



Culinary Institute
of America

Classic and Contemporary Sauces

WELCOME!



CIAFOODIES.COM

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Expectations for Participants

To maintain safety/ sanitation standards and ensure you have the best experience possible...

KITCHEN RESPONSIBILITIES

- Silence and put away phones.
- Clean your workstation as you go.
- Place waste in proper receptacle:
 - **Green:** food scraps for compost
 - **Blue:** recyclables
 - **Gray:** trash for landfill
- Use paper towels, cleaning cloths, red sanitation bucket for spills.
- Use side towel for handling hot objects, not cleaning.
- Place dirty utensils, tools on speed rack, not in sink.
- Place anything with an edge in "Sharps Only" pan.
- Place dirty linen in linen bag.



RECIPE MISE EN PLACE

- Read the entire recipe before starting.
- Review yield, temp., and cook times.
- Ask questions if anything is unclear.
- Visualize the cooking process from start to finish.
- Complete any pre-steps (soak, marinade, etc.).
- Gather, measure/ weigh all ingredients.
- Complete all basic prep (wash, trim, dice, etc.).



KNIFE SAFETY

- Use a sharp knife.
- Hold the knife firmly. Place your dominant hand on the handle with three fingers gripping it. Your thumb and index finger should pinch the blade, resting on either side of the bolster.
- Cut away from your body.
- Use a cutting board.
- Place knives on flat surface, away from table edge.
- Keep knives in clear sight, never covered.
- Never grab blindly for a knife.
- Pass knives using the handle, never the blade.
- Carry knives alongside body with the point down.
- Alert others by saying "Behind you with a knife."

FOOD SAFETY

- Keep hair contained with toque, hair net/ tie.
- Wash hands before starting work.
- Wash hands after:
 - Touching hair, face, phone, pen, etc.
 - Coughing/ sneezing into tissue
- Wash and dry all produce.
- Wash cutting board, knives, tools after each use.
- Keep perishables refrigerated until needed.
- Per NY state law, wear gloves when handling ready-to-eat food.
- Keep raw meat, poultry, eggs, seafood separate from other foods.
- Cook food to the temperature safe zone.



PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATION

Poached Eggs with Hollandaise Sauce

TEAM ONE

Roast Chicken with Pan Gravy

Apple Chutney

Lemon Parsley Vinaigrette

Sabayon with Berries

TEAM TWO

Pan-Seared Salmon with Hollandaise Sauce

Fiery Fruit Salsa

Jalapeño-Cilantro Butter

TEAM THREE

Roast Beef with Jus Lié

Tomato-Olive Ragù

Cheese Sauce

Hot Chocolate Sauce

TEAM FOUR

Roast Pork with Asian BBQ Sauce

Red Pepper Ketchup

Lime-Chile Butter

POACHED EGGS WITH HOLLANDAISE SAUCE

Yield: 8 portions

Ingredients	Amounts
Bread, English muffin	8 ea.
Butter, unsalted	4 Tbsp.
Poached Eggs (Recipe follows)	16 ea.
Hollandaise Sauce (Recipe follows)	2 cups

Method

1. Split, toast, and butter the English muffins.
2. To assemble, top each muffin half with a Poached Egg.
3. Spoon 2 tablespoons of warm Hollandaise Sauce over each egg.
4. Serve immediately on a warm platter.

Note: If the eggs have been poached in advance, reheat them in simmering water until warmed.

POACHED EGGS

Yield: 16 eggs

Ingredients	Amounts
Water	3 qt.
Salt, kosher	2 tsp.
Vinegar, white, distilled	4 tsp.
Egg, whole	16 ea.

Method

1. In a deep, straight-sided pan, place the water, salt, and vinegar. Bring it to a bare simmer over medium-high heat.
2. Break each egg into a clean cup, reserving any with broken yolks for another use.
3. Carefully slide each egg into the poaching water. Cook until the whites are set and opaque, about 3 minutes.
4. Remove the eggs from the water with a slotted spoon, blot them dry and trim the edges, if desired.
5. Serve immediately or chill and reserve for later use. To reheat, lower the eggs into a pot of simmering water for 30 to 60 seconds.

