

Velouté Sauce

THE SAUCE AND GRAVY



CHANNEL



<https://youtu.be/-py1CeU3r9E>

Makes about 2 cups (500 ml)

Velouté sauce is one of the five classic French mother sauces. This silky-smooth white sauce is made with a simple blonde roux and stock, creating a rich, velvety sauce that pairs beautifully with chicken, turkey, veal, fish, or vegetables. Once you learn this classic sauce, you can use it as the base for countless other sauces and dishes.

Ingredients

3 tbsp (45 g) unsalted butter

1/4 tsp (1.5 g) salt

3 tbsp (30 g) all-purpose flour

1/4 tsp (0.5 g) white pepper

2 cups (500 ml) chicken stock (or turkey stock, white veal stock, fish stock, or vegetable stock)

To Make the Sauce

Add the butter to a saucepan over medium heat and melt it gently without browning.

Whisk in the flour and cook for about 2 minutes, stirring constantly to create a blonde roux. Do not let the roux brown.

Slowly whisk in the stock until smooth and lump free.

Bring the sauce to a gentle simmer over medium heat. Skim off any foam or impurities from the top for a smoother sauce.

Reduce the heat to low and simmer for about 15 minutes or until the sauce reaches your desired thickness.

Season with salt and white pepper and stir well.

Strain the sauce through a fine sieve for an extra silky-smooth finish.

Tips & Substitutions

Chicken stock creates a classic velouté sauce, but turkey, fish, veal, or vegetable stock all work beautifully depending on what you are serving.

Adding a cool stock to a hot roux or vice versa hot stock into a cool roux helps prevent lumps and creates a smoother sauce.

A properly cooked roux will turn slightly pale and give off a light toasted aroma instead of smelling like raw flour.

For a richer sauce, finish with a small splash of cream.

Velouté sauce is the base for many classic French sauces including Sauce Suprême and Sauce Allemande.