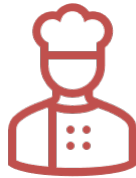




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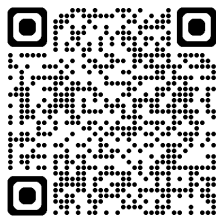
Classic and Contemporary Sauces

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."

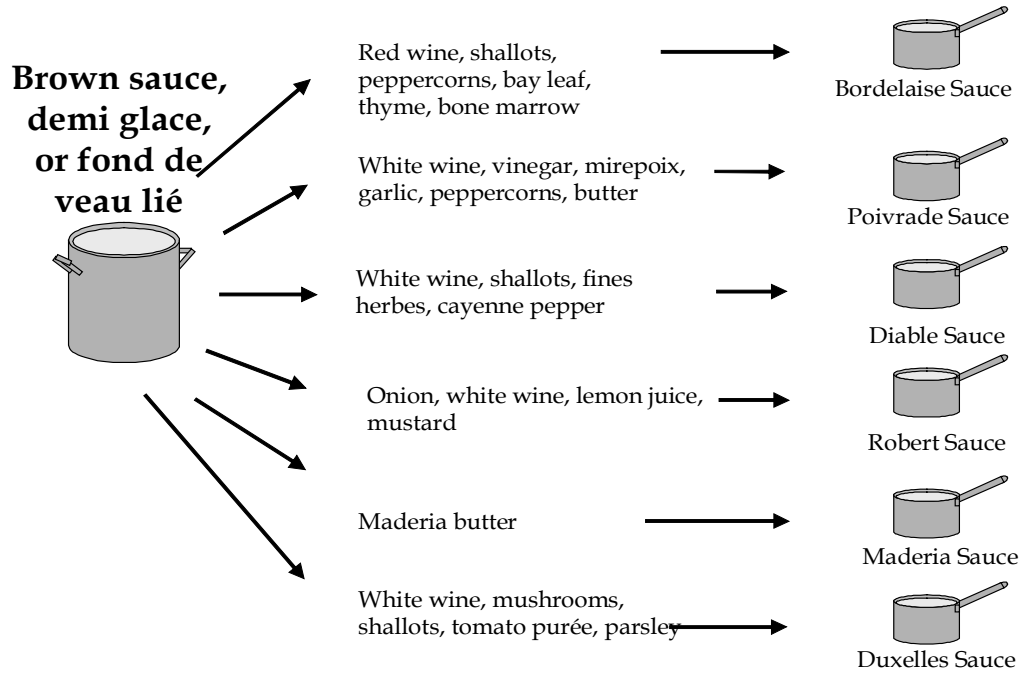
FOOD SAFETY

- 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.