HOLLANDAISE SAUCE

Yield: 2 cups

Ingredients	Amounts
Peppercorns, black, cracked	½ tsp.
Vinegar, cider	¼ cup
Water	¼ cup
Egg, yolk	4 ea.
Butter, unsalted, melted	1 ½ cups
Lemon, juice, fresh, strained	1 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

1. In a small saucepan over medium heat, place the peppercorns and vinegar. Reduce until nearly dry (*au sec*), about 5 minutes.
2. Add the water. Strain into a stainless-steel bowl set over a pot of simmering water.
3. Add the egg yolks. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk, 6 to 8 minutes.
4. Transfer the bowl to a workstation. To keep it stationary, set it on a clean kitchen towel. Gradually add the melted butter in this thin stream, whisking constantly, until the butter is blended into the egg yolks and the sauce thickens. If it becomes too tight and the butter is not blending in easily, add a little water to loosen the yolks enough to absorb the remaining butter.
5. Add the lemon juice. Season with salt and pepper, to taste. Add cayenne to taste, if desired.

ROAST CHICKEN WITH PAN GRAVY

Yield: 6 portions

Ingredients	Amounts
Brine (Recipe follows) (Optional)	2 quarts
Chicken, whole, 3½-4 lb.	2 ea.
Butter, unsalted (Optional)	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, diced	½ cup
Carrot, diced	½ cup
Celery, diced	½ cup
Tomato, paste	1 Tbsp.
Rosemary, fresh	1 Tbsp.
Bay leaf, dried	2 ea.
Garlic, clove, crushed	2 ea.
Parsley, flat-leaf, stem, fresh	4 ea.
Stock, chicken	1 cup
Chicken Velouté (Recipe follows)	1 qt.
Chervil, sprig, fresh	6 ea.

Method

1. Brine the chicken overnight, if desired.
2. Preheat oven to 375°F.
3. Rub the chicken skin with the butter. Tie (truss) the legs and wings with twine.
4. Season well with salt and black pepper. Transfer to a roasting pan large enough for both chickens.
5. Insert a thermometer into the thick part of the chicken thigh where it meets the breast. Do not touch the bone.
6. Place in the preheated oven. Cook until golden brown, about 20 minutes.
7. Lower the temperature to 325°F. Add the onions, carrots, and celery to the pan. Roast until the thigh meat registers 160°F. Transfer the chicken to a cutting board. Tent with foil. Reserve.
8. For the gravy, drain any excess fat from roasting pan. Add the tomato paste.
9. Place the roasting pan on the stovetop over medium-low heat. Cook the gravy until the vegetables are golden brown and the tomato paste darkens and becomes aromatic, 3 to 5 minutes.
10. Add the herbs and garlic. Cook for 3 minutes.
11. Add the stock. Deglaze the pan, scraping up any bits of food from the bottom.
12. Add the Chicken Velouté. Simmer until the gravy thickens enough to coat the back of a spoon (*nappé*).

13. Strain the sauce through a chinois strainer into a small saucepan. Bring it to a simmer over medium-low heat. Degrease using a ladle.
14. Strain the gravy through a fine strainer. Season with salt and pepper to taste. Transfer to a gravy boat
15. Carve the chicken. Garnish with the chervil.

BRINE FOR ROAST CHICKEN

Yield: 2 quarts

Ingredients	Amounts
Water, cold (Divided)	2 qt.
Salt, kosher	1/3 cup
Lemon, quartered	2 ea.
Parsley, flat-leaf, sprig, fresh	10 ea.
Thyme, sprig, fresh	7 ea.
Rosemary, sprig, fresh	2 ea.
Bay leaf, fresh	5 ea.
Honey	1/4 cup
Garlic, clove, smashed	6 ea.
Peppercorns, black, whole	1 Tbsp.

