

BROWN SAUCE



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1 cup onions, diced

$\frac{1}{2}$ cup carrots, diced

$\frac{1}{2}$ cup celery, diced

2 oz clarified butter

2 oz all-purpose flour

6 cups brown stock

$\frac{1}{4}$ cup tomato purée

For Sachet:

1 bay leaf

$\frac{1}{2}$ tsp dried thyme

3-4 fresh parsley stems

In a heavy-bottomed saucepan, melt the butter over a medium heat until it becomes frothy.

Add the Mirepoix (onions, celery, and carrots) and sauté for a few minutes until it's lightly browned. Don't let it burn, though.

With a wooden spoon, stir the flour into the mirepoix a little bit at a time, until it is fully incorporated and forms a thick paste or roux. Lower the heat and cook the roux for another five minutes or so, until it's light brown. Don't let it burn! The roux will have a slightly nutty aroma at this point.

Using a wire whisk, slowly add the stock and tomato purée to the roux, whisking vigorously to make sure it's free of lumps.

Bring to a boil, lower heat, add the sachet and simmer for about 50 minutes or until the total volume has reduced by about one-third, stirring frequently to make sure the sauce doesn't scorch at the bottom of the pan. Use a ladle to skim off any impurities that rise to the surface.

Remove the sauce from the heat and retrieve the sachet. For an extra smooth consistency, carefully pour the sauce through a wire mesh strainer lined with a piece of cheesecloth.

Serve hot. If not serving the sauce right away, keep it covered and warm until you're ready to use it.

Bron: culinaryarts

Foto: Wian swart se nota:

Ek het dit so bietjie aangepas, het 'n halwe koppie rooiwyn bygegooi en so bietjie meer wortels ingesit. Nie die kruie gebruik nie, want die sous het dit klaar ingehad.