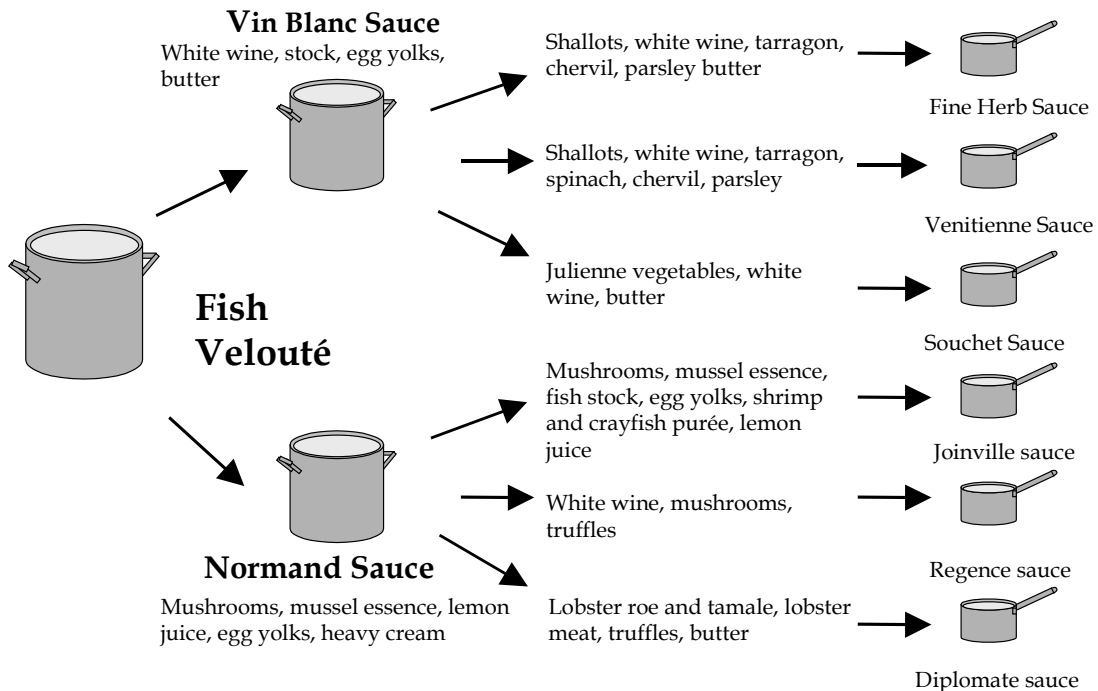


MOTHER SAUCES AND DERIVATIVES

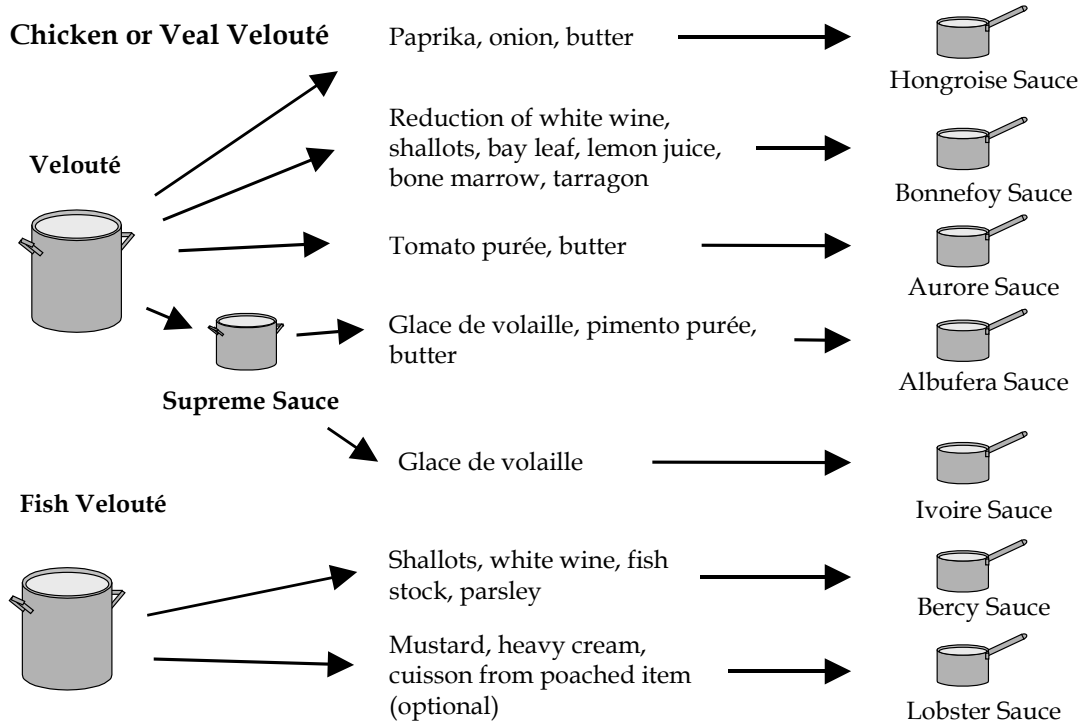
Grand Sauce: Brown Variations



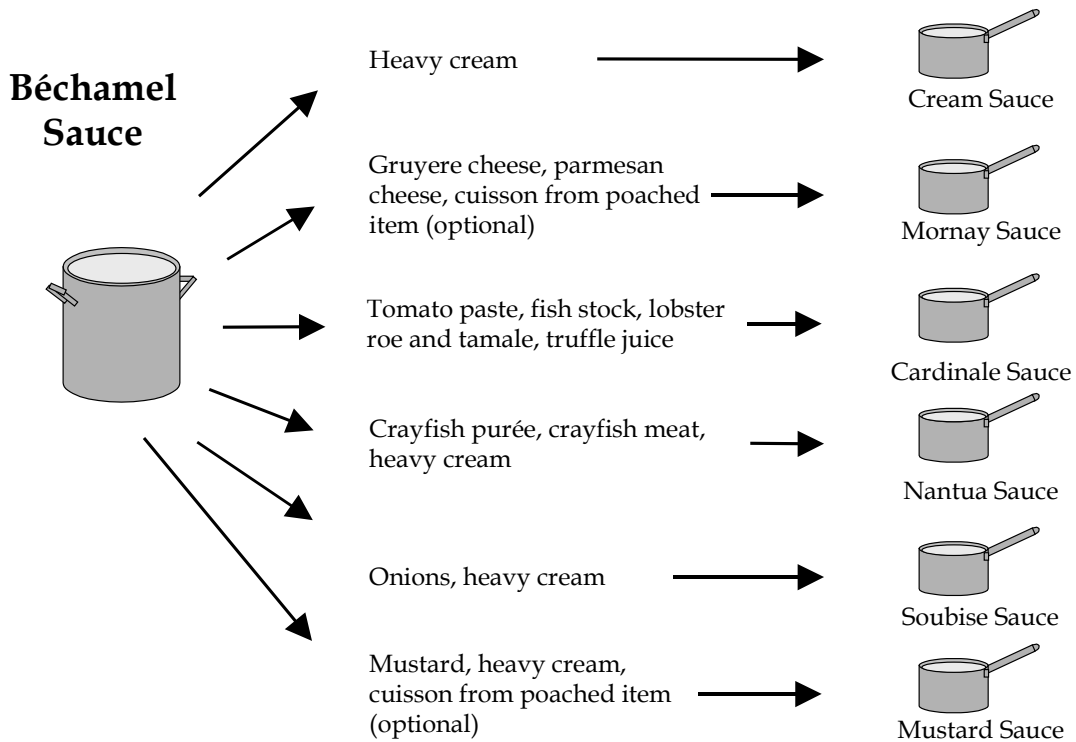
Vin Blanc & Normand Sauce Variations



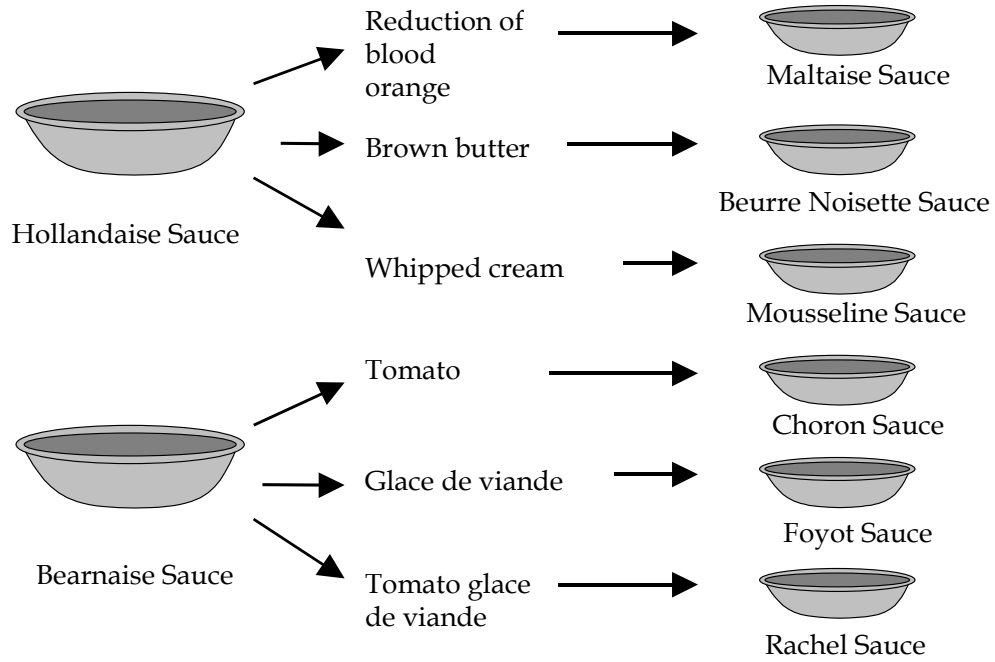
Grand Sauce: Velouté Variations



Grand Sauce: Béchamel Variations



Hollandaise and Bearnaise Sauce Variations



PRODUCTION ASSIGNMENTS

CHEF DEMONSTRATION

Poached Eggs with Hollandaise Sauce
Roast Chicken with Pan Gravy
Pan-Seared Salmon with Vietnamese Dipping Sauce
Roast Pork with Red Thai Curry