Method

1. In a large pot, place 1/2 of the water and the remaining ingredients. Bring to a boil. Stir to dissolve the salt, about 1 minute.
2. Remove the pot from the heat. Add the remaining water. Cool. Refrigerate for at least 1 1/2 hours.
3. Place the chicken in the pot upside down (so the legs and breast are on the underside). Submerge the chicken in the brine, cover, and refrigerate for 12 to 24 hours.

CHICKEN VELOUTÉ

Yield: 1 quart

Ingredients	Amounts
Butter, clarified	1 ½ fl. oz.
Onion, yellow, small diced	½ wt. oz.
Leek, small diced	½ wt. oz.
Celery, small diced	½ wt. oz.
Parsnip, small diced	½ wt. oz.
Flour, all-purpose	2 ½ wt. oz.
Stock, chicken	40 fl. oz.
Parsley, flat-leaf, stem, fresh	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, fresh	¼ tsp.
Garlic, clove	1 ea.
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a large saucepan over medium heat, place the butter. Add the onion, leek, celery, and parsnip (*white mirepoix*). Cook, stirring occasionally, until the onions are limp and release their juices, about 15 minutes. Do not brown.
2. Add the flour. Mix to combine. Cook over medium-low heat, stirring, until a blond roux forms, about 12 minutes.
3. Gradually add the chicken stock, whisking constantly, until it is smooth and without any lumps. Bring it to a simmer.
4. For the spice sachet (*sachet d'épices*), place the parsley, bay leaf, peppercorns, thyme, and garlic on a square of cheesecloth. Gather the sides together to form a pouch and tie it closed with cooking twine.
5. Add the sachet. Simmer until the starchy feel and taste of the flour has cooked away, 45 to 60 minutes.
6. Transfer to a fine sieve. Strain. Strain a second time through a thicker cheesecloth, if desired, for a finer texture. Serve warm.

Note: If using later, cool and store in the refrigerator. Return the sauce to a simmer. Taste and adjust seasonings with salt and pepper before serving.

APPLE CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Sugar, brown, light, lightly packed	¼ cup
Onion, yellow, diced	¼ ea.
Raisins, golden	¼ cup
Walnuts, toasted, chopped	1 ½ Tbsp.
Vinegar, cider	1 Tbsp.
Lemon, juice, fresh	1 ½ tsp.
Ginger, fresh, grated	1 ½ tsp.
Chile, jalapeño, minced	1 tsp.
Lemon, zest, fresh, grated	½ tsp.
Garlic, minced	½ tsp.
Mace, ground	⅛ tsp.
Clove, ground	⅛ tsp.
Apple, Granny Smith, peeled, cored, medium diced	2 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large saucepot over low heat, place the brown sugar, onion, raisins, walnuts, vinegar, lemon juice, ginger, jalapeño, lemon zest, garlic, mace, and clove. Stir to combine. Cover and simmer for 10 minutes.
2. Add the apples. Simmer until they are very tender and the juices are reduced and slightly thickened, 10 to 15 minutes.
3. Season with salt and pepper to taste.
4. Serve immediately or store in an airtight container in the refrigerator.

LEMON PARSLEY VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Lemon, juice, fresh	$\frac{3}{4}$ cup
Vinegar, balsamic	2 Tbsp.
Parsley, flat-leaf, fresh, minced	1 $\frac{1}{2}$ Tbsp.
Oil, canola	$\frac{3}{4}$ cup
Oil, olive, extra virgin	5 $\frac{1}{2}$ Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small bowl, place the lemon juice, vinegar, and parsley. Whisk to combine.
2. Slowly add the canola and olive oil in a steady stream, whisking constantly, until it is well incorporated.
3. Season with salt and pepper to taste.

