Lesson 1 - Level 2

Stocks and Sauces

View PowerPoint and answer questions

Chef Lewis - lewisch@wallenpaupack.org
True/False

1. Chicken and fish bones must be blanched before being used to make stock.
2. It is common to add tomatoes when you are making brown stock.
3. The major difference between making brown stock and making white stock is browning the bones and mirepoix.
4. Gelatin extracted from bones is an important component of a good stock because it gives the stock body.
5. When you are making stock, it is all right to let it boil hard as long as you have skimmed it carefully.
6. Bones to be used in brown stocks should be rinsed or blanched before being used.
7. Strained, hot stock should be placed in the refrigerator immediately, so that it will cool.
8. Most vegetable stocks should be cooked for 1 1/2 to 2 hours.
9. If properly refrigerated, stocks will keep for 2 to 3 weeks.
10. It is not necessary to have a roux and a liquid at the same temperature when they are combined.
11. A brown roux is made the same way as a white roux except it is cooked longer.
12. Raw butter is sometimes added to a sauce to enrich it.
13. Because lemon juice makes sauce curdle it is rarely used as a seasoning for sauces.
14. Espagnole is made by combining equal parts demi-glace and brown stock and reducing it by half.
15. A Small Sauce is made by adding one or more flavoring ingredients to a Leading Sauce.
16. Black butter is clarified butter heated until it is black in color.
17. Because of the danger of food poisoning, Hollandaise Sauce must be held at 180°F (82°C).
18. In the production of Béarnaise Sauce, melted butter is beaten very slowly into egg whites.
19. The main difference between pan gravy and jus is that jus is not thickened with roux.

In the following chart, fill in the names of the five Leading Sauces, the liquid on which the sauce is based, and the thickening agent.

<table>
<thead>
<tr>
<th>Leading Sauce</th>
<th>Liquid</th>
<th>Thickening Agent</th>
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Multiple Choice

Note: For questions involving units of weight and volume measure, metric versions are given separately.

25. To make a gallon of white stock, you need:
   (a) 1 gallon of water, 2-3 lb. bones, 1 lb. mirepoix.
   (b) 5-6 qt. water, 5-6 lb. bones, 1 lb. mirepoix.
   (c) 5-6 qt. water, 2-3 lb. bones, 1 lb. mirepoix.
   (d) 1 gallon of water, 4 lb. bones, 2 lb. mirepoix.

**Metric:** To make 4 liters of white stock, you need:
   (e) 4 liters of water, 1-1.5 kg bones, 500 g mirepoix.
   (f) 5-6 L water, 2.5-3 kg bones, 500 g mirepoix.
   (g) 5-6 L water, 1-1.5 kg bones, 500 g mirepoix.
   (h) 4 L water, 2 kg bones, 1 kg mirepoix.

26. Some of the herbs most frequently used in a sachet for stocks include:
   (a) Thyme, parsley, bay leaf.
   (b) Parsley, basil, sachet.
   (c) Thyme, tarragon, bay leaf.
   (d) Sage, cloves, peppercorns.
   (e) All of the above.

27. Recommended simmering time for beef and veal stock is:
   (a) 1-3 hours.
   (b) 3-4 hours.
   (c) 6-8 hours.
   (d) 10-12 hours.

28. Recommended simmering time for fish stock is:
   (a) 15-20 minutes.
   (b) 30-45 minutes.
   (c) 1-2 hours.
   (d) 2-3 hours.

29. Chicken stock should be simmered for about:
   (a) 30-60 minutes.
   (b) 1-2 hours.
   (c) 3-4 hours.
   (d) 6-8 hours.
   (e) none of the above.

30. The technique used to make meat glaze from stock is called:
   (a) straining.
   (b) viande.
   (c) reduction.
   (d) dilution.
   (e) tempering.
31. To make a white roux with 8 oz. of clarified butter, you will need:
   (a) 8 oz. flour.
   (b) 4 oz. flour.
   (c) 1 cup flour.
   (d) 2 cups cornstarch.

   Metric: To make a white roux with 250 g of clarified butter, you will need:
   (e) 250 g flour.
   (f) 125 g flour.
   (g) 250 mL flour.
   (h) 500 mL cornstarch.

32. A thickening agent made of the same ingredients as roux but made without cooking is:
   (a) slurry.
   (b) whitewash.
   (c) beurre manié.
   (d) liaison.