TEAM ONE

Espagnole (Brown) Sauce
Chimichurri
Lemon Parsley Vinaigrette
Sabayon with Berries

TEAM TWO

Tomato Sauce
Dried-Chili Salsa Roja
Jalapeño-Cilantro Butter

TEAM THREE

Chicken Velouté
Tomato-Olive Ragù
Cilantro and Cashew Chutney
Raspberry Coulis

TEAM FOUR

Bechamel Sauce
Cheese Sauce
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 the English muffins in half. Toast and butter.
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 it is nearly dry (*au sec*), about 5 minutes.
2. Add the water to the saucepan. Strain the liquid 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.
5. Gradually add the melted butter in a 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 to absorb the remaining butter.
6. 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 qt.
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, sprig, fresh	1 Tbsp.
Bay leaf, dried	2 ea.
Garlic, clove, crushed	2 ea.
Parsley, leaves, flat-leaf, stem, fresh	4 ea.
Flour, all-purpose	2 ½ oz
Stock, chicken	40 fl. oz.
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 the skin 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 the chickens 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 and reserve. Add the tomato paste.
9. Place the roasting pan on the stovetop over medium-low heat. Cook 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. Return 4 Tbsp of reserved chicken fat to the pan and heat. If there is not enough residual fat, add additional oil as needed.

12. Sprinkle flour into the pan and stir well with a wooden spoon until the flour is incorporated into the drippings and makes a thick paste
- 13.
14. Add the stock in three separate additions, scraping up any bits of food from the bottom after each addition.
15. Simmer until the gravy thickens enough to coat the back of a spoon (*nappé*).
16. Strain the sauce through a chinois strainer into a small saucepan. Bring it to a simmer over medium-low heat. Degrease using a ladle.
17. Strain the gravy through a fine strainer. Season with salt and pepper to taste. Transfer to a gravy boat.
18. 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, leaves, 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.

PAN-SEARED SALMON WITH VIETNAMESE DIPPING 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.
 Vietnamese Dipping 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.

VIETNAMESE DIPPING SAUCE

NOUC CHAM

Yield: 2 cups

Ingredients	Amounts
Garlic, clove, sliced	2 ea.
Chili paste, ground	1 tsp.
Chile, Thai bird's eye, chopped (Optional)	1 ea.
Fish sauce	¼ cup
Water, hot	⅔ cup
Lime, juice, fresh, with pulp	2 Tbsp.
Sugar, granulated	¼ cup
Carrot, shredded very fine	2 Tbsp.

Method

1. Using a mortar and pestle, pound the garlic, chili paste, and Thai bird's eye chile to a paste.
2. In a small mixing bowl, combine the paste with the fish sauce, hot water, lime juice, and sugar. Stir until the sugar has dissolved.
3. Ladle into serving bowls.
4. Garnish with the carrot on top.

ROAST PORK WITH RED THAI CURRY

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.
 Red Thai Curry (Recipe follows)	 3 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 the pork 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. Remove the pork from the oven. Transfer to a cutting board. Rest, 15 minutes.
8. Slice the pork. Serve with the Red Thai Curry.

RED THAI CURRY

Yield: 3 cups

Ingredients	Amounts
Oil, vegetable	¼ cup
Onion, yellow, small diced	1 cup
Garlic, minced	2 Tbsp.
Vegetarian Red Curry Paste (Recipe follows)	2 Tbsp.
Coconut, milk	2 ½ cups
Soy sauce, light	1 Tbsp.
Lime, juice, fresh	2 Tbsp.
Basil, Thai, leaves, fresh	15 ea.
Scallion (Green onion), sliced thinly	2 ea.
Lime, makrut, leaves, fresh, finely ... chiffonade	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a wok over medium heat. Add the onions. Cook until translucent but not browned, 3 minutes.
2. Stir in the garlic and Vegetarian Red Curry Paste. Cook until aromatic, about 1 minute.
3. Add the coconut milk. Reduce the heat and simmer the sauce until it lightly coats the back of a spoon (*nappé*).
4. Add the soy sauce, lime juice, Thai basil, scallions, and makrut lime leaves. Stir to combine.
5. Season with salt and pepper to taste.

