CHAPTER 13

Sauces, Marinades, Rubs, and Seasonings

A sauce serves to complement an entree, vegetable, or dessert. It may be used as a binding agent to hold foods together or as a topping. Sauces add richness, moistness, color, and form to foods and may enhance or offer contrast in flavor or color to foods they accompany. Marinades, rubs, and seasoning blends add flavor to entrees and vegetables. They may be used also to tenderize.

ENTREE AND VEGETABLE SAUCES

Basic to many sauces is a roux, which is a cooked mixture of fat and flour, usually equal parts by weight. A roux may range from white, in which the fat and flour are cooked only for a short time, to brown, cooked until it is light brown in color and has a nutty aroma. The amount of browning will influence both the flavor and color characteristics of the sauce. Calories may be lowered by eliminating the fat and making the sauce with a starch thickener, such as flour or cornstarch, mixed with a cold liquid (stock or milk).

Other starch thickening agents commonly used in sauces are arrowroot, cornstarch, pregelatinized or instant starch, and waxy maize. Waxy maize is preferred for sauces that will be frozen because it will not break and separate as easily as other starches. When reheated, products containing waxy maize are smoother than those with cornstarch. Egg yolks have a slight thickening power and are used for some sauces. When egg yolks are cooked to too high a temperature, or held too long, the egg protein will coagulate and cause a curdled effect.

Most meat and vegetable sauces are modifications of the basic recipes: white sauce, blond sauce, brown sauce, red sauce, and butter sauces.

- *White Sauce* (p. 561), made with a roux of fat and flour and with milk as the liquid, has many uses in quantity food preparation, as a sauce with vegetables, eggs, and fish and as an ingredient in many casseroles. A White Sauce Mix (p. 560), combining flour, fat, and nonfat dry milk, may be made and stored in the refrigerator until needed. Water and seasonings are added when the mixture is to be used. Béchamel Sauce (p. 562) is a white sauce that uses milk and chicken stock as the liquid and, with its variations, usually is served with poultry, seafood, eggs, or vegetables.
- *Blond sauces* are made from a roux that is cooked a little longer than the white sauce, just until the roux begins to brown. Velouté Sauce (p. 562) is a blond sauce that uses chicken, veal, or fish broth as its liquid.
- *Brown Sauce* (p. 565) is made with a well-browned roux, and beef stock as the liquid. Brown Sauce is used with meat.
- *Red sauces* (pp. 567, 572–575) include tomato as a primary ingredient. These sauces are generally used with meat and pasta.
- *Butter sauces* (pp. 582, 589–590) are used with vegetables, fish, meats, and egg dishes.

Some sauces use chicken, beef, or vegetable stock as part or all of the liquid. Recipes for stocks are on pp. 598–600. A broth made with a high-quality commercial stock base can be substituted for the chicken or beef stock called for in sauces, but the salt in the recipe may need to be adjusted if the base is highly seasoned.

Sauces made from concentrated canned soups are time-saving and may be used effectively in many items. Undiluted canned cream soups such as chicken, mushroom, celery, and cheese, or tomato soup may be used alone or in combination. If the soup is too thick, a small amount of milk or chicken or meat stock may be added. Two soups may be combined for a special flavor effect, or pimiento, green pepper, almonds, curry powder, or other ingredients may be added for variety.

DESSERT SAUCES

Dessert sauces serve as both a garnish and a basic ingredient for many desserts. The choice of sauce should complement the dessert in both color and flavor. Most dessert sauces are added shortly before serving.

MARINADES, RUBS, AND SEASONINGS

Marinades are used to flavor and tenderize meats, poultry, and fish and to flavor raw or cooked vegetables. The less tender cuts of meat should be marinated at least 2 hours. Pork, chicken, and the more tender cuts of beef often are basted before and during cooking; however, they do not need to stand in the marinade. Rubs and other seasonings add flavor and can be used to provide an ethnic or regional flavor profile to foods. See Appendix B for suggestions for using herbs and spices

ENTREE AND VEGETABLE SAUCE RECIPES

WHITE SAUCE MIX

Yield: 13 lb 8 oz mix

Ingredient	*Amount*	*Procedure*
Flour, all-purpose	3 lb	Blend flour and milk in 60-qt mixer bowl.
Nonfat dry milk	6 lb	
Shortening	2 lb 4 oz	Using pastry knife or flat beater, blend fats with dry ingredients until mixture is crumbly, scraping sides of bowl occasionally.
Margarine	2 lb 4 oz	Store in covered containers in the refrigerator.
To Prepare 1 Gallon of White Sauce		
Water	3¼ qt	Heat water and salt to boiling point.
Salt	1 oz (1½ Tbsp)	
White sauce mix		Add mix for sauce of desired thickness. Stirring with wire whip, continue cooking until thickened.
Thin	1 lb 12 oz	
Medium	2 lb 4 oz	
Thick	2 lb 14 oz	

WHITE SAUCE

Yield: 1 gal

	Ingredients				
Consistency	*Milk*	*Flour, all-purpose*	*Margarine or butter*	*Salt*	*Uses*
Thin	4 qt	6 oz	6 oz	1 oz	Cream soups
Medium	4 qt	8 oz	8 oz	1 oz	Creamed foods, gravy
Thick	4 qt	12 oz	12 oz	1 oz	Soufflés

Notes

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- 1 lb nonfat dry milk and 3¾ qt cool water may be substituted for fluid milk. Combine dry milk and water and whip until smooth. Heat to scalding (185°F). Add, while stirring, roux made of margarine and flour. Cook on low heat, stirring as necessary, until thickened.
- 1 oz salt equals 1½ Tbsp.
- **Method 1.** Melt margarine, remove from heat. Add flour and salt. Stir until smooth. Cook 5–10 minutes. Add milk gradually, stirring constantly with wire whip. Cook and stir as necessary until smooth and thick, about 15 minutes.
- **Method 2.** This method is used for making quantities larger than 4 qt. Make a roux by melting margarine, adding flour, and cooking and stirring until smooth. Add one-fourth of the milk and beat with wire whip until smooth. Gradually add remaining milk while stirring. Cook until smooth and thickened, about 15 minutes.
- **Method 3.** Combine flour with one-fourth of the milk. Heat remaining milk. Add milk-flour paste, using wire whip. Cook to desired consistency, then add margarine and salt.
- **Method 4.** This method uses a steamer. Make a paste of flour and margarine. Add cold milk until mixture is the consistency of cream. Heat remaining milk. Add flour and margarine mixture, stirring constantly with wire whip. Place in steamer until flour is cooked; if necessary, stir once during cooking.

Variations To be used with 1 gallon medium white sauce:

- **À la King Sauce.** Add 12 oz chopped green pepper, 12 oz sliced mushrooms, sautéed, and 1 lb chopped pimiento. Combine with cubed chicken, meats, seafood, vegetables, or hard-cooked eggs.
- **Bacon Sauce.** Add 1 lb 8 oz cooked chopped bacon. Use bacon fat in making the sauce. Combine with eggs or vegetables in scalloped dishes.
- **Cheese Sauce.** Add 3 lb sharp cheddar cheese, shredded or ground, 2 Tbsp Worcestershire sauce, and a few grains of cayenne pepper. Serve on fish, egg dishes, soufflés, and vegetables. Worcestershire sauce and cayenne pepper may be omitted for a milder sauce.
- **Cheese Broccoli Sauce.** Steam 2 lb 8 oz broccoli florets until tender-crisp. Carefully stir into Cheese Sauce. Serve 4 oz sauce ladled over baked potato.
- **Cheese Sandwich Sauce (American or Cheddar).** Prepare 2 qt (half recipe) Thick White Sauce. Add ¼ cup dry mustard and 1 tsp white pepper with the flour. When sauce has thickened, stir in 2 lb shredded sharp cheese and ½ tsp hot pepper sauce. Ladle 1½ oz sauce over meat in sandwich.
- **Cheese Sandwich Sauce (Swiss).** Prepare 2 qt (half recipe) Medium White Sauce. Reduce margarine to 6 oz. After sauce has thickened, add 2 lb shredded Swiss cheese and stir until melted. Serve 1½ oz sauce ladled over meat in sandwich.
- **Egg Sauce.** Add 20 chopped hard-cooked eggs and 2 Tbsp prepared mustard. Serve over salmon or other fish loaf.