Note: The Vinaigrette can be stored in a covered container in the refrigerator for up to 3 days. Whisk together before serving.

SABAYON WITH BERRIES

Yield: 8 portions

Ingredients	Amounts
Egg, yolk	10 ea.
Sugar, granulated	1 cup
Wine, dessert	½ cup
Raspberries, fresh	½ pt.
Blueberries, fresh	½ pt.

Method

1. In a small bowl, place the egg yolks, sugar, and wine. Place it over a simmering pot of water over medium-low heat.
2. Whisk until the eggs become frothy and begin to thicken.
3. Whisk vigorously until the eggs reach the "ribbon stage" (about 165°F).
4. Remove the bowl from the heat. Transfer to serving bowls.
5. Serve immediately with the berries.

Note: Liqueur can be substituted for the dessert wine. Other seasonal berries can be substituted for the raspberries and blueberries.

PAN-SEARED SALMON WITH HOLLANDAISE SAUCE

Yield: 8 portions

Ingredients	Amounts
Salmon, steak	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure (Divided)	4 Tbsp.
Hollandaise Sauce (Recipe follows)	2 cups

Method

1. Season the salmon steaks generously with salt and pepper.
2. Heat a large skillet over medium-high heat. Add 2 tablespoons of the olive oil. Heat until it shimmers but before it smokes.
3. Add half the salmon. Sear, turning once, until the fish is browned on the outside and opaque in the center, about 4 minutes per side. Transfer to a warm platter.
4. Repeat with the remaining olive oil and salmon.
5. Serve immediately with the Hollandaise Sauce.

HOLLANDAISE SAUCE

Yield: 2 cups

Ingredients	Amounts
Peppercorns, black, cracked	½ tsp.
Vinegar, cider	¼ cup
Water	¼ cup
Egg, yolk	4 ea.
Butter, unsalted, melted	1 ½ cups
Lemon, juice, fresh, strained	1 tsp.
Salt, kosher	to taste
Pepper, white, ground	to taste
Chile, cayenne, ground (Optional)	to taste

Method

1. In a small saucepan over medium heat, place the peppercorns and vinegar. Reduce until nearly dry (*au sec*), about 5 minutes.
2. Add the water. Strain into a stainless-steel bowl set over a pot of simmering water.
3. Add the egg yolks. Cook, whisking constantly, until the yolks triple in volume and fall in ribbons from the whisk, 6 to 8 minutes.
4. Transfer the bowl to a workstation. To keep it stationary, set it on a clean kitchen towel. Gradually add the melted butter in this thin stream, whisking constantly, until the butter is blended into the egg yolks and the sauce thickens. If it becomes too tight and the butter is not blending in easily, add a little water to loosen the yolks enough to absorb the remaining butter.
5. Add the lemon juice. Season with salt and pepper, to taste. Add cayenne to taste, if desired.

FIERY FRUIT SALSA

Yield: 6 portions

Ingredients	Amounts
Mango, peeled, diced	$\frac{2}{3}$ cup
Papaya, peeled, diced	$\frac{1}{2}$ cup
Pineapple, cored, peeled, diced	$\frac{1}{4}$ cup
Pepper, bell, red, diced	$\frac{1}{4}$ cup
Onion, red, diced	$\frac{1}{3}$ cup
Cilantro, fresh, chopped	1 Tbsp.
Lime, juice, fresh	$\frac{1}{2}$ Tbsp.
Vinegar, wine, white	1 tsp.
Chile, jalapeño, fresh, minced	$\frac{1}{2}$ tsp.
Oil, olive, extra virgin	$\frac{1}{2}$ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium bowl, place all the ingredients. Mix gently to combine.
2. Let it sit for 15 minutes to allow the flavors to blend.