VEGETARIAN RED CURRY PASTE

Yield: 1 cup

Ingredients	Amounts
Chile, red, dried, small	½ cup
Chile, New Mexico, dried, cut into pieces	8 ea.
Coriander, seeds	1 Tbsp.
Cumin, seeds	1 tsp.
Peppercorns, white, whole	½ tsp.
Garlic, clove	6 ea.
Shallot, sliced thinly	3 ea.
Lemongrass, sliced thinly	2 Tbsp.
Galangal, cut into ⅛-in. slices	1 Tbsp.
Lime, zest	1 tsp.
Lime, makrut, leaves, fresh, chopped	3 ea.
Cilantro, root, fresh, finely chopped	1 Tbsp.
Salt, kosher	1 tsp.

Method

1. Bring a small saucepan of water to a simmer over medium-high heat. Place the dried red and New Mexico chiles in a heatproof bowl. Pour the hot water over the dried chiles. Soak for 15 minutes. Remove the rehydrated chiles from the water. Reserve.
2. In a small skillet over medium heat, place the coriander, cumin, and peppercorns. Toast, tossing frequently, until fragrant, about 5 minutes. Remove from the heat. Cool.
3. Place the reserved spices in a spice grinder. Process to a fine powder. Reserve.
4. In a blender, place the garlic, shallot, lemongrass, galangal, lime zest, makrut lime leaves, cilantro, and salt.
5. Add the reserved rehydrated chiles and blended spice powder. Purée until a smooth paste is formed, 3 to 5 minutes. A small amount of water may be added to facilitate blending, if necessary.

ESPAGNOLE (BROWN) SAUCE

Yield: 1 quart

Ingredients	Amounts
Oil, vegetable	1 ½ Tbsp.
Onion, yellow, medium diced	2 wt. oz.
Carrot, medium diced	1 wt. oz.
Celery, medium diced	1 wt. oz.
Tomato, paste	1 ½ wt. oz.
Stock, veal, brown	1 ¼ qt.
Brown roux	4 ½ wt. oz.
Garlic, clove	1 ea.
Peppercorns, black, cracked	¼ tsp.
Thyme, sprigs, fresh	¼ tsp.
Parsley, flat-leaf, stems, fresh	2 ea.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For the mirepoix, heat the oil in a rondeau over medium heat. Add the onions. Sauté until translucent, about 3 minutes. Add the carrot and celery, continue to brown.
2. Add the tomato paste, mix to incorporate. Cook until it turns a rusty brown and has a sweet aroma, about 1 minute.
3. Add the stock. Bring it to a simmer.
4. Whisk the brown roux into the stock. Return to a simmer.
5. For the spice sachet (*sachet d'épices*), in the middle of a square of cheesecloth, place the garlic, peppercorns, thyme, parsley, and bay leaf. Gather the sides together to form a pouch and tie it closed with cooking twine.
6. Add the sachet to the stock. Simmer for 1 hour, skimming the surface as necessary.
7. Strain the sauce. Adjust seasoning with salt and pepper to taste. The sauce is ready to serve now, or it may be rapidly cooled and refrigerated for later use.

CHIMICHURRI

Yield: 6 portions

Ingredients	Amounts
Garlic, minced	2 Tbsp.
Salt, kosher	2 Tbsp.
Vinegar, wine, red	¼ cup
Oil, olive, extra virgin	2 Tbsp.
Shallot, finely chopped	¼ cup
Scallion (Green onion), finely chopped	¼ cup
Chile, aji, seeds and veins removed, minced	½ ea.
Oregano, leaves, fresh, chopped	1 cup
Parsley, flat-leaf, leaves, fresh, chopped	1 cup

Method

1. On a cutting board, place the garlic and salt. Mash it together into a paste using the broad side of a chef knife. Transfer the garlic paste to a non-reactive mixing bowl.
2. Add the vinegar, oil, shallot, scallion, chile, oregano, and parsley. Stir to combine.
3. Let the flavors macerate for at least 24 hours.

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.