continued

- **Golden Sauce.** Add 2 cups slightly beaten egg yolks. Serve on fish, chicken, or vegetables.
- **Mushroom Sauce.** Add 1 lb 8 oz sliced mushrooms and 4 oz minced onion, sautéed in 4 oz margarine or butter. Serve over egg, meat, poultry dishes, or vegetables.
- **Parsley Sauce.** Add 1 oz chopped fresh parsley.
- **Pimiento Sauce.** Add 1 lb 4 oz finely chopped pimiento and 2 cups finely chopped parsley. Serve with poached fish, croquettes, or egg dishes.
- **Shrimp Sauce.** Add 4 lb cooked shrimp, 2 Tbsp prepared mustard, and 2 Tbsp Worcestershire sauce. Serve with fish, eggs, or cheese soufflé.
- **Swiss Cheese and Mushroom Sauce.** Sauté 4 oz chopped onions, 2 oz chopped green peppers, and 8 oz sliced mushrooms in 4 oz margarine. Stir in 4 oz flour. Cook 10–15 minutes. Add slowly, while stirring, 2 qt milk and heat to 170°F. Add 2 lb 8 oz shredded Swiss cheese and stir until melted.

BÉCHAMEL SAUCE

Yield: 2 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598)	1½ qt	Simmer stock and seasonings together for 20 minutes. Strain.
Onion slices	4	Save liquid for preparation of sauce. There should be 1 qt liquid.
Peppercorns, black	2 Tbsp	
Carrots, chopped	3 oz	
Bay leaf	1	
Margarine	8 oz	Melt margarine. Add flour and stir until smooth. Cook 5–10 minutes.
Flour, all-purpose	4 oz	
Seasoned stock (prepared above)	1 qt	Add liquids gradually, stirring constantly with wire whip. Cook until smooth and thickened.
Milk, hot	1 qt	Add seasonings
Salt	½ tsp	Serve with 2-oz ladle (scant) on chicken or meat entrees.
Pepper, white	½ tsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per ounce **Calories** 38

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 2 mg	1%	**Total Carb.** 2 g	1%	**Vitamin A**	4%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 90 mg	4%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variations

- **Mornay Sauce.** Add gradually to hot Béchamel Sauce 4 oz each of grated Parmesan and Swiss cheese. Let sauce remain over heat until cheese is melted, then remove and gradually beat in 8 oz margarine or butter. Serve with fish or egg entrees.
- **Velouté Sauce.** Cook the margarine and flour (roux) until slightly brown in color. Substitute Chicken Stock for milk. Serve on chicken entrees. For Fish Velouté, substitute fish stock for milk. Serve on fish.

SAVORY CREAM GRAVY

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598)	1¾ qt	Combine.
Water	2 cups	
Soy sauce	¾ cup	
Light cream (half-and-half)	2 cups	
Margarine, melted	8 oz	Sauté vegetables in margarine.
Celery leaves, fresh, coarsely chopped	4 oz	
Green onions, finely chopped	4 oz	
Garlic, minced	2 cloves	
Basil leaves, dried, crumbled	2 Tbsp	Blend spices and flour into vegetables, while stirring with a wire whip.
Nutmeg, ground	1½ tsp	Slowly add combined liquids. Cook, stirring constantly until mixture thickens.
Flour, all-purpose	7 oz	
Sour cream	2½ cups	Blend in sour cream. Do not boil. Keep warm.

Approximate nutritive values per ounce **Calories** 37

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 3 mg	1%	**Total Carb.** 2 g	1%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 161 mg	7%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

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- Ladle over poultry or meat.
- A stock made from a good-quality base can be substituted for the Chicken Stock.

PAN GRAVY

Yield: 1 gal *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Fat, hot (meat drippings)	8 oz	Add flour to fat and blend.
Flour, all-purpose	8 oz	
Salt	1 Tbsp	Stir in salt and pepper. Cook 5 minutes.
Pepper, black	1 tsp	
Meat or Chicken Stock (pp. 599, 598)	1 gal	Add stock gradually. Cook, stirring constantly with wire whip. Cook until smooth and thickened.

Approximate nutritive values per ounce **Calories** 25

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 2 mg	1%	**Total Carb.** 0 g	0%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	5%	**Sodium** 148 mg	6%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

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- If beef or chicken base is used for stock, delete or reduce salt.

Variations

- **Brown Gravy.** Use 10 oz flour and brown in the fat.
- **Chicken Gravy.** Use chicken drippings for fat and chicken stock for liquid.
- **Chicken or Turkey Gravy (using base).** In steam-jacketed kettle melt 12 oz margarine. Using a wire whip, stir in 14 oz flour. Cook 30 minutes, stirring often. Add 3½ qt water and 3 oz chicken base. Cook until thickened and no starchy flavor remains, 190°F. Add 1 tsp black pepper, ½ tsp poultry seasoning, and 1 tsp caramel coloring (kitchen bouquet)(optional). Makes 1 gal. Salt may need to be adjusted depending on the amount of salt in the chicken base.
- **Cream Gravy.** Substitute milk for water or stock.
- **Giblet Gravy.** Use chicken drippings for fat and chicken stock for liquid. Add 1 qt cooked giblets, chopped.
- **Onion Gravy.** Lightly brown 1 lb thinly sliced onions in fat before adding flour.
- **Vegetable Gravy.** Add 1 lb diced carrots, 4 oz chopped celery, and 12 oz chopped onion, cooked in water, meat, or vegetable stock.

BROWN SAUCE

Yield: 2 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Beef Stock (p. 599)	2 qt	Add onions and seasonings to meat stock. If soup base has been used to make stock, taste before adding salt.
Onion, thinly sliced	4 oz	Simmer about 10 minutes.
Salt	2 tsp	Strain.
Pepper, black	¼ tsp	
Shortening	8 oz	Heat shortening and blend with flour. Cook about 10 minutes until it becomes uniformly brown in color.
Flour, all-purpose	5 oz	Add hot stock while stirring with wire whip. Cook until thickened.

Approximate nutritive values per ounce **Calories** 39

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 2 g	1%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	4%	**Sodium** 150 mg	6%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

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Variations

- **Jelly Sauce.** Add 2 cups currant jelly, beaten until soft, 2 Tbsp tarragon vinegar, and 4 oz sautéed minced onions. Serve with lamb or game.
- **Mushroom Sauce.** Add 1 lb sliced mushrooms and 2 oz minced onions, sautéed. Serve with steak.
- **Olive Sauce.** Add 6 oz chopped stuffed olives. Serve with meat or duck.
- **Piquant Sauce.** Add 2 oz minced onions, 2 oz capers, ½ cup vinegar, 4 oz sugar, ¼ tsp salt, ¼ tsp paprika, and ½ cup chili sauce or chopped sweet pickle. Serve with meats.
- **Savory Mustard Sauce.** Add ½ cup prepared mustard and ½ cup horseradish. Serve with meats.

FRESH MUSHROOM SAUCE

Yield: 1 gal *Portion:* 2½ oz

Ingredient	*Amount*	*Procedure*
Mushrooms, fresh	4 lb	Clean, trim, and slice mushrooms.
Margarine Onions, minced	8 oz 2 oz	Melt margarine. Sauté onions and mushrooms.
Flour, all-purpose	4 oz	Add flour and blend. Cook 5 minutes.
Chicken Stock, hot (p. 598) Milk or cream Salt	2 qt 2 cups To taste	Add stock and milk while stirring with wire whip. Cook until thickened. Taste for seasoning. Add salt if needed.