33. Sauces that are to be frozen should be thickened with:
   (a) cornstarch.
   (b) either cornstarch or roux.
   (c) waxy maize.
   (d) arrowroot.

34. A liaison is added to a sauce:
   (a) at the beginning of the cooking process:
   (b) at the end of the cooking process:
   (c) at any time during cooking:
   (d) just before the sauce is reduced.

35. The process of reduction may be used in sauce making for the purpose of:
   (a) concentrating the sauce.
   (b) correcting the texture of a sauce.
   (c) concentrating flavoring ingredients to be added to a sauce.
   (d) all of the above.

36. If you start with 1 pint of white wine and reduce it au sec, you will have,
   (a) 1/2 pint of liquid.
   (b) 4 ounces of liquid.
   (c) 5 1/3 ounces of liquid.
   (d) none of the above.

   Metric: If you start with 500 mL of white wine and reduce it au sec, you will have:
   (e) 250 mL of liquid.
   (f) 125 mL of liquid.
   (g) 165 mL of liquid.
   (h) none of the above.
37. Compound butter is:
   (a) raw butter mixed with flavoring ingredients.
   (b) brown butter mixed with flavoring ingredients.
   (c) another name for clarified butter.
   (d) a mixture of equal parts raw butter and flour.

38. The ratio of egg to butter in Hollandaise is approximately:
   (a) 2 egg yolks per pound (450 g) of clarified butter.
   (b) 6 egg yolks per pound (450 g) of clarified butter.
   (c) 9 egg yolks per pound (450 g) of clarified butter.
   (d) none of the above.

39. Which of the following sentences are you least likely to encounter as you read the introduction to a book on stocks and sauces written by an expert on these subjects?
   (a) The French word for stock is fond, which means foundation or base.
   (b) In classical cuisine, one of the basic skills is the ability to prepare good stocks.
   (c) A good stock is the foundation of soups, sauces, and most braised foods and stews.
   (d) Stock production is as important today in today’s kitchens as it was 100 years ago in French kitchens.

40. Stock preparation has lost much of its importance in modern kitchens because
   (a) more food today is served without sauces
   (b) the reliance on portion-cut meat has made bones a rarity in many modern kitchens
   (c) stock preparation requires extra labor, which most modern restaurants are unable to provide
   (d) all of the above

41. In which of the following ways has stock production been simplified since the days of Escoffier?
   (a) Stocks are cooked for a shorter time.
   (b) The number and variety of ingredients in stocks have been simplified.
   (c) Chefs no longer bother to tie their vegetables for a stock into a bundle.
   (d) all of the above

42. The definition of a stock contains all of the following components except
   (a) liquid
   (b) thickened
   (c) clear and thin
   (d) flavored by soluble substances

43. A stock may be flavored by cooking
   (a) vegetables
   (b) herbs and spices
   (c) meat, poultry, or fish bones
   (d) all of the above
44. Which of the following statements is true about stock ingredients?
   (a) All stocks derive their flavor from bones.
   (b) Bones from lean white ocean fish make the best fish stock.
   (c) Fumet is a flavorful veal stock often made with wine.
   (d) The color of a brown stock comes from a well cooked roux.

45. __________ gives body to a stock.
   (a) Wine
   (b) Gelatin
   (c) Mirepoix
   (d) A bouquet garni or sachet

46. If we want stock to have as much body as possible, we will use __________.
   (a) whole bones
   (b) knuckle bones
   (c) bones from older animals
   (d) all of the above

47. When Rico chilled his stock, it didn't solidify like the stocks of the other students in his class. Apparently, Rico's stock contains less __________ than his classmates' stocks.
   (a) meat
   (b) gelatin
   (c) acid products
   (d) carrots and more onions and celery

48. If a stock is flavored with meat instead of bones, it is known as a __________.
   (a) soup
   (b) broth
   (c) sauce
   (d) mirepoix

49. A standard mirepoix contains all of the following vegetables except __________.
   (a) celery
   (b) onions
   (c) carrots
   (d) potatoes

50. The standard proportions of ingredients in mirepoix are ________.
   (a) 50% onions, 25% celery, and 25% carrots
   (b) 25% onions, 50% celery, and 25% carrots
   (c) 25% onions, 25% celery, and 50% carrots
   (d) none of the above