TOMATO SAUCE

Yield: 2 quarts

Ingredients	Amounts
Oil, olive, extra virgin	2 ½ fl. oz.
Onion, yellow, diced	4 wt. oz.
Garlic, minced	2 tsp.
Tomato, plum (Roma), rinsed, cored, chopped	3 ½ lb.
Tomato, purée	10 fl. oz.
Basil, sweet, leaves, chopped	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the olive oil in a rondeau or wide shallow pot over medium heat. Add the onions. Cook, stirring occasionally, until light golden, 12 to 15 minutes.
2. Add the garlic. Sauté, stirring frequently, until aromatic, about 1 minute.
3. Add the tomatoes and tomato purée. Bring the sauce to a simmer. Turn down the heat to low. Simmer, stirring occasionally, until a sauce-like consistency develops, about 45 minutes.
4. Add the basil. Simmer for 3 minutes.
5. Adjust the seasoning with salt and pepper to taste.
6. If desired, for a finer consistency, transfer the sauce to a food mill fitted with a coarse disk.
7. The sauce is ready to serve now, or it may be cooled and stored.

Note: This recipe calls for a combination of plum tomatoes and tomato purée. However, good-quality fresh tomatoes may be used exclusively. Opinions may differ about peeling and seeding the tomatoes, but they must be rinsed and cored.

With canned tomatoes, it may be necessary to drain off some of the liquid if there is too much. Some chefs purée whole canned tomatoes in a food mill before preparing the sauce.

DRIED-CHILI SALSA ROJA

Yield: 2 ½ cups

Ingredients	Amounts
Chile, guajillo, wiped clean	2 ea.
Chile, chipotle, Morita, wiped clean	1 ea.
Chile, Pasilla, wiped clean	2 ea.
Chile, de arbol	2 ea.
Garlic, clove, unpeeled	1 ea.
Water, cold	½ cup
Salt, kosher	¾ tsp.
Onion, white, finely chopped	¼ ea.
Tomato, plum (Roma), diced, canned	14 ½ wt. oz.
Salt, kosher	as needed

Method

1. Heat a small, dry skillet over medium heat. Add the chiles and garlic. Cook, stirring frequently to prevent burning, until the garlic softens and the chiles are fragrant, about 2 minutes. Cool.
2. Remove the stems and discard about half the seeds from the chiles. Peel the garlic. Transfer to a blender.
3. Add the water and salt. Purée on high speed.
4. Add the onion and tomatoes. Blend on high speed until mostly smooth, about 2 minutes. Season with salt to taste.

Notes: Discard all the seeds for a milder salsa or keep them in for a very hot salsa. If you are unsure how much heat you want, set the seeds aside and blend in a spoonful at a time until you reach your preferred level. If dried chipotle peppers are not available, you can use canned chipotles instead. Add it to the blender with the peppers and garlic in step 2. The salsa will keep, covered and refrigerated, for up to 4 days.

JALAPEÑO-CILANTRO BUTTER

Yield: 4 portions

Ingredients	Amounts
Butter, unsalted, softened	¼ lb.
Cilantro, leaves, 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.

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, melt 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 frequently, 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. 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.

TOMATO-OLIVE RAGÙ

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	1/3 cup
Onion, yellow, minced	1 cup
Garlic, clove, minced to a 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. Heat the oil in an oven-proof skillet over medium heat. Add the onion, garlic, capers, and anchovies. Sauté, stirring frequently, until the onion is light brown, 8 to 10 minutes.
2. Add the tomatoes. Sauté, stirring frequently, until the tomatoes are very soft, 10 to 20 minutes.
3. Add the olives and oregano. Sauté for 2 to 3 minutes.
4. Season with salt and pepper to taste.

CILANTRO AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts	
Cilantro, leaves, fresh	1	cup
Chile, jalapeño, with seeds	1	ea.
Lemon, juice, fresh	2	Tbsp.
Cashews, unsalted	½	cup
Cumin, ground	½	tsp.
Yogurt, whole, plain	½	cup
Salt, kosher	1	tsp.
Pepper, black, ground	1	tsp.

Method

1. Combine all the ingredients in a blender. Purée to a fine paste.
2. If necessary, add more yogurt to facilitate blending.
3. Adjust the seasonings to taste.

Note: The bright green color dulls quickly so prepare and use right away. For added heat, a serrano chile can be substituted for the jalapeño.

RASPBERRY COULIS

Yield: 32 fluid ounces

Ingredients	Amounts
Raspberries (fresh or frozen)	2 lb.
Sugar	10-16 oz.
Lemon, juice, fresh	2 fl. oz.