JALAPEÑO-CILANTRO BUTTER

Yield: 4 portions

Ingredients	Amounts
Butter, unsalted, softened	¼ lb.
Cilantro, fresh, minced	2 Tbsp.
Chile, jalapeño, fresh, finely minced	1 Tbsp.
Lime, zest, grated	½ ea.
Salt, kosher	¼ tsp.
Pepper, black, ground	to taste

Method

1. In a medium bowl, place the butter, cilantro, jalapeño, lime zest, salt, and pepper. Mix to combine.
2. Adjust the seasoning to taste.
3. Transfer the butter onto a piece of plastic wrap. Roll into a 1-inch-diameter cylinder and secure the ends by twisting.
4. Chill until firm, about 2 hours.

Variations:

Rosemary-Mustard Butter: Substitute 1 teaspoon of fresh rosemary (or ¼ teaspoon of crumbled, dried rosemary) and 2 tablespoons of Dijon mustard for the cilantro, jalapeño, and lime zest.

Sun-Dried Tomato and Oregano Butter: Substitute 2 tablespoons of finely minced sun-dried tomatoes, 2 tablespoons of minced fresh oregano, 2 teaspoons of fresh lemon juice, and 2 tablespoons of dry white wine for the cilantro, jalapeño, and lime zest.

ROAST BEEF WITH JUS LIÉ

Yield: 8 portions

Ingredients	Amounts
Beef, top round roast, 3 ½ lb.	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove	3 ea.
Rosemary, leaves, fresh	½ tsp.
Thyme, leaves, fresh	1 tsp.
Oil, vegetable (Divided)	4 Tbsp.
Onion, yellow, coarsely chopped	½ cup
Carrot, sliced	¼ cup
Celery, sliced	¼ cup
Stock, veal	2 cups
Bay leaf, dried	1 ea.
Wine, white, dry	½ cup
Cornstarch (Optional)	2 Tbsp.
Water, cold (Optional)	2 Tbsp.

Method

1. Preheat oven to 325°F.
2. Trim the beef of any excess fat. Pat dry. Season with salt and pepper as needed.
3. In a mortar and pestle, mash the garlic into a paste.
4. Rub the garlic paste, rosemary, and thyme into the beef.
5. Tie the beef with cooking twine for even cooking. Starting at the fat cap side, wrap the twine around the left side of the roast. Make loops along the length of the roast, twisting the twine and maneuvering it under the meat before cinching to tighten each loop. When reaching the end of the roast, weave the twine through the existing loops, alternating in and out to secure the roast uniformly. Once the entire roast is trussed, flip it over and tie off the twine at your starting point, ensuring a snug and secure fit. (See Chef demo.)
6. Heat 2 tablespoons of the oil in a Dutch oven over high heat. Add the beef. Sear until browned on all sides, including the ends, about 12 minutes.
7. Transfer the beef to a wire rack set in a roasting pan. Place in the preheated oven. Roast, basting occasionally, until the meat registers 150°F, 1 ½ to 1 ¾ hours.
8. Add the remaining 2 tablespoons of oil. Add the onion. Sauté until golden brown, 5 to 6 minutes.
9. Add the carrot and celery. Cook until the celery becomes translucent, 3 to 4 minutes.
10. Add the stock and bay leaf. Simmer over low heat until the broth is slightly reduced, 10 to 12 minutes.

11. Transfer the roast to a platter, tent it loosely with aluminum foil, and keep warm.
12. Add the wine to the roasting pan. Deglaze the pan, scraping up any browned bits.
13. Add to the broth. Return the sauce to a simmer. Remove any excess fat.
14. Strain the sauce into a sauceboat. Carve the roast into slices and serve with the sauce.

Note: For thicker consistency, whisk the cornstarch and water to make a slurry. Gradually stir the slurry into the sauce until desired consistency is achieved.