51. Which set of words completes the following sentence correctly? When we prepare a white mirepoix, we substitute __________ for __________.
   (a) potatoes, celery
   (b) parsnips, carrots
   (c) light roux, dark roux
   (d) fish or chicken, beef or veal
52. Which of the following is least likely to be found in a bouquet garni?
   (a) leek
   (b) celery
   (c) cloves
   (d) parsley stems

53. Which of the following is least likely to be found in a sachet?
   (a) garlic
   (b) dried thyme
   (c) peppercorns
   (d) bay leaf

54. Which set of words completes the following sentence correctly? The ingredients in a __________ are __________.
   (a) mirepoix, contained in a cheesecloth bag
   (b) bouquet garni, tied in a bundle
   (c) sachet, cut into small pieces and browned before they are added to a stock
   (d) none of the above

55. The correct proportion of basic ingredients in a stock is _____% bones, _____% mirepoix, and _____% water.
   (a) 10, 80, 100
   (b) 80, 10, 100
   (c) 100, 10, 80
   (d) 80, 100, 10

56. To prepare a brown stock, we use all of the following except __________.
   (a) wine
   (b) bones
   (c) mirepoix
   (d) tomato product

57. To prepare a fish stock, we use all of the following except __________.
   (a) wine
   (b) bones
   (c) mirepoix
   (d) tomato product

58. If we want vegetable stock to be as clear as possible, then we should not use __________.
   (a) potatoes
   (b) winter squash
   (c) sweet potatoes
   (d) all of the above
59. Which of the following statements is true about vegetable stocks?
(a) The best times for cooking vegetable stocks are between 30 and 45 minutes.
(b) Brussels sprouts, cauliflower, and artichokes produce a stock with a mild flavor and odor.
(c) Unless green, leafy vegetables (such as spinach) are cooked for a long time, they develop an unpleasant flavor.
(d) Sweating vegetables in a small amount of oil or butter before adding them to water gives them a sharper, more distinct flavor.

60. The purpose of blanching bones before using them to make a stock is to __________.
(a) kill bacteria
(b) rid them of impurities that cause cloudiness
(c) soften them so that they will release more flavor
(d) all of the above

61. Which of the following is a correct step in the production of a stock?
(a) Starting stock with hot water to speed up the extraction process.
(b) Carefully skimming the scum that rose to the surface of her stock to keep it clear.
(c) Cooling stock slowly so it would not become contaminated with bacteria.
(d) Simmering fish stock for 5 hours to extract the full flavor from the bones.

62. Which set of words completes the following sentence correctly? __________ bones should be simmered for approximately __________.
(a) Fish, 6 to 8 hours
(b) Chicken, 3 to 4 hours
(c) Beef and veal, 30 to 45 minutes
(d) none of the above

63. Flavored oils should be refrigerated because
(a) the flavor develops better under refrigeration.
(b) botulism could develop in unrefrigerated flavored oils.
(c) the oil will become rancid if left at room temperature.
(d) None of the above. Flavored oils are best stored at room temperature.

64. Stock will keep for __________ if properly refrigerated.
(a) 2 to 3 days
(b) 1 week
(c) 2 to 3 weeks
(d) indefinitely

65. The difference between brown stocks and white stocks is that __________.
(a) the bones and mirepoix in a brown stock are browned
(b) the bones in a brown stock are larger and from older animals
(c) a brown stock is simmered for a shorter time than a white stock
(d) a white stock is started in hot water and a brown stock is started in cold water
66. You would be required to deglaze a pan if you were making a __________ stock.
   (a) fish
   (b) white
   (c) brown
   (d) all of the above

67. Which of the following statements is true about reduction?
   (a) Reduction takes place during the venting process.
   (b) A reduced stock has more body than a non-reduced stock
   (c) A stock is reduced to decrease the amount of gelatin it contains.
   (d) Reduction takes place when the flavor of an overly strong stock is reduced by the addition of water or wine.

68. Which of the following statements is a correct answer to the following question?
   "Describe one characteristic or use of a glaze or glace?"
   (a) If you add water to a glaze, it will taste exactly like the stock from which it was reduced.
   (b) A glace is often used in the preparation of desserts requiring multiple layers and complex frostings.
   (c) It is necessary to add only a small amount of a glaze to most recipes because glazes are so concentrated.
   (d) A glaze and a glace are not the same. A glaze is used as a topping and a glace is used as a flavor enhancer.