Approximate nutritive values per ounce **Calories** 21

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 1 g	2%	**Cholest.** 0 mg	0%	**Total Carb.** 0 g	0%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	2%	**Sodium** 58 mg	2%	Fiber 0.2 g	1%	**Vitamin C**	0%	**Iron**	1%
Protein 1 g				Sugars 0 g					

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- Canned, drained mushrooms may be substituted for fresh mushrooms. Stir into prepared sauce.

Variations

- **Mushroom and Almond Sauce.** Add 1 lb slivered almonds. Serve over rice as an entree.
- **Mushroom and Cheese Sauce.** Add 1 lb shredded cheese. Serve over asparagus or broccoli.

BARBECUE SAUCE (COOKED)

Yield: 1½ gal

Ingredient	*Amount*	*Procedure*
Catsup	1 No. 10 can	Combine all ingredients.
Water	3 qt	Simmer 10 minutes.
Vinegar, cider	2 cups	Baste chicken or meat with sauce during cooking.
Salt	2 Tbsp	
Pepper, black	1 tsp	
Sugar, granulated	4 oz	
Chili powder	1 tsp	
Worcestershire sauce	¼ cup	
Hot pepper sauce	1 Tbsp	
Onion, grated	4 oz	

Approximate nutritive values per ounce **Calories** 17

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 211 mg	9%	Fiber 0.2 g	1%	**Vitamin C**	4%	**Iron**	0%
Protein 0 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • ½ oz (¼ cup) dehydrated onion may be substituted for the fresh onion.

BARBECUE SAUCE (UNCOOKED)

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Catsup	1 No. 10 can	Mix all ingredients.
Vinegar, cider	3 cups	Pour over meat or chicken.
Sugar, granulated	12 oz	Follow cooking directions for meat or poultry.
Salt	4 oz	
Onion, grated	4 oz	

Approximate nutritive values per ounce **Calories** 34

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	4%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 583 mg	24%	Fiber 0.4 g	2%	**Vitamin C**	5%	**Iron**	1%
Protein 0 g				Sugars 5 g					

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Note • ½ oz (¼ cup) dehydrated onion may be substituted for the fresh onion.

SALSA

Yield: 1 gal

Ingredient	*Amount*	*Procedure*
Tomatoes, canned, crushed	3 lb 10 oz	Combine all ingredients in stainless steel or glass container. Mix well.
Tomato juice	3 lb 6 oz	Store covered in refrigerator.
Green pepper, dried, chopped	1 oz	May be heated before service.
Onion, fresh, chopped	8 oz	
Garlic powder	¼ tsp	
Peppers, green chilies	8 oz	
Peppers, jalapeño, canned, chopped	10 oz	
Vinegar, cider	¾ cup	
Salt	2 tsp	
Sugar, granulated	1 Tbsp	
Hot pepper sauce	1 Tbsp	
Oregano, dried, crumbled	½ tsp	
Pepper, cayenne	¾ tsp	
Cumin, ground	¾ tsp	

Approximate nutritive values per ounce **Calories** 6

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 0 g	0%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 134 mg	6%	Fiber 0.3 g	1%	**Vitamin C**	8%	**Iron**	1%
Protein 0 g				Sugars 1 g					

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Note

- May be served as a condiment with tacos, tostadas, chimichangas, or other Mexican entrees.

SUMMER CUCUMBER AND MELON SALSA

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Cucumber, diced ¼ inch (peeled)	4 lb (EP)	Gently mix all ingredients being careful not to mash fruit and vegetables.
Red bell pepper, chopped	1 lb 8 oz (EP)	Cover and refrigerate up to 6 hours.
Red onion, finely chopped	1 lb 8 oz (EP)	
Cilantro leaves, chopped fresh	4 oz	
Cantaloupe, ½-inch dice (peeled)	4 lb 8 oz (EP)	
Olive oil	¾ cup	
Lime juice, fresh	¾ cup	
Red wine vinegar	¾ cup	
Sugar, granulated	2 tsp	
Salt	½ tsp	
Pepper, black	⅛ tsp	
		Serve as a side accompaniment with chicken or fish. Keep cold, below 41°F.

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3.4 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 7 g	2%	**Vitamin A**	25%	**Calcium**	2%
Sat. Fat0 .5 g	2%	**Sodium** 34 mg	1%	Fiber 1 g	5%	**Vitamin C**	75%	**Iron**	2%
Protein 0.9 g				Sugars 5 g					

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FRUIT SALSA

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Fresh fruit (see suggestions below)	3 lb 12 oz (EP)	Prepare fruit as required (peel, seed, etc.). Slice or cut into ¼-inch cubes.
Red bell peppers Anaheim chili peppers Jalapeño peppers	1 lb 4 oz (EP) 6 oz (EP) 6 oz (EP)	Remove stem end and seed pod from peppers. Dice bell peppers into ¼-inch cubes. Slice Anaheim and jalapeño peppers into thin slices. Stir carefully into fruit.
Onions, red	6 oz	Dice onions into ¼-inch cubes. Stir carefully into fruit.
Red pepper flakes Lime juice, fresh Cilantro, fresh, chopped	1 tsp 1 cup 1 oz (¾ cup)	Stir carefully into fruit mixture. Cover and chill.

Fruit suggestions
Tropical fruit: papaya or papaya and mango
Sunburst: papaya and orange
Southwest peach: fresh peaches
Fruit and cucumber: papaya and cucumber

Approximate nutritive values per portion **Calories** 65

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	**0%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**54%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 62 mg	**3%**	Fiber 2 g	**10%**	**Vitamin C**	**410%**	**Iron**	**190%**
Protein 2 g				Sugars 5 g					

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Notes

- Canned jalapeño peppers, drained and chopped, can be substituted for fresh jalapeño peppers.
- Reconstituted frozen lime juice may be substituted for fresh lime juice.

WHITE BEAN AND TOMATO SAUCE

Yield: 50 portions *Portion:* 3 oz
Oven: 425°F *Bake:* 15–20 minutes plus 15 minutes

Ingredient	*Amount*	*Procedure*
Tomatoes, diced, canned	3 lb 12 oz	Combine tomato, onion, garlic, and oil. Put mixture into one 12 × 20 × 4-inch pan and bake at 425°F until most of the tomato liquid evaporates and onion is tender (approximately 20 minutes).
Onion, chopped coarsely	1 lb 8 oz	
Garlic, minced	3 oz	
Olive oil	1 cup	
White beans, canned	9 lb	Carefully combine undrained beans (see Notes), vinegar, herbs, and spices with tomato mixture. Cover and bake until heated to 165°F (approximately 15 minutes). Remove from oven and keep warm, above 140°F. Serve as a base under fish or poultry.
Red wine vinegar	⅓ cup	
Parsley, fresh, chopped	2 cups	
Basil, fresh, chopped	¼ cup	
Thyme, fresh, chopped	2 Tbsp	
Pepper, black	1 Tbsp	
Salt	1½ tsp	

Approximate nutritive values per portion **Calories** 122

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 16 g	5%	**Vitamin A**	5%	**Calcium**	5%
Sat. Fat 1 g	3%	**Sodium** 489 mg	20%	Fiber 1 g	3%	**Vitamin C**	12%	**Iron**	10%
Protein 5 g				Sugars 2 g					

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- If canned beans have a large amount of liquid, partially drain and carefully stir in reserved liquid until the desired consistency is achieved.
- Fresh tomatoes may be substituted for canned. Peel and remove seeds before coarsely chopping.
- ¼ cup fresh cilantro may be substituted for the parsley.

Variation

- **Black Bean and Tomato Sauce.** Substitute canned black beans for the white beans.