TOMATO-OLIVE RAGÙ

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1/3 cup
Onion, yellow, minced	1 cup
Garlic, clove, minced to paste	3 ea.
Capers, chopped	3 Tbsp.
Anchovy, fillet	6 ea.
Tomato, cherry, hulled, halved	3 pt.
Olive, stuffed with chiles	1 cup
Oregano, fresh, chopped	3 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Place the oil in an oven-proof skillet over medium heat.
2. Add the onion, garlic, capers, and anchovies. Sauté, stirring frequently, until the onion is very lightly golden brown, 8 to 10 minutes.
3. Add the tomatoes, Continue to sauté, stirring frequently, until the tomatoes are very soft, 10-20 minutes.
4. Add the olives and oregano. Sauté for 2 to 3 minutes.
5. Season with salt and pepper to taste.

CHEESE SAUCE

Yield: 2 cups

Ingredients	Amounts
Butter, unsalted	5 Tbsp.
Flour, all-purpose	5 Tbsp.
Milk, whole	2 ½ cups
Nutmeg, fresh, ground	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Egg, yolk	2 ea.
Hot sauce	1/8 tsp.
Cheese, Kefalotyri	1/2 cup

Method

1. Add the butter in a saucepan over medium heat.
2. Add the flour. Cook, stirring constantly, for about 5 minutes.
3. Add the milk. Whisk out any lumps that form. Bring to a full boil, then reduce the heat to low. Gently simmer, stirring frequently until thickened, about 30 minutes.
4. Remove the sauce from the heat. Season with nutmeg, salt, and pepper to taste.
5. In a small bowl, whisk in the egg yolks. Add the hot sauce. Blend well and return the yolk mixture to the rest of the sauce.
6. Stir in the cheese and blend well. Keep warm until serving.

Note: Parmesan cheese can be substituted for the Kefalotyri cheese.

HOT CHOCOLATE SAUCE

Yield: 3 cups

Ingredients	Amounts
Chocolate, bittersweet, finely chopped	2 cups
Cream, heavy	1 cup
Vanilla, extract	2 tsp.

Method

1. In a medium stainless-steel bowl, place the chocolate.
2. In a small saucepan over medium-low heat, place the cream. Bring it to a simmer and pour over the chocolate.
3. Add the vanilla. Whisk until smooth.
4. Serve the sauce now or let cool and store in a covered container in the refrigerator for up to 10 days. Reheat in a microwave on low power.

ROAST PORK WITH ASIAN BBQ SAUCE

Yield: 6 portions

Ingredients	Amounts
Pork, loin roast, boneless	3 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Garlic, clove, mashed to a paste	3 ea.
Rosemary, leaves, fresh	½ tsp.
Thyme, leaves, fresh	1 tsp.
Oil, vegetable	2 Tbsp.
Asian-Style BBQ Sauce (Recipe follows)	4 cups

Method

1. Preheat oven to 325°F.
2. Trim the pork loin. Season with salt and pepper as needed.
3. In a mortar and pestle, mash the garlic to a paste.
4. Rub the garlic paste, rosemary, and thyme into the meat.
5. Heat the oil in a Dutch oven over high heat. Add the pork. Sear until browned on all sides including the ends, about 12 minutes.
6. Transfer to a wire rack set in a roasting pan. Roast in the preheated oven, basting occasionally, until the meat registers 150°F, 1 ½ to 1 ¾ hours.
7. Transfer to a cutting board and let it rest for 15 minutes.
8. Slice the pork. Serve with the Asian-Style BBQ Sauce.

ASIAN-STYLE BARBEQUE SAUCE

Yield: 4 cups

Ingredients	Amounts
Sesame seeds, toasted	3 Tbsp.
Hoisin sauce	1 ¼ cup
Plum sauce	9 Tbsp.
Oyster sauce	⅓ cup
Honey	¼ cup
Soy sauce	2 ¼ Tbsp.
Sherry, dry	2 ¼ Tbsp.
Asian chile sauce	4 tsp.
Curry powder (Optional)	2 ¼ tsp.
Five spice powder (Optional)	½ tsp.
Lemon, zest, fresh, grated	4 tsp.
Orange, zest, fresh, grated	4 tsp.
Garlic, finely minced	4 tsp.
Ginger, fresh, finely minced	2 Tbsp.
Scallion (Green onion), minced	½ cup
Cilantro, fresh, chopped	½ cup

Method

1. In a small, dry skillet over medium heat, place the sesame seeds. Toast, stirring constantly, until golden brown, 2 to 5 minutes.
2. In a large bowl, place the toasted sesame seeds and all the remaining ingredients. Mix well to combine.