69. Which of the following is paired correctly?
   (a) meat glaze → glace de viande
   (b) fish glaze → glace de poisson
   (c) chicken glaze → glace de volaille
   (d) all of the above

70. A sauce adds __________ to foods.
   (a) moistness
   (b) flavor and richness
   (c) appearance, interest, and appetite appeal
   (d) all of the above

71. Which of the following is not one of the three main categories of ingredients of a sauce?
   (a) liquid
   (b) mirepoix
   (c) thickening agent
   (d) additional seasonings and flavorings

72. A sauce should do all of the following except __________.
   (a) work like a seasoning
   (b) accent the flavor of food
   (c) enhance the flavor of food
   (d) dominate the food it accompanies
73. The most frequently used sauces are based on _________.
   (a) bases
   (b) glaces
   (c) stocks
   (d) reductions

74. Which Leading or Mother Sauce is paired incorrectly with its liquid ingredient?
   (a) Béchamel → milk
   (b) Velouté → white stock
   (c) Hollandaise → clarified butter
   (d) Espagnole → tomato plus white stock

75. Which of the following statements is false?
   (a) A good roux should be stiff, not runny or pourable.
   (b) A roux is a cooked mixture of two parts fat and one part flour.
   (c) The finest roux-based sauces use clarified butter as their fat ingredient.
   (d) A roux will change color—from white, to blond, and finally to dark—the longer it is cooked.

76. Which of the following statements is true?
   (a) Roux in another name for beurre manié.
   (b) When combining a liquid and a roux, the roux may be cold or warm.
   (c) Flour is often browned so that it has greater thickening power in a roux.
   (d) Shortening can be used in place of butter to avoid a sauce that produces a "fuzzy" feeling in the mouth.

77. Which of the following may be used to thicken sauces?
   (a) roux and beurre manié
   (b) reduction
   (c) starches
   (d) all of the above

78. To reduce a red wine reduction au sec means to reduce it until it is _________.
   (a) dry or nearly dry
   (b) only half its former volume
   (c) only three-fourths of its former volume
   (d) clearly more flavorful than before it was reduced

79. The purpose of deglazing a pan is to _________.
   (a) dissolve particles of cooked food remaining on the bottom of the pan
   (b) give an attractive shine to the product that has been cooked in the pan
   (c) remove the glace that remains in the pan before it begins to lose its flavor
   (d) sanitize it so that it can be used to make another sauce without having to wash it

80. Which of the following Leading Sauce → thickening agent combinations is correct?
   (a) Velouté → heavy cream
   (b) Hollandaise → egg yolks
   (c) Béchamel → brown roux
   (d) Espagnole → white or blond roux
81. Which of the following Leading Sauce → liquid combinations is incorrect?
(a) Béchamel → milk
(b) Hollandaise → butter
(c) Velouté → white stock
(d) Espanole → tomato sauce

82. Liquid + thickening agent = __________.
(a) Small Sauce
(b) Leading Sauce
(c) Main Small Sauce
(d) Secondary Leading White Sauce

83. Leading Sauce + additional flavorings = __________.
(a) Small Sauce
(b) Leading Sauce
(c) Main Small Sauce
(d) Secondary Leading White Sauce

84. Demi-glace __________.
(a) has been reduced by half
(b) is a well flavored brown sauce
(c) has been thickened with roux or cornstarch or left unthickened
(d) all of the above

85. Which set of words completes the following sentence correctly? If you want to make __________ Sauce, you should begin with __________ Sauce.
(a) Mornay, Tomato
(b) Creole, Béchamel
(c) Bordelaise, Espagnole or Demi-Glace
(d) Normandy, Brown Stock

86. Which of the following is not a standard of quality for sauces?
(a) flavor
(b) piquancy
(c) appearance
(d) consistency and body

87. Which of the following is not an ingredient in the plain Béchamel Sauce that is used today?
(a) milk
(b) flour
(c) stock
(d) butter

88. Velouté Sauce can be made with __________ stock.
(a) fish
(b) chicken
(c) white veal
(d) all of the above
89. Which of the following lists contains a sauce that is not a small sauce?
   (a) Poulette, Aurora, Shrimp, Ivory (Albufera)
   (b) Normandy, Anchovy, Hungarian, Venetian
   (c) Curry, Mushroom, Bercy, Herb, Horseradish
   (d) none of the above

90. Espagnole or Brown Sauce is __________.
   (a) given flavor and richness with mirepoix
   (b) more complicated to make than Béchamel or Velouté Sauce
   (c) the starting point for the hearty, flavorful sauces that accompany red meat
   (d) all of the above

