors
- Additional moisture or succulence
- Visual interest
- Enhanced texture
- Pairing of sauces
- Suitability for style of service

# Grand/ Mother Sauces

Core foundational sauces in traditional French cuisine

- Sauce Béchamel
- Sauce Espagnole
- Sauce Tomato
- Sauce Hollandaise
- Sauce Velouté

A wide variety of other sauces, known as derivative or daughter sauces, are made from these



# Daughter Sauces (Derivative Sauces)

- Made by enhancing a mother sauce with herbs, spices, aromatics, wine, stock, cream, or other liquids
- Adjusted to suit a specific dish, flavor profile, or cuisine style
- Typically prepared in small batches closer to service for freshness and customization

Examples:

- Bearnaise
- Mornay
- Allemande
- Bordelaise



# Deep Poaching & Simmering

- Item must be completely submerged in cooking liquid
- Must maintain a constant, moderate temperature
- Lower temperature means more moisture retained
- The goal of both methods is to create incredibly moist and tender products



# What's the Difference?

## Deep Poaching

- Lower temperature
- Better suited to naturally tender cuts of meat, poultry, fish

## Simmering

- Better suited to tough cuts of meat, poultry
  - Whole poultry or fowl
  - Large pieces or joints of meat
- Breaks down collagen, converts to gelatin to create moist and tender products



# Shallow Poaching

- Item is gently cooked in shallow pan/ sautoir with flavorful simmering liquid coming approximately halfway up the side of item
- Poaching liquid (*cuisson*) often reduced & used as base for sauces (*velouté*)
- Covering with parchment ensures even cooking

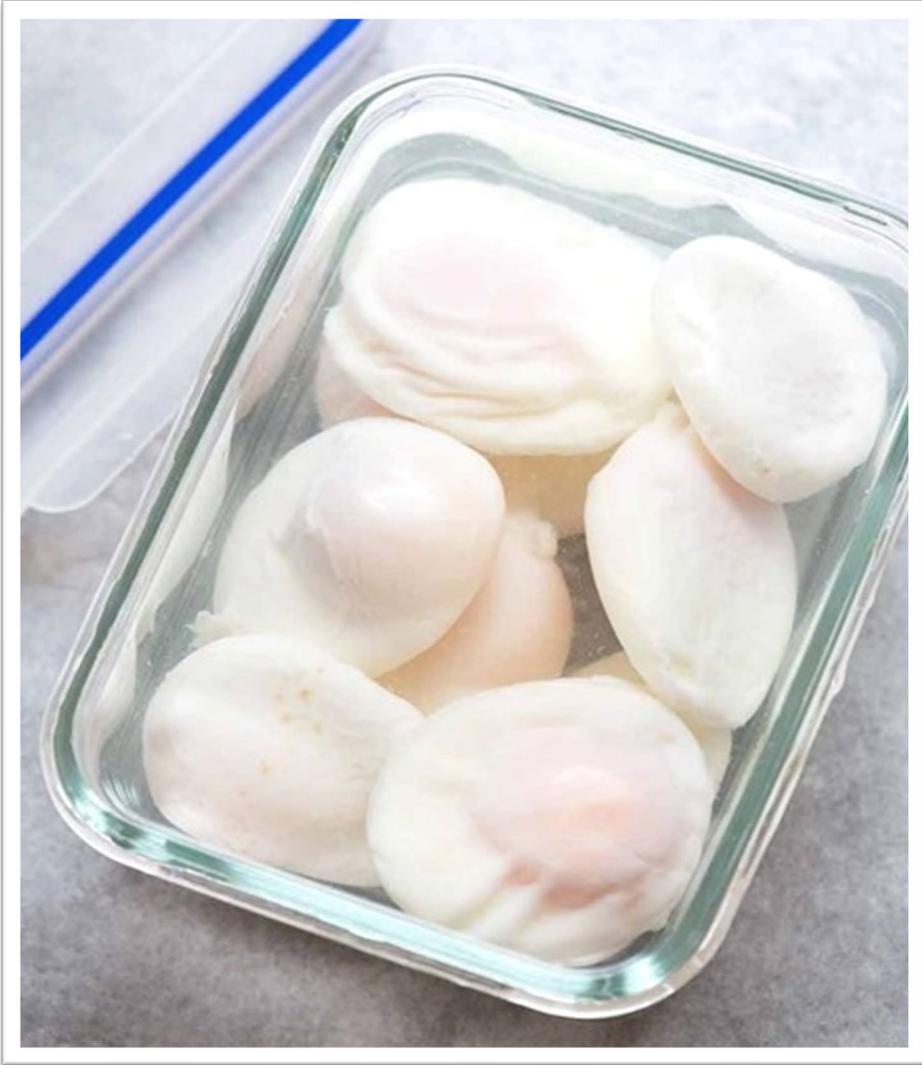


# Shallow Poaching: Method

1. Layer butter and aromatics in sauteuse.
2. Add main item and poaching liquid (1 oz. white wine & 2 oz. fish stock).
3. Bring to a simmer.
4. Cover with buttered parchment.
5. Finish on stove or in 350°F oven.
6. Remove item, moisten, and keep warm.
7. Reduce cuisson and make sauce.
8. Serve with sauce and garnish.