Method

1. Combine the raspberries, 8 oz. of the sugar, and 1 fluid ounce of the lemon juice in a saucepan over medium heat. Simmer, stirring, until the sugar has dissolved, about 10 minutes.
2. Strain the coulis through a fine-mesh sieve.
3. Add sugar and/or lemon juice to taste, if necessary.

Variations:

Strawberry Coulis: Substitute fresh or frozen strawberries for the raspberries.

Kiwi Coulis: Substitute kiwi purée for the raspberries.

Mango Coulis: Substitute chopped mango for the raspberries.

Note: If desired, a slurry made of 2 fluid ounces water and 1 ounce cornstarch (per 32 fluid ounces of coulis) can be added to the sauce to thicken it. Bring the coulis to a boil, gradually whisk in the slurry, and bring back to a boil. Cool.

BÉCHAMEL SAUCE

Yield: 2 quarts

Ingredients	Amounts
Butter, unsalted, clarified	1 fl. oz.
Onion, yellow, minced	1 wt. oz.
White Roux (Recipe follows)	½ lb.
Milk, whole	2 ¼ qt.
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, whole, freshly grated (Optional)	to taste

Method

1. Heat the butter in a medium saucepot over medium heat. Add the onions. Turn down the heat to low. Sauté, stirring frequently, until the onions are tender and translucent, 6 to 8 minutes.
2. Add the roux. Cook until very hot, about 2 minutes.
3. Add the milk gradually, whisking to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning to taste with salt, pepper, and nutmeg.
5. Strain through a double thick cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

Variation: Cream Sauce

Add ½ pint heated heavy cream to the finished béchamel. Simmer to a good flavor and consistency.

WHITE ROUX

Yield: 1 pound

Ingredients	Amounts
Oil, vegetable	8 wt. oz.
Flour, all-purpose	12 wt. oz.

Method

1. Heat the oil in a rondeau over medium heat.
2. Add the flour all at once. Cook over low heat, stirring constantly, until the roux is pale ivory, about 8 minutes.

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. Melt 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 the egg yolks. Add the hot sauce. Blend well and return the yolk mixture to the pan.
6. Stir in the cheese, blend well. Keep warm until serving.

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

LIME-CHILE BUTTER

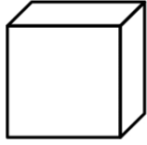
Yield: 1 cup

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, ground	1 ½ tsp.
Cumin, ground	¼ tsp.
Worcestershire sauce	¼ tsp.
Tabasco sauce	to taste
Garlic, powder	to taste
Onion, powder	to taste

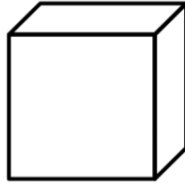
Method

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. Seal the wrap around the butter. (See Chef demo.)
4. Chill in the refrigerator until it is firm enough to slice.

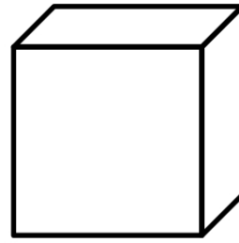
BASIC KNIFE CUTS



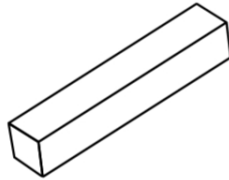
Small Dice
1/4" cube



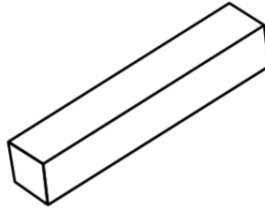
Medium Dice
1/2" cube



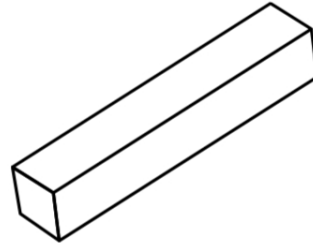
Large Dice
3/4" cube



Fine Julienne
1/16" sq x 2 inch



Julienne
1/8" sq x 2 inch



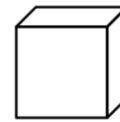
Batonnet
1/4" sq x 2 inch



Mince
<1/16" cube



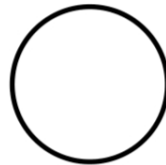
Chop
1/8"-1/4" cube



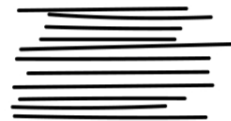
Brunoise
1/8" cube (fine dice)



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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