MARINARA SAUCE

Yield: 2 gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Onion, chopped	1 lb	Sauté onion and garlic in oil until tender and golden in color.
Garlic, minced	8 cloves	
Olive oil	¾ cup	
Plum tomatoes, canned, undrained	20 lb (2½ gal)	Add tomatoes to onion-garlic mixture. Break tomatoes into small pieces.
Parsley, fresh, chopped	3 oz	Stir in seasonings. Cover and simmer for 2 hours, stirring occasionally. Cook until sauce reaches desired consistency.
Basil, dried, crumbled	3 Tbsp	
Salt	2 Tbsp	
Pepper, black	1½ tsp	

Approximate nutritive values per ounce **Calories** 14

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 2 g	1%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 0 g	0%	**Sodium** 108 mg	5%	Fiber 0.3 g	1%	**Vitamin C**	9%	**Iron**	1%
Protein 0 g				Sugars 1g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve over pasta, meats, or poultry. Sprinkle with Parmesan cheese.
- 3 Tbsp brown sugar may be added for a sweeter sauce.
- Vegetable oil may be substituted for olive oil.
- 2 oz finely chopped sweet red bell pepper may be added along with parsley and spices.
- Diced tomatoes may be substituted for plum tomatoes. Drain some of the juice before adding or cook longer until the liquid evaporates and sauce thickens.
- To make a thicker sauce requiring less cooking time substitute 6 lb tomato puree for 6 lb tomatoes.

Variations

- **Marinara Sauce with Olives.** Add to sauce 2 lb 8 oz sliced black olives, drained; 2 Tbsp oregano, dried, leaf; and 2 tsp red pepper flakes. Small whole olives may be substituted for sliced olives. 8 oz capers may be added.
- **Tomato Zucchini Sauce.** Follow recipe for Marinara Sauce with Olives. Add 3 lb sliced zucchini just before serving and heat to serving temperature. Serve with grated Romano or Parmesan cheese.

ITALIAN TOMATO SAUCE

Yield: 1½ gal *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil	3 oz	In steam-jacketed kettle or large pan, sauté onions, garlic, and peppers until onions are transparent.
Onions, finely chopped	1 lb 6 oz (EP)	
Garlic, minced	2 oz (EP)	
Green peppers, finely chopped	6 oz (EP)	
Tomato juice	2½ qt	Add liquids and spices. Stir well to combine.
Tomato puree	3 cups	Heat to boiling. Reduce heat and simmer for 20–30 minutes. For a thicker sauce, increase cooking time.
Tomato paste	3½ cups	
Water	2 qt	Remove bay leaves before serving.
Oregano leaves, dried	1 Tbsp	
Thyme leaves, dried	1 tsp	
Basil leaves, dried	¼ cup	
Red pepper, crushed	1 tsp	
Parsley, dried	¼ cup	
Bay leaves	4 leaves	
Pepper, black	1 Tbsp	
Salt	1 oz	
Sugar, granulated (see Notes)	2 Tbsp	

Approximate nutritive values per portion **Calories** 60

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	7%	**Calcium**	3%
Sat. Fat 0.3 g	1%	**Sodium** 472 mg		Fiber 2 g	9%	**Vitamin C**	32%	**Iron**	7%
Protein 1.6 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For a less sweet sauce, omit sugar. For a sweeter sauce, increase sugar to 3 Tbsp.
- Serve over pasta or as a base for Italian sauces with meat or shellfish.
- The names Marinara and Italian Tomato Sauce may be used interchangeably.

SPANISH SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (2 oz)

Ingredient	*Amount*	*Procedure*
Onion, chopped	4 oz	Sauté onion in shortening.
Shortening	4 oz	
Tomatoes, canned, diced	2 qt	Add remaining ingredients. Simmer until vegetables are tender.
Celery, diced	1 lb	
Green pepper, chopped	8 oz	
Pimiento, chopped	6 oz	
Salt	1 Tbsp	
Pepper, black	½ tsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per ounce **Calories** 17

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 0 mg	0%	**Total Carb.** 1 g	1%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	2%	**Sodium** 104 mg	4%	Fiber 0.3 g	1%	**Vitamin C**	11%	**Iron**	1%
Protein 0 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve with meat, fish, cheese, or Mexican entrees.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.
- 1 tsp cilantro may be added.

HORSERADISH SAUCE

Yield: 5 cups *Portion:* 1½ Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Horseradish, drained	8 oz	Combine.
Prepared mustard	2 Tbsp	
Salt	½ tsp	
Paprika	¼ tsp	
Pepper, cayenne	⅛ tsp	
Vinegar, cider	⅓ cup	
Cream, whipping	2 cups	Whip cream. Fold in horseradish mixture. Chill.

Approximate nutritive values per ounce **Calories** 54

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 19 mg	6%	**Total Carb.** 1 g	1%	**Vitamin A**	5%	**Calcium**	1%
Sat. Fat 3 g	17%	**Sodium** 61 mg	3%	Fiber 0.4 g	1%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve with ham or roast beef.

COCKTAIL SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Chili sauce	1 qt	Mix all ingredients. Chill.
Catsup	2 cups	
Lemon juice	1 cup	
Onion juice	2 Tbsp	
Celery, finely chopped	10 oz	
Worcestershire sauce	5 tsp	
Horseradish	3 oz	
Hot pepper sauce	Few drops	

Approximate nutritive values per ounce **Calories** 26

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 6 g	2%	**Vitamin A**	3%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 288 mg	12%	Fiber 0.3 g	1%	**Vitamin C**	8%	**Iron**	1%
Protein 0 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve as a condiment for clam, crab, lobster, oyster, or shrimp.

HORSERADISH CAPER SAUCE

Yield: 50 portions *Portion:* 1 oz

Ingredient	*Amount*	*Procedure*
Nonfat sour cream	3 cups	Combine all ingredients in a mixer bowl. Mix until combined. Chill quickly (within 4 hours) to below 41°F.
Buttermilk	2 cups	
Chives, minced, fresh	¾ cup	
Capers, small	½ cup	
Horseradish, prepared	⅓ cup	
Pepper, black	¼ tsp	

Approximate nutritive values per portion **Calories** 13

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 2 g	1%	**Vitamin A**	5%	**Calcium**	3%
Sat. Fat 0 g	0%	**Sodium** 21 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Hold for service at a temperature below 41°F.
- Serve with fish.

Variation
- **Horseradish–Dill Sauce.** Delete capers. Add ⅓ cup fresh dill weed.

MUSTARD SAUCE (COLD)

Yield: 3 cups *Portion:* 1 Tbsp

Ingredient	*Amount*	*Procedure*
Sugar, granulated Salt Dry mustard	2 Tbsp ½ tsp 2 tsp	Mix dry ingredients.
Water Vinegar, cider Eggs, beaten	2 Tbsp ¼ cup 2 (3 oz)	Add water, vinegar, and eggs to dry ingredients. Cook until thick.
Margarine	1 oz	Add margarine. Stir until melted. Cool quickly to below 41°F.
Cream, whipping	2 cups	Whip cream and fold into cooked mixture.

Approximate nutritive values per ounce **Calories** 77

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**12%**	**Cholest.** 37 mg	**12%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**7%**	**Calcium**	**1%**
Sat. Fat 4 g	**21%**	**Sodium** 72 mg	**3%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve cold with ham, pork, or beef roast.

Variation

- **Hot Chinese Mustard.** Combine 8 oz dry mustard, ⅓ cup salad oil, and 1 oz (1½ Tbsp) salt. Add 2 cups boiling water. Stir until smooth. Serve with egg rolls.