Note: The sauce can be stored in an airtight container in the refrigerator for up to 2 weeks.

RED PEPPER KETCHUP

Yields: 2 cups

Ingredients	Amounts
Oil, olive, pure	¼ cup
Pepper, bell, red, diced	5 ea.
Shallot, minced	2 Tbsp.
Wine, white, dry	¾ cup
Broth, vegetable	¾ cup
Salt, kosher	1 tsp.
Pepper, black, ground	½ tsp.

Method

1. Heat the olive oil in a large sauté pan over medium heat. Add the bell peppers and shallots. Sauté until tender, 5 to 6 minutes.
2. Add the white wine. Deglaze the pan, scraping up any browned bits stuck to the bottom.
3. Add the broth. Simmer until it reduces by half.
4. Remove the pan from the heat. Let it cool to room temperature.
5. With an immersion blender, purée until smooth.
6. Season with the salt and pepper.

Note: The ketchup can be stored in an airtight container in the refrigerator for up to 2 months.

LIME-CHILE BUTTER

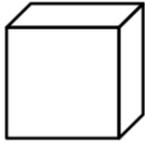
Yield: 1 cup

Ingredients	Amounts
Butter, unsalted, softened	1 cup
Lime, juice, fresh	3 Tbsp.
Oregano, dried	1 ½ tsp.
Chile, powder	1 ½ tsp.
Chile, powder, hot	1 ½ tsp.
Paprika	1 ½ tsp.
Cumin, ground	¼ tsp.
Worcestershire sauce	¼ tsp.
Tabasco sauce	to taste
Garlic, powder	to taste
Onion, powder	to taste

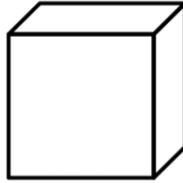
Method

1. In the bowl of a stand mixer fitted with the paddle attachment, place the butter. Mix on medium speed until it is smooth, 2 to 5 minutes.
2. Add the remaining ingredients. Mix to incorporate.
3. Transfer the butter to a workstation. Roll the butter into a rough log shape using a sheet of plastic wrap. Use a ruler or metal spatula to tighten the plastic wrap around the butter and even out the diameter of the cylinder. Twist the ends to press out any remaining air pockets and seal the wrap around the butter. (See Chef demo.)
4. Chill in the refrigerator until it is firm enough to slice.

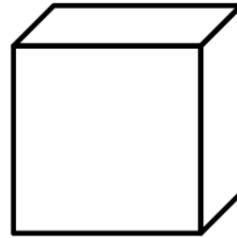
BASIC KNIFE CUTS



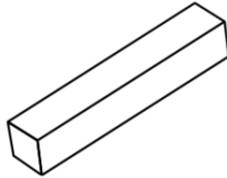
Small Dice
1/4" cube



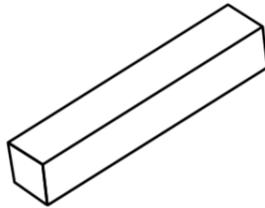
Medium Dice
1/2" cube



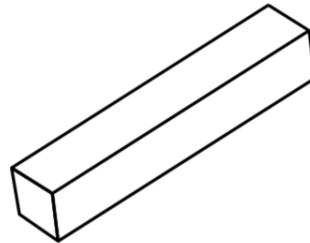
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