91. Fond Lié is __________.
   (a) the same as demi-glace
   (b) considered a small sauce
   (c) the foundation for tomato coulis
   (d) a brown stock thickened lightly with cornstarch

92. Small sauces (such as Bordelaise, Robert, Charcutière, and Chasseur) are made by adding ingredients such as wine, onion, pickles, or mushrooms to __________.
   (a) Fond Lié
   (b) Demi-glace
   (c) Tomato Sauce
   (d) clarified butter

93. Which of the following small sauces is paired correctly with its distinguishing ingredient?
   (a) Bordelaise → blanched beef marrow
   (b) Charcutière → truffles
   (c) Lyonnaise → mushrooms
   (d) Marchand de Vin → white wine

94. If we add onion, celery, green pepper, garlic, lemon rind, thyme, and a bay leaf to a sauce pan of Tomato Sauce, then we is making __________ Sauce.
   (a) Creole
   (b) Spanish
   (c) Perigueux
   (d) Portugaise

95. A purée of vegetables or fruits used as a sauce is known as a __________.
   (a) coulis
   (b) jus lié
   (c) Beurre Blanc
   (d) Beurre Rouge
96. The process of clarifying butter removes its __________.
   (a) water  
   (b) butterfat  
   (c) milk solids  
   (d) both a and c

97. A compound butter is made by __________.
   (a) whipping butter, vinegar, and wine together  
   (b) browning butter until its water and milk solids evaporate  
   (c) softening raw butter and mixing it with a flavoring ingredient  
   (d) adding coulis to a combination of clarified butter and red or white wine

98. Meunière Butter is served over __________
   (a) fish  
   (b) beef  
   (c) chicken  
   (d) vegetable

99. Which of the following is not one of the four ingredients in Maître d'Hôtel Butter?
   (a) butter  
   (b) lemon juice  
   (c) black pepper  
   (d) chopped parsley

100. An emulsion is a(n) __________.
   (a) uniform mixture of two unmixable liquids  
   (b) mixture that has been boil, cooled, and the boiled again  
   (c) solid ingredient thoroughly mixed into a liquid ingredient  
   (d) liquid that has enough body to stick to the back of a spoon

101. Which of the following statements is true about Hollandaise Sauce?
   (a) The egg in Hollandaise thickens by coagulation.  
   (b) The classic version of Hollandaise is flavored only with lemon juice.  
   (c) An advantage of Hollandaise is its high holding temperature that discourages the growth of bacteria and allows it to be kept at serving temperature for several hours.  
   (d) none of the above

102. Which of the following instructions about making Hollandaise Sauce is not correct?
   (a) If your sauce curdles, try adding a teaspoon of water and beating vigorously.  
   (b) Make sure your peppercorn, salt, and vinegar reduction is cooled before you add the beaten egg yolks.  
   (c) Use the freshest eggs possible, and beat their yolks in a round-bottomed stainless steel bowl containing your reduction over hot water.  
   (d) Have your clarified butter as hot as possible, add it all at once to your egg yolk and reduction mixture in the bowl, and whip vigorously.
In the first blank after the name of each Small Sauce, place the letter corresponding to the Leading Sauce it is made from. In the second blank, write the letter of the main flavoring ingredient(s).

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<tr>
<th>Small Sauce</th>
<th>Leading Sauce</th>
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<tbody>
<tr>
<td>Cream Sauce</td>
<td>A c</td>
<td>a) White wine</td>
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<tr>
<td>103. Bordelaise Sauce</td>
<td>A</td>
<td>b) Onion, celery, green pepper, garlic</td>
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<td>104. Mousseline Sauce</td>
<td>B</td>
<td>c) Heavy cream</td>
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<td>105. Suprême Sauce</td>
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<td>d) Whipped cream</td>
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<td>106. White Wine Sauce</td>
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<td>e) Reduction of red wine, shallots, pepper, herbs</td>
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<td>107. Mushroom Sauce</td>
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<td>f) Madeira wine</td>
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<td>108. Charcutière Sauce</td>
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<td>g) Cheese</td>
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<td>109. Allemande Sauce</td>
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<td>h) Reduction of white wine and onion</td>
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<td>i) Liaison, lemon juice</td>
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<td>j) Mushrooms</td>
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<td>112. Mornay Sauce</td>
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<td>k) Reduction of shallots, mushrooms, and vinegar</td>
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