MUSTARD SAUCE (HOT)

Yield: 2 qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Beef Stock (p. 599)	2 qt	Heat stock to boiling point.
Cornstarch Sugar, granulated Salt Pepper, white Water, cold	5 oz 2 Tbsp 2 tsp ½ tsp ½ cup	Blend dry ingredients with cold water. Add gradually to hot stock. Cook and stir until thickened.
Prepared mustard Horseradish Vinegar, cider Margarine	2 oz 4 oz 2 Tbsp 1 oz	Add remaining ingredients. Stir until blended.

Approximate nutritive values per ounce **Calories** 14

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 2 g	1%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 155 mg	6%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve hot with fresh or cured ham or fish.

SWEET-SOUR SAUCE

Yield: 1¼ qt *Portion:* 1½ Tbsp

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch	10 oz ¼ cup	Combine sugar and cornstarch in kettle.
Vinegar, cider Water Soy sauce	1 cup 2½ cups ¼ cup	Add vinegar, water, and soy sauce to dry ingredients and stir until smooth.
Catsup	¾ cup	Stir catsup into mixture in kettle. Cook until translucent, stirring constantly. Serve as a condiment with egg rolls or chicken nuggets.

Approximate nutritive values per ounce **Calories** 24

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 7 g	2%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 106 mg	4%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

RAISIN SAUCE

Yield: 1½ qt *Portion:* 2 Tbsp

Ingredient	*Amount*	*Procedure*
Raisins, seedless	1 lb	Steam raisins or simmer in small amount of water for 3–5 minutes.
Sugar, granulated	4 oz	Mix sugar and water, and heat to boiling point.
Water	2 cups	
Currant jelly	1 lb	Add cooked raisins, currant jelly, and remaining ingredients. Simmer 5 minutes or until jelly is melted.
Vinegar, cider	⅓ cup	
Margarine	2 oz	
Worcestershire sauce	1 Tbsp	
Salt	1 tsp	
Pepper, white	¼ tsp	
Cloves, ground	½ tsp	
Mace	⅛ tsp	
Red food coloring (optional)	Few drops	

Approximate nutritive values per ounce **Calories** 66

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 15 g	5%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 56 mg	2%	Fiber 0.4 g	1%	**Vitamin C**	2%	**Iron**	1%
Protein 0 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve with baked ham.

CUCUMBER SAUCE

Yield: 3 cups *Portion:* 1 Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Cucumbers	1 lb	Peel cucumbers; remove seeds. Grate or chop finely.
Sour cream	1 cup	Combine remaining ingredients and add to cucumber. Chill.
Onion, grated	1 Tbsp	
Vinegar, cider	1 Tbsp	
Lemon juice	1½ Tbsp	
Salt	½ tsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per ounce **Calories** 23

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 4 mg	1%	**Total Carb.** 0 g	0%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 50 mg	2%	Fiber 0 g	0%	**Vitamin C**	2%	**Iron**	0%
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve with fish.

TARTAR SAUCE

Yield: 1¾ qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Mayonnaise	1 qt	Mix all ingredients.
Pickle relish	6 oz	
Green pepper, chopped	¼ cup	
Parsley, chopped	¼ cup	
Green olives, chopped	6 oz	
Onion, minced	1 Tbsp	
Pimiento, chopped	2 oz	
Vinegar or lemon juice	½ cup	
Worcestershire sauce	Few drops	
Hot pepper sauce	Few drops	

Approximate nutritive values per ounce **Calories** 135

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	**22%**	**Cholest.** 10 mg	**3%**	**Total Carb.** 2 g	**1%**	**Vitamin A**	**2%**	**Calcium**	**0%**
Sat. Fat 2 g	**10%**	**Sodium** 198 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**4%**	**Iron**	**1%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve with fish.

HOLLANDAISE SAUCE

Yield: 12 portions *Portion:* 1½ Tbsp (¾ oz)

Ingredient	*Amount*	*Procedure*
Butter Lemon juice Egg yolks (see Notes)	2 oz 1½ Tbsp 3 (2 oz)	Place butter, lemon juice, and egg yolks over hot (not boiling) water. Cook slowly, beating constantly.
Butter	2 oz	When first portion of butter is melted, add second portion and beat until mixture thickens.
Butter Salt Pepper, cayenne	2 oz Few grains Few grains	Add third portion of butter and seasonings. Beat until thickened. Serve immediately. Discard any unused sauce.

Approximate nutritive values per ounce **Calories** 176

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**30%**	**Cholest.** 127 mg	**42%**	**Total Carb.** 0 g	**0%**	**Vitamin A**	**28%**	**Calcium**	**1%**
Sat. Fat 11 g	**57%**	**Sodium** 180 mg	**8%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food.
- Serve with fish or green vegetables such as asparagus or broccoli.
- If sauce tends to curdle, add hot water, a teaspoon at a time, stirring vigorously.
- For safety and quality reasons, it is recommended that this sauce be made only in small quantity.
- Pasteurized eggs are recommended.

MOCK HOLLANDAISE SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Butter or margarine Flour, all-purpose	6 oz 3 oz	Melt butter. Add flour and stir until smooth. Cook 3–5 minutes.
Milk	1½ qt	Add milk gradually, stirring constantly with wire whip. Cook until smooth and thickened.
Salt Pepper, white Pepper, cayenne	1 tsp ½ tsp Few grains	Add seasonings.
Egg yolks, unbeaten (see Notes) Butter, cut in pieces Lemon juice	12 (8 oz) 1 lb ½ cup	Add a little egg yolk at a time, a little butter, and a little lemon juice until all are added. Beat well. Serve immediately. Discard any unused sauce.

Approximate nutritive values per ounce **Calories** 82

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	12%	**Cholest.** 51 mg	17%	**Total Carb.** 2 g	1%	**Vitamin A**	11%	**Calcium**	2%
Sat. Fat 4 g	19%	**Sodium** 104 mg	4%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food.
- Pasteurized eggs are recommended.

MEUNIÈRE SAUCE

Yield: 3 cups

Ingredient	*Amount*	*Procedure*
Margarine	1 lb 4 oz	Heat margarine until lightly browned.
Onion, minced	2 oz	Add onion and brown slightly.
Lemon juice	½ cup	Add juice and seasonings.
Worcestershire sauce	1 Tbsp	Serve hot over broccoli, brussels sprouts, green beans, spinach, or cabbage.
Lemon peel, grated	1 Tbsp	
Salt	1 tsp	

Approximate nutritive values per ounce **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	31%	**Cholest.** 0 mg	0%	**Total Carb.** 0 g	0%	**Vitamin A**	7%	**Calcium**	1%
Sat. Fat 4 g	20%	**Sodium** 333 mg	14%	Fiber 0 g	0%	**Vitamin C**	5%	**Iron**	0%
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 3 oz toasted sliced almonds may be sprinkled over top of vegetable.

HOT BACON SAUCE

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Bacon	1 lb	Dice bacon. Fry until crisp.
Flour, all-purpose	4 oz	Add flour and stir until smooth.
Sugar, granulated Salt Vinegar, cider Water	1 lb 4 oz ¼ cup 3 cups 3 cups	Mix sugar, salt, vinegar, and water. Boil 1 minute. Add to fat-flour mixture gradually while stirring. Cook until slightly thickened.

Approximate nutritive values per ounce **Calories** 65

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 5 mg	2%	**Total Carb.** 9 g	3%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	5%	**Sodium** 411 mg	17%	Fiber 0 g	0%	**Vitamin C**	3%	**Iron**	1%
Protein 2 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Use to wilt lettuce or spinach; or with hot potato salad or shredded cabbage.

DRAWN BUTTER SAUCE

Yield: 2 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Butter Flour, all-purpose	2 oz 4 oz	Melt butter. Add flour and blend.
Water, hot	2 qt	Gradually add hot water, while stirring with wire whip. Cook 5 minutes until thickened.
Salt Butter, cut into pieces	1 tsp 6 oz	When ready to serve, add salt and butter. Beat until blended.

