



Club Sauce's Fabulous Fall Recipes

These recipes are brought to you by Club Sauce
and feature the stock reductions of More Than Gourmet



This ebook may be freely distributed. Feel free to distribute Fabulous Fall Recipes from your website, use it as a gift to gain new subscribers or even include it as a bonus with any products you may be selling.

Copyright © Club Sauce, 2004, All rights reserved worldwide. No part of this ebook may be copied or sold, but may be freely distributed.

Table of Contents

Table of Contents	2
Introduction by Jules Silver	3
Great Fall Recipes	4
Soups	4
Apple-Butternut Squash Soup.....	4
Split Pea Soup "Sainte Menehould Style"	5
Hearty Onion Soup	6
Chicken, Duck & Turkey Recipes	7
Chicken Breasts in Paprika Canard Sauce	7
Pan Seared Duck Breasts with Green Peppercorn Sauce	8
Roast Turkey Breast with Tarragon Pan Sauce	9
Beef, Pork, Veal & Lamb Recipes	10
Pan Seared Steak with Cabernet Butter Sauce	10
Sautéed Pork Cutlets and Apples with Apple-Balsamic Vinegar Sauce.....	11
Provencal Veal Stew	12
Sonoran Lamb Shanks	13
Fish & Seafood Recipes	14
Saffron Seafood Risotto	14
Monkfish with Pine Nut Sauce	15
Game	16
Braised Rabbit or Other Game Meat/Cherries in Beer.....	16
Pepper Crusted Rack of Venison with Morel Sauce	17
Vegetarian	18
Yukon Gold Garlic Smashed Potatoes	18
Braised Red Cabbage.....	19
Sauces.....	20
Sauce Provencale	20
Wild Mushroom Sauce	21
Sun-Dried Cherry and Port Wine Sauce	22
Articles of Interest	23
Sauce Making (begins with the basics) – Jules Silver	23
Making Incredible Sauces at Home.....	24
Great Sources for Cooking Ingredients.....	27
Great Sources for Cookware	28
Disclaimer of Warranties and Limitation of Liability	29

Introduction by Jules Silver

We're excited to bring you our first **FREE, Fall E-Recipe Cookbook** from Club Sauce. With so many excellent recipes to choose from, we thought we would narrow the search and bring you a selection of fall recipes from the Club Sauce recipe collection in addition to articles that many of our customers have said are their favorites for the season.

Each season we will create a new **FREE** e-recipe cookbook with select recipes using some of our favorite products at the Club Sauce Store. You'll be able to download and view the recipes on your computer in addition to purchasing the items we feature either from a link on the recipe itself or from the website store.

It's as easy as 1, 2, 3! Just follow the simple instructions for downloading to your computer and you'll always have your **FREE, Fall E-Recipe Cookbook** available so you can create a delicious meal.

Be sure to **register** and please tell your friends to register for the **Free Drawing and Free Newsletter** at the Club Sauce website. You'll find it informative with special announcements, cooking tips, ideas, recipes, and special pricing on products exclusive to those who've registered with us.

We look forward to serving you in the future and hope that you enjoy the many recipes, articles, and information that we provide you.

Cookingly yours,

Jules Silver

Great Fall Recipes

Soups

Apple-Butternut Squash Soup

(Adapted from More Than Gourmet)
(4 servings)

Ingredients:

2 Tbs. Vegetable Oil
1 Cup Chopped onion
1 1/2 Lb. Butternut squash, split, seeded and cooked until tender
1 Cup Unsweetened applesauce
3 Cups Water
1.5 Oz. [More Than Gourmet-Glace de Canard Gold](#)
1 Tsp. Ground ginger
1/8 Tsp. Ground white pepper
Salt to taste
2-3 Tbs. Snipped fresh chives

Heat oil in a large saucepan over medium-high heat. Add onions and sauté until golden. Add squash, applesauce, 2 cups of water, the Glace de Canard Gold, ginger, and pepper. Bring to a boil, and then simmer for 2 minutes.

Transfer to a blender and puree until smooth. Return to pot, and add remaining water and salt. Heat until hot, ladle into bowls, garnish with chives and serve.

If you have leftover bits of cooked duck, add them to the soup.

Split Pea Soup "Sainte Menehould Style"

Adapted from Bernard Dance, Chef de Cuisine

Serves 8

Ingredients:

1 lb. plus 5 oz. Of split peas
2 leeks and 1 onion, peeled and shredded
1 carrot, sliced in quarters
1 tsp. [Herbs de Provence](#)
3 oz. [More Than Gourmet Veggie-Stock Gold](#)
2.5 quarts hot water
7 oz. smoked bacon
7 oz. heavy cream
3.5 oz. croutons
Salt and pepper [Urban Accents-Sonoma Pepper](#) and [Fisherman's Wharf](#)
seasonings to taste.
2 tbsp. fresh chervil, chopped

Directions:

Rinse the split peas in cold water. Place the rinsed split peas in a pot and cover with cold water for at least one hour. In a separate pan braise the onion and leeks in ½ of the butter. Drain the split peas and place them in a large soup pot with the hot water.

Add the More Than Gourmet Veggie-Stock Gold, leeks and onions, carrot quarters, smoked bacon, and Herbes de Provence. Cook gently for about 1 hour and slowly bring to a boil. Remove the carrots and smoked bacon and reserve.

Strain the soup and transfer it to another saucepan. Add the fresh cream, Urban Accents seasonings and gently reheat until it boils about 5 minutes. Taste the soup and adjust the seasonings to taste. Whisk the remaining butter into the soup and stir slowly until it's melted.

Slice the smoked bacon into thin strips (lardoons) and add to the soup. Ladle the soup into bowls, add croutons and sprinkle lightly with chopped chervil.