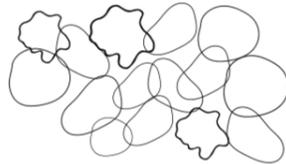
Julienne
1/8" sq x 2 inch



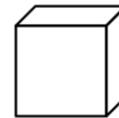
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



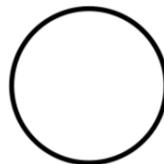
Chop
1/8"-1/4" cube



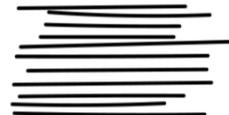
Brunoise
1/8" cube (fine dice)



Bias
diagonal cut



Rondelle
1-8"-1/2" round



Chiffonade
rolled, sliced thin

CONVERSION TABLES

METRIC WEIGHTS AND MEASURES EQUIVALENCIES

1 gram (g)	=	1/28 oz. (or 0.035 oz.)
½ ounce (oz.)	=	14 g
1 ounce	=	28.35 g. (approx. 30 g)
2 ounces	=	56 g. (approx. 60 g)
4 ounces	=	110 g
6 ounces	=	170 g
8 ounces	=	225 g
12 ounces	=	340 g
1 pound (16 oz.)	=	453.6 g (454 g)
1 kilogram (kg)	=	2.21 lb.
1 liter	=	35 fl. oz. (1 ¾ pt.)

METRIC CONVERSION TABLE

To Change...	To...	Multiply by
Pounds (lb.)	Grams (g)	453.6
Ounces (oz.)	Grams (g)	28.35
Pounds (lb.)	Kilograms (kg)	.45
Teaspoons (tsp.)	Milliliters (ml)	5
Tablespoons (Tbsp.)	Milliliters (ml)	15
Fluid Ounces (fl. oz.)	Milliliters (ml)	30
Cups	Liters (l)	.24
Pints (pt.)	Liters (l)	.47
Quarts (qt.)	Liters (l)	.95
Gallons (gal.)	Liters (l)	3.8
Temperature (°F)	Temperature (°C)	5/9 after subtracting 32*

*Example: 9°F above boiling equals 5°C above boiling.

TEMPERATURE EQUIVALENCIES

Fahrenheit (°F)	Celsius (°C)	Classification
250	130	very cool
300	150	low
325	165	moderate-low
350	180	moderate
400	200	moderate-hot
425	220	hot
450	230	very hot

US CUSTOMARY LIQUID VOLUME CONVERSIONS

1 tablespoon (Tbsp.)	=	3 teaspoons (tsp.)
1 fluid ounce (fl. oz.)	=	2 tablespoons (Tbsp.)
1 cup	=	8 fluid ounces (fl. oz.)
1 pint (pt.)	=	2 cups
1 pint (pt.)	=	16 fluid ounces
1 quart (qt.)	=	2 pints (pt.)
1 gallon (gal.)	=	4 quarts (qt.)
1 gallon (gal.)	=	128 fluid ounces (fl. oz.)

US TO METRIC DRY MEASURES CONVERSIONS

tsp.	Tbsp.	oz.	cup	lb.	grams
3	1	1/2	1/16	---	14
6	2	1	1/8	1/16	28
12	4	2	1/4	1/8	57
24	8	4	1/2	1/4	113
36	12	6	3/4	3/8	170
48	16	8	1	1/2	227
96	32	16	2	1	454

VOLUME MEASURE CONVERSIONS

US	Metric
1 tsp.	5 milliliters (ml)
1 Tbsp.	15 ml
1 fl. oz./ 2 Tbsp.	30 ml
2 fl. oz./ 1/4 cup	60 ml
8 fl. oz./ 1 cup	240 ml
16 fl. oz./ 1 pint (pt.)	480 ml
32 fl. oz./ 1 quart (qt.)	960 ml
128 fl. oz./ 1 gallon (gal.)	3.84 liters (L)

These materials were developed at the Culinary Institute of America.

Classic Contemporary Sauces Sat Course Guide v.220.docx

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