Approximate nutritive values per ounce **Calories** 29

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 7 mg	2%	**Total Carb.** 1 g	1%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 2 g	8%	**Sodium** 58 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve with green vegetables, fried or broiled fish, or egg dishes.

Variations
- **Almond Butter Sauce.** Add ¼ cup lemon juice and 6 oz toasted slivered almonds just before serving.
- **Lemon Butter Sauce.** Add 1 Tbsp grated lemon peel and ¼ cup lemon juice just before serving. Serve with fish, new potatoes, broccoli, or asparagus.
- **Maître d'Hôtel Sauce.** Add ¼ cup lemon juice, ¼ cup chopped parsley, and 6 oz pasteurized egg yolks, well beaten.
- **Parsley Butter Sauce.** Add 1½ cups minced parsley just before serving. Serve with fish, potatoes, or other vegetables.

DESSERT SAUCE RECIPES

BUTTERSCOTCH SAUCE

Yield: 1¼ qt *Portion:* 1½ Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Sugar, brown	1 lb	Combine and cook to soft-ball stage (240°F).
Corn syrup, light	1⅓ cups	Remove from heat.
Water	⅔ cup	
Margarine	6 oz	Add margarine and marshmallows.
Marshmallows	2 oz	Stir until melted. Cool.
Evaporated milk	1⅓ cups	When cool, add milk.

Approximate nutritive values per ounce **Calories** 97

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 2 mg	1%	**Total Carb.** 17 g	6%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 1 g	4%	**Sodium** 50 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	3%
Protein 1 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

CARAMEL SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Sugar, brown	1 lb	Mix sugars and flour. Stir in water.
Sugar, granulated	1 lb	Boil until thickened.
Flour, all-purpose	2 oz	
Water	1 qt	
Margarine	8 oz	Stir in margarine and vanilla.
Vanilla	1 Tbsp	

Approximate nutritive values per ounce **Calories** 82

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 15 g	5%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 36 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve warm or cold over ice cream or apple desserts.

CHOCOLATE SAUCE

Yield: 1½ qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Salt Cocoa	12 oz 2 oz 1 tsp 3 oz	Mix dry ingredients.
Water, cold	1 cup	Add cold water gradually to form a smooth paste.
Water, boiling	3½ cups	Add boiling water slowly while stirring. Boil for 5 minutes or until thickened. Remove from heat.
Margarine Vanilla	6 oz 1 tsp	Add margarine and vanilla. Stir to blend.

Approximate nutritive values per ounce **Calories** 59

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 77 mg	3%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	3%
Protein 0 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Serve warm or cold on puddings, cake, cream puffs, or ice cream.

HOT FUDGE SAUCE

Yield: 1½ qt *Portion:* 2 Tbsp (1 oz)

Ingredient	*Amount*	*Procedure*
Margarine, soft Sugar, powdered Evaporated milk	8 oz 1 lb 8 oz 1 13-oz can	Combine margarine, sugar, and milk over hot water. Stir and cook slowly for 30 minutes.
Unsweetened chocolate, chipped or melted	8 oz	Add chocolate and stir until blended.

Approximate nutritive values per ounce **Calories** 133

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	12%	**Cholest.** 2 mg	1%	**Total Carb.** 18 g	6%	**Vitamin A**	2%	**Calcium**	2%
Sat. Fat 2 g	11%	**Sodium** 58 mg	2%	Fiber 0.3 g	1%	**Vitamin C**	0%	**Iron**	2%
Protein 1 g				Sugars 15 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve hot over ice cream.
- This sauce may be stored in the refrigerator. Heat over hot water before serving. If too thick or grainy, add evaporated milk before heating.

CUSTARD SAUCE

Yield: 1 gal *Portion:* ⅓ cup (2½ oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Salt	14 oz 2 oz ½ tsp	Mix dry ingredients.
Milk, cold	2 cups	Add cold milk and mix until smooth.
Milk, hot	3 qt	Add cold mixture to hot milk gradually while stirring.
Egg yolks, beaten	10 (6 oz)	Stir in egg yolks gradually. Cook over hot water until thickened, about 5 minutes.
Vanilla	2 Tbsp	Remove from heat and add vanilla. Cool.

Approximate nutritive values per ounce **Calories** 35

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 21 mg	7%	**Total Carb.** 5 g	2%	**Vitamin A**	3%	**Calcium**	3%
Sat. Fat 1 g	3%	**Sodium** 22 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. Keep leftover product below 41°F. See p. 44 for cooling procedures.
- Serve over cake-type puddings.

FLUFFY ORANGE SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Margarine Sugar, powdered	1 lb 5 oz 2 lb 2 oz	Melt margarine. Gradually add sugar. Beat with wire whip until it resembles whipped cream.
Eggs, beaten	10 (1 lb 2 oz)	Add eggs slowly, beating constantly.
Orange juice Orange peel, grated	1¾ cup 1½ Tbsp	Slowly blend in orange juice and peel. Heat 10–15 minutes. Beat again.

Approximate nutritive values per ounce **Calories** 109

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 27 mg	9%	**Total Carb.** 12 g	4%	**Vitamin A**	3%	**Calcium**	0%
Sat. Fat 1 g	7%	**Sodium** 77 mg	3%	Fiber 0 g	0%	**Vitamin C**	3%	**Iron**	0%
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

LEMON SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (2 oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Cornstarch Salt	2 lb 3 oz ½ tsp	Mix dry ingredients.
Water, boiling	2 qt	Add boiling water. Cook until clear.
Lemon juice Margarine	⅔ cup 1 oz (2 Tbsp)	Add lemon juice and margarine.

Approximate nutritive values per ounce **Calories** 48

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 17 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve hot with Christmas Pudding (p. 256), Bread Pudding (p. 254), or Rice Custard (p. 254).

Variations
- **Nutmeg Sauce.** Omit lemon juice. Add 1 tsp nutmeg. Increase margarine to 4 oz.
- **Orange Sauce.** Substitute orange juice for lemon juice. Add 1 tsp freshly grated orange peel.
- **Vanilla Sauce.** Omit lemon juice and reduce sugar to 1 lb 4 oz. Add 2 Tbsp vanilla.

HARD SAUCE

Yield: 3⅓ cups *Portion:* 1 Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Butter	8 oz	Cream butter on medium speed until soft and fluffy.
Water, boiling	2 Tbsp	Add water and continue to cream until very light.
Sugar, powdered Lemon juice	1 lb 3 oz ½ tsp	Add sugar gradually. Continue creaming. Add lemon juice. Place in refrigerator to harden.

Approximate nutritive values per ounce **Calories** 143

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 19 mg	6%	**Total Carb.** 21 g	7%	**Vitamin A**	6%	**Calcium**	0%
Sat. Fat 4 g	22%	**Sodium** 73 mg	3%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	0%
Protein 0 g				Sugars 19 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Serve with Christmas Pudding (p. 256), Baked Apples (p. 260), or Peach Cobbler (p. 263).

Variations
- **Cherry Hard Sauce.** Add ½ cup chopped maraschino cherries.
- **Strawberry Hard Sauce.** Omit lemon juice and water. Add ¾ cup fresh or frozen strawberries, chopped.

BROWN SUGAR HARD SAUCE

Yield: 1 qt *Portion:* 1 Tbsp (½ oz)

Ingredient	*Amount*	*Procedure*
Butter	12 oz	Cream butter on medium speed until light.
Sugar, light brown Vanilla	1 lb 4 oz 2 tsp	Add sugar gradually while creaming. Add vanilla. Cream until fluffy.
Cream, whipping	¾ cup	Whip cream. Fold into sugar mixture. Chill.

Approximate nutritive values per ounce **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**9%**	**Calcium**	**2%**
Sat. Fat 6 g	**32%**	**Sodium** 97 mg	**4%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**1%**
Protein 0 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Serve with Christmas Pudding (p. 256).