Serve with your favorite crusty bread.

Hearty Onion Soup

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

5 Tbs. Unsalted butter
2 1/2 Lbs. Yellow onions, thinly sliced
1 Cup Alsatian Riesling wine
1.5 Oz. [More Than Gourmet-Jus de Poulet Lie Gold](#) + 2 cups water
1 Cup Medium Sherry
Salt and white pepper to taste
8-12 Thin slices narrow French bread, lightly toasted
Clove garlic, split
2 Tbs. Olive oil ([Giorgio Zampa-Extra Virgin Olive Oil](#))
3-4 Oz. Gruyere cheese, finely shredded

Melt 4 Tbs. of the butter in a large casserole. Add 2 lbs. of onions and sauté over medium-high heat until soft and richly browned, 20 to 25 minutes. Stir and scrape pan often.

While onions are cooking, sauté remaining onion slowly in the 1 Tbs. of butter until soft and golden brown. Stir wine and Jus de Poulet Lie Gold in the casserole and bring to a boil, stirring up all browned bits. Scrape mixture into an electric blender and puree until smooth. Return to casserole, add water, sherry, salt and pepper, and simmer for 5 minutes.

Stir in remaining sautéed onions and keep soup warm over medium-low heat. Rub bread with garlic and brush with oil. Place them on a cookie sheet, sprinkle on cheese and run under broiler until cheese is melted and lightly browned.

Ladle soup into heated bowls, add 2 croutons and serve at once.

Chicken, Duck & Turkey Recipes

Chicken Breasts in Paprika Canard Sauce

(Adapted from More Than Gourmet)

(4 Servings)

Ingredients:

2 Tbs. Butter
1 Tbs. Olive Oil [Giorgio Zampa-Extra Virgin Olive Oil](#)
Boneless chicken breast halves (with skin)
3 Stalks Celery, thinly sliced
1 Medium onion, thinly sliced
1 Medium carrot, thinly sliced
1 1/2 Oz. [More Than Gourmet-Glace de Canard Gold](#)
1/2Cup White wine
1/4Cup Water
2 Bay leaves
1 Tbs. Dried Parsley
1 Tsp. Dried Marjoram
1/2 Tsp. Dried Thyme
1Cup Sour Cream
1 Tbs. Paprika

Heat the butter and oil in a large sauté pan on medium high heat. Add the chicken breasts, brown on both sides and remove from pan and reserve. Reduce heat to medium and add celery, onion and carrots and sauté until soft and lightly colored.

Add the Glace de Canard and stir until melted. Return the chicken to the pan, add the white wine, water, salt, herbs and spices and bring to a simmer. Cover and continue to simmer 25 to 30 minutes or until chicken is thoroughly cooked.

Remove chicken from pan and keep warm. Stir in the sour cream and paprika and simmer until the sauce just coats the back of a spoon. Adjust with additional salt and pepper if necessary. Strain sauce through a fine mesh strainer over the chicken breasts and serve.

This dish is excellent when served with noodles.

Pan Seared Duck Breasts with Green Peppercorn Sauce

(Adapted from More Than Gourmet)

(2 Servings)

Ingredients:

Duck

- 1 Tbs. [More Than Gourmet-Graisse de Canard Gold](#)
- 2 Boneless Duck Breasts
- 1 Tbs. Cracked black pepper
- 1 Tbs. Crushed Dried Rosemary
- 1 Tsp. Salt or [Urban Accents-Fisherman's Wharf](#)

Sauce

- 2 Shallots, finely chopped
- 1 1/2 oz. [More Than Gourmet-Glace de Canard Gold](#)
- 1 1/2 Cups Red wine
- 1/2 Cup Water
- 1/4 Cup Heavy cream
- 1 Tsp. Crushed dry green peppercorns
- 1 Tbs. Butter

For the Duck: Heat the Graisse de Canard in a heavy frying pan or skillet. Score the skin of the duck breasts, with a knife in a diamond pattern (this will allow the fat to escape during cooking). Mix the cracked black pepper, crushed rosemary and salt in a small bowl. Rub the spice mixture over the duck breasts.

Fry the breasts skin side down over high heat until the skin is well browned, (3 to 5 minutes). Turn the breasts over, lower the heat to medium and continue frying until the breast is cooked to your taste, (3 to 7 minutes). Transfer breasts to a cutting board and keep warm.

For the Sauce: Discard all but a tablespoon of the fat from the pan. Add the chopped shallots and sauté for 1 minute. Add the red wine, Glace de Canard and water, and boil until reduced by half. Add the cream and green peppercorns and simmer an additional 2 to 3 minutes. Remove from heat and whisk in butter. Taste sauce and adjust seasonings with salt and pepper.

Presentation: Carve the duck breasts in diagonal slices. Place slices on plates and spoon sauce over the slices and serve at once.

Roast Turkey Breast with Tarragon Pan Sauce

(Adapted from More Than Gourmet)

(6 servings)

Ingredients:

- 1 Whole turkey breast, boned and butter flied, blotted dry
- 3 Tbs. Dijon mustard
- 1 Tbs. Paprika
- 2 Tbs. Each finely chopped flat-leaf parsley and fresh tarragon or all parsley
- Salt and freshly ground pepper to taste [Urban Accents-Fisherman's Wharf and Sonoma Pepper](#)
- 1 Tbs. Vegetable oil
- 3/4 Cup Dry Vermouth
- 3/4 Cup Orange juice
- 1 Oz. [More Than Gourmet-Fond de Poulet Gold](#)

Preheat oven to 350° F. Open breast out flat, skin side down, and brush with mustard. Sprinkle on paprika, then the parsley and tarragon, and season with salt and pepper.

Roll turkey up from one side to the other, forming a cylinder. Tie well with string in