# Cook Temperature for Moist Heat Methods



**Deep/ shallow poaching:** 160°F-180°F

**Simmering:** 185°F-200°F

- Never boil; keep at constant temperature throughout cooking
- Reserve in small amount of cooking liquid
- Cover w/ plastic wrap after cooking

# Bound Salads

- Ingredients held together with thick dressing/ vinaigrette
- More cohesive texture than tossed salads
- Can be hot or cold

## Key ingredients:

- Cooked/ raw base ingredients
- Binders: Mayonnaise, sour cream, yogurt, vinaigrette
- Add-ins: herbs, seasonings, pickles, aromatics



# Fresh Pasta

- Low gluten flour “00” fine grind
- **Ingredients:** flour, eggs, water
- Special flavors, colors, shapes, fillings can be added to the base dough
- Highly perishable, must be kept under refrigeration
- Silky and tender to the bite
- Shorter cooking time, must be served immediately
- Never served cold



# Dry Pasta

- High gluten flour (durum wheat, semolina)
- **Ingredients:** flour & water
- Long shelf life
- *Al dente*, chewy to the bite
- Longer cooking time, may be reheated for service
- May be cooled and served in cold preparation



# Fresh Pasta Basic Ratio

## **Yield: 6-8 large portions**

- "00" pasta flour or all-purpose flour: 1#
- Whole large eggs: 4 ea.
- Water: 1-2 Tbsp. (optional)
- Oil (optional)
- Other flavoring or garnishing ingredients as desired

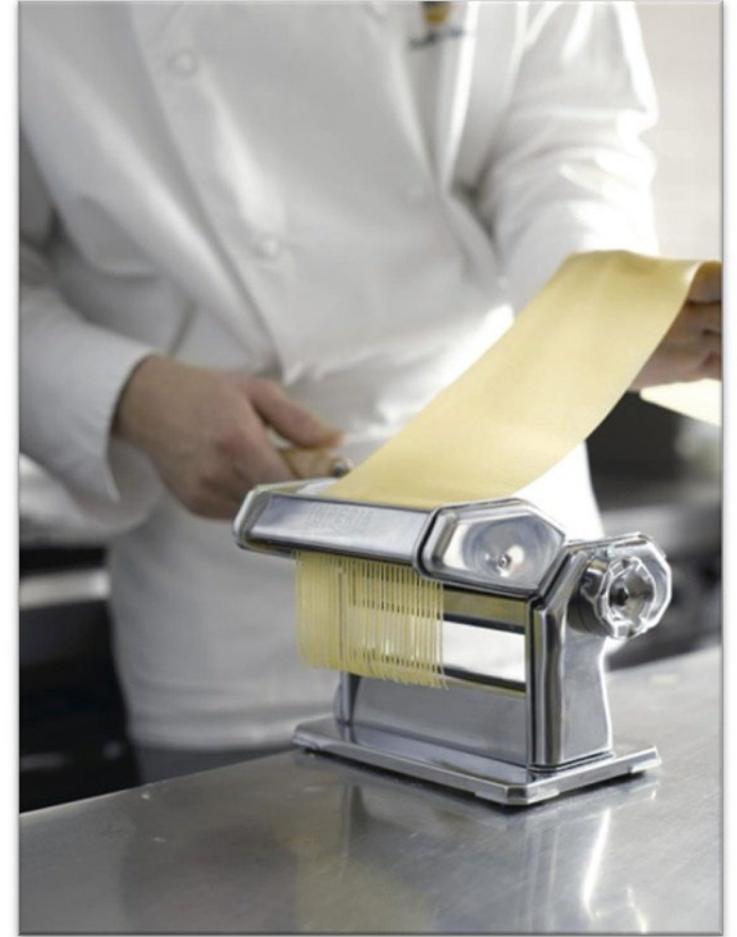


# Forming Dough

- Pasta dough should be smooth, elastic, slightly moist to touch
- If dough is either too tacky (from excess moisture) or crumbly (too dry), it will be difficult to roll out
- Experience helps determine proper consistency



# Rolling and Cutting Dough



# Filled Pasta

- Can be made with a variety of fillings
  - Cheese mixes, purées, meats
- Filling spooned or piped onto sheets to be formed into shapes
- Fillings should be flavorful and have a firm to semi-firm texture and thickness



# Pairing Filled Pasta with Sauces

- Require only very light sauce, filling provides a certain amount of flavor and moisture
- A sauce that overwhelms the flavors of the filling is inappropriate





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Any Questions?