PEANUT BUTTER SAUCE

Yield: 2 qt *Portion:* 2½ Tbsp (1½ oz)

Ingredient	*Amount*	*Procedure*
Sugar, granulated Corn syrup, light Water, hot	12 oz 1⅓ cups ¾ cup	Combine sugar, syrup, and water. Cook to 228°F and turn off heat or remove from burner.
Margarine Marshmallows, miniature	6 oz 3 oz	Add margarine and marshmallows. Stir until melted. Cool. Place in mixer bowl.
Evaporated milk Peanut butter	12 oz 8 oz	Add milk and peanut butter. Beat until well blended. Refrigerate.

Approximate nutritive values per ounce **Calories** 109

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 2 mg	**1%**	**Total Carb.** 15 g	**5%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**6%**	**Sodium** 59 mg	**2%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**0%**
Protein 2 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Serve over ice cream.

RASPBERRY SAUCE

Yield: 3 qt *Portion:* 3 Tbsp (2 oz)

Ingredient	*Amount*	*Procedure*
Red raspberries, frozen	5 lb	Defrost berries. Do not drain.
Sugar, granulated	2 oz	Combine sugar and cornstarch and add to berries.
Cornstarch	1 oz	Cook until clear.
Currant jelly	1 lb 8 oz	Add jelly. Stir until melted. Cool.

Approximate nutritive values per ounce **Calories** 47

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 0 mg	0%	Fiber 1 g	4%	**Vitamin C**	7%	**Iron**	1%
Protein 0 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve over vanilla ice cream or raspberry, lemon, or lime sherbet.
- Raspberries may be strained before thickening.

Variations

- **Fresh Strawberry Sauce.** Substitute 5 lb fresh strawberries, cleaned and hulled, for raspberries. Mash berries, add 2½ cups water, and strain to remove seeds. Combine 1¼ cups sugar and ⅓ cup cornstarch with juice. Heat to boiling, stirring constantly. Cook until thickened and clear. Chill. Serve over ice cream or other desserts.
- **Peach Melba.** Pour 3 Tbsp Raspberry Sauce over a scoop of vanilla ice cream placed in the center of a canned, fresh, or frozen peach half.

BROWN SUGAR SYRUP

Yield: 2 gal

Ingredient	*Amount*	*Procedure*
Sugar, brown	5 lb	Combine all ingredients.
Sugar, granulated	5 lb 8 oz	Stir and heat until sugar is dissolved.
Corn syrup	1 cup	
Water	2½ qt	
Margarine	4 oz	

Approximate nutritive values per ounce **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 20 g	7%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 9 mg	1%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	1%
Protein 0 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve warm or cold on pancakes, fritters, or waffles.
- ½ tsp maple flavoring may be added.

Variation

- **Blueberry Syrup.** Combine 1½ qt water, 12 oz granulated sugar, 1 tsp salt, and ⅓ cup lemon juice. Heat to boiling. Mix 4 oz waxy maize starch and 1½ cups cold water to make a paste. Add slowly to sugar mixture, stirring constantly. Cook until thickened and clear. Fold in 3 lb 8 oz individually quick frozen (IQF) blueberries. Serve warm over pancakes, French toast, or ice cream.

MARINADE, RUB, AND SEASONING RECIPES

COMPOUND BUTTERS

Yield: 2 lb

Ingredient	*Amount*	*Procedure*
Butter, unsalted, softened	2 lb	Mix flavoring with softened butter. Form into ¾-inch-diameter logs or cube.
Flavoring	See Variations	Refrigerate until firm enough to slice. Use for meats, pasta, rice, vegetables, and breads. A ¼-inch slice equals 1 tsp; a ¾-inch slice equals 1 Tbsp.

Note

- Compound butter may be tightly wrapped in foil and frozen. Freeze for no more than 1 month.

Variations

- **Basil Butter.** Add 4 cups fresh basil leaves; 3 cloves garlic, minced; and ¼ cup lemon juice.
- **Dill Butter.** Add 2 cups minced dill or ½ cup dried dill weed and ¼ cup lemon juice. Use on potatoes and other cooked vegetables, rice, and fish.
- **Garlic Butter.** Add 16 cloves garlic, crushed. Use on potatoes and other cooked vegetables, pasta, and pasta sauce.
- **Herb Butter.** Add 1 cup finely chopped chives, 1 cup finely chopped fresh parsley, ¼ cup fresh tarragon, and 1 tsp lemon juice.
- **Lemon Butter.** Add 1 cup lemon juice, 2 tsp lemon zest, and ¼ cup Dijon-style mustard (optional).
- **Mustard Butter.** Add 10 oz minced scallions, 8 oz whole grain mustard, 1 oz chopped fresh parsley, ¼ cup lemon juice, and ½ tsp ground red pepper.
- **Parsley Butter.** Add 2 cups finely chopped fresh parsley. Use on potatoes and other vegetables, rice, fish, soups, and sauces.
- **Parsley Lemon Butter.** Add 2 cups finely chopped fresh parsley and ¾ cup fresh lemon juice.
- **Red Pepper Butter.** Add 1 cup sweet red pepper, finely chopped; 1 cup yellow onion, finely chopped; and 8 cloves garlic, finely minced.

HERB BUTTER SEASONING

Yield: 1 qt

Ingredient	*Amount*	*Procedure*
Butter	2 lb	Place butter in mixer bowl. Let stand at room temperature until soft enough to mix.
Lemon juice	2 tsp	Add lemon juice and seasonings to butter. Mix on low speed, using flat beater, until all ingredients are mixed thoroughly.
Seasonings	See next step	
For vegetables:		
Basil leaves, dried, crushed	1 Tbsp	
Marjoram, ground	2 tsp	
Savory leaves, dried, crushed	1 Tbsp	
For meats:		
Marjoram, ground	2 tsp	
Dry mustard	4 tsp	
Tarragon leaves, dried, crushed	1 Tbsp	
Rosemary leaves, dried, crushed	1 Tbsp	

Notes

- Other spices and herbs may be substituted for those listed in the recipe. See Appendix B for use of herbs and spices in cooking.
- White, cider, or wine vinegar may be substituted for part or all of the lemon juice.
- Unsalted butter may be substituted for salted butter.

Variations

- **Curry Butter.** Omit seasonings. Add 1 Tbsp curry powder.
- **Dill Butter.** Omit seasonings. Add 1 Tbsp dill weed.
- **Lemon Butter.** Omit seasonings. Increase lemon juice to 1 cup and add 3 Tbsp freshly grated lemon peel.
- **Onion Butter.** Omit seasonings and lemon juice. Blend in 2 oz onion soup mix.
- **Tarragon Butter.** Omit seasonings. Add 4 Tbsp tarragon leaves.

LEMON HERB SEASONING

Yield: approximately 2 cups

Ingredient	*Amount*	*Procedure*
Lemons	8	Finely shred lemon peel. Spread on baking pan. Dry in 300°F oven for about 10 minutes. Stir occasionally. Cool.
Basil, dried, leaves	5 Tbsp	Crush herbs. Mix with dry lemon peel. Store in airtight container.
Marjoram, dried, leaves	5 Tbsp	
Sage, dried, leaves	2 Tbsp	
Savory, dried, leaves	5 Tbsp	
Parsley, dried, leaves	3 Tbsp	
Thyme, dried, leaves	5 Tbsp	

Notes

- Use sparingly to season soups, stews, meats, fish, poultry, and vegetables.
- To substitute fresh herbs for dried herbs, use three times more fresh than dried. If using ground herbs, use only one-fourth as much as dried.
- Variation in flavor may be made by using different combinations of herbs. The following herbs may be substituted for those in the recipe: celery flakes, cilantro, dill weed, oregano, rosemary, or tarragon.

SEASONED SALT

Yield: approximately 2 cups

Ingredient	*Amount*	*Procedure*
Salt	1 lb	Mix all ingredients together thoroughly. Store covered.
Celery salt	2 oz	
Onion powder	2 oz	
Garlic powder	1 oz	
Paprika	1 Tbsp	
Chili powder	4 Tbsp	

Note

- Can be used to season meats, salads, or vegetables.

TOASTED SPICE BLEND

Yield: 1 cup
Oven: 375°F

Ingredient	*Amount*	*Procedure*
Allspice, ground	1 Tbsp	Combine spices. Spread in a thin, even layer in a dry skillet or baking pan.
Cardamom, ground	2 tsp	Cook over medium heat (375°F oven) for approximately 1–2 minutes, until fragrant and just beginning to smoke.
Cinnamon, ground	1 Tbsp	Shake the pan throughout cooking to prevent burning. Cool.
Cumin, ground	2 Tbsp	Store in airtight container for up to 2 weeks.
Ginger, ground	4 Tbsp	
Mace, ground	1 tsp	
Dry mustard	2 Tbsp	
Pepper, coarse ground, black	1 Tbsp	
Pepper, cayenne	2 Tbsp	
Tumeric, ground	2 Tbsp	

Notes

- Use sparingly to season soups, stews, and meats. The flavor profile complements Moroccan and African dishes.
- Spice flavors intensify when toasted.
- Other spices may be toasted. Follow procedure as for Toasted Spice Blend.
- When toasting seeds, cover loosely with a lid to prevent seeds from popping out of the pan. Increase cooking time to 2–3 minutes, or until seeds begin to pop and are fragrant.
- When toasting nuts, heat until the nuts begin to darken in color, 3–4 minutes.

CAJUN SEASONING

Yield: approximately 1½ cups

Ingredient	*Amount*	*Procedure*
Paprika	2 oz	Combine spices and store in airtight container.
Garlic powder	2 oz	
Onion powder	1 oz	
Marjoram, dried	4 Tbsp	
Thyme, dried	4 Tbsp	
Pepper, cayenne	3 Tbsp	
Pepper, black	4 Tbsp	
Salt	4 Tbsp	

Note

- Use to season poultry and fish. For blackened chicken or fish, rub with Cajun Seasoning before browning in a heavy pan.

DRY MARINADE FOR MEAT OR POULTRY

Yield: 10 oz dry spice

Ingredient	*Amount*	*Procedure*
Salt	2 oz	Mix spices. Store in sealed glass jar.
Pepper, cracked, black	1 Tbsp	Use as needed for marinade (follows).
Paprika	4 oz	
Oregano, dried, crumbled	1 oz	
Thyme, dried, crumbled	2 oz	
Cumin, ground	2 Tbsp	

Marinade for 20 lb Meat:

Spice blend (above)	4 oz (1 cup)	Mix spices with onion, garlic, oil, and lemon juice. May be prepared in food processor.
Onion, very finely chopped	1 lb	Rub over meat or poultry. Marinate several hours or over night in the refrigerator.
Garlic cloves, minced	2 oz	Grill or roast meat or poultry as per recipe instructions.
Vegetable oil	½ cup	
Lemon juice	½ cup	

MEAT MARINADE

Yield: 2 qt

Ingredient	*Amount*	*Procedure*
Salad oil	1 qt	Combine ingredients, mixing well.
Worcestershire sauce	¼ cup	Pour over meat. Marinate in the refrigerator 6 hours or longer.
Liquid smoke	¼ cup	
Soy sauce	2 cups	
Vinegar, cider	¼ cup	
Garlic, minced	4 cloves	
Celery salt	¼ cup	
Dry mustard	¼ cup	
Ginger, ground	¼ cup	
Sugar, brown	1 cup	

Note

- Pour over pork or beef.

FISH MARINADE

Yield: 2½ qt

Ingredient	*Amount*	*Procedure*
Vegetable oil	1 qt	Combine ingredients, mixing well.
Olive oil	3 cups	Place fish in marinade.
Lemon juice, fresh	3 cups	Refrigerate for 3 hours. Remove fish from marinade and grill or broil.
Oregano, dried, crumbled	¼ cup	
Parsley, dried	¼ cup	
Basil, dried, crumbled	¼ cup	
Garlic powder	1 Tbsp	
Salt	1 Tbsp	
Pepper, black	1 tsp	

VEGETABLE MARINADE

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Lemon juice	2½ Tbsp	Combine.
Vinegar, white	⅓ cup	
Salad oil	1 cup	
Worcestershire sauce	1 Tbsp	
Water	⅓ cup	
Onion, finely chopped	3 oz	Add and mix.
Garlic, crushed	2 cloves	
Pimiento, chopped	¼ cup	
Parsley, finely chopped	¼ cup	
Salt	1½ Tbsp	Blend in and mix.
Sugar, granulated	1 Tbsp	Pour over fresh vegetables and marinate 6 hours or longer.
Pepper, black	⅛ tsp	
Tarragon	1 Tbsp	

Note

- Pour over fresh mushrooms or other fresh vegetables or pasta.

BALSAMIC VINEGAR MARINADE FOR VEGETABLES

Yield: 1¼ qt

Ingredient	*Amount*	*Procedure*
Balsamic vinegar	¾ cup	Mix vinegars, onion, garlic, and Spices using a wire whip.
Sherry wine vinegar	¼ cup	
Onion, finely minced	3 oz	
Garlic, finely minced	3 cloves	
Salt	½ tsp	
Pepper, black	½ tsp	
Vegetable oil	1½ cups	Whisk in oils.
Olive oil	2 cups	Store in a covered container in refrigerator for up to 1 week. Stir before using.

HONEY-BALSAMIC MARINADE

Yield: 5½ cups

Ingredient	*Amount*	*Procedure*
Honey	2 cups	Mix all ingredients.
Olive oil	2 Tbsp	Brush on fish or chicken before grilling or baking.
Dijon mustard	2 cups	
Balsamic vinegar	1¼ cups	
Pepper, coarse ground, black	1 Tbsp	
Garlic salt	1 Tbsp	

HERB MARINADE FOR POULTRY OR FISH

Yield: For approximately 50 portions of poultry or fish

Ingredient	*Amount*	*Procedure*
White wine	¾ cup	Combine all ingredients.
Lemon juice, fresh squeezed	1½ cups	Rub on both sides of chicken or fish portions. Marinate in refrigerator for 30 minutes.
Garlic cloves, minced	2 oz (EP)	Follow recipe instructions for grilling, broiling, or roasting.
Parsley, minced	2 oz	
Dijon mustard	¼ cup	
Red pepper flakes	2 Tbsp	
Fennel seeds, crushed	1 Tbsp	
Tarragon leaves, dried	1 Tbsp	
Salt	1 tsp	

HERB AND GARLIC MARINADE FOR VEGETABLES

Yield: 1½ qt

Ingredient	*Amount*	*Procedure*
Olive oil	1¼ qt	Combine all ingredients and stir to combine.
Red wine vinegar	1 cup	Stir before using.
Garlic, minced	2 oz (EP)	
Salt	1 oz	
Pepper, black	1½ tsp	
Thyme leaves, dried	1 tsp	
Basil leaves, dried	1 tsp	
Parsley, dried	1 tsp	
Red pepper, crushed	2 tsp	

VINAIGRETTE MARINADE

Yield: 3 qt

Ingredient	*Amount*	*Procedure*
Vegetable oil	1 qt	Using a wire whip, whisk together all ingredients.
Olive oil	1 qt	Use to marinate vegetables before roasting or to season steamed vegetables.
Cider vinegar	2½ cups	
Lemon juice (fresh)	1¼ cups	
Soy sauce	¼ cup	
Garlic, finely minced	4 oz (EP)	
Tarragon, dried	2 oz	
Dijon mustard	⅓ cup	
Salt	2 tsp	
Pepper, black	1 tsp	

Notes

- Use marinade within 1 week. Keep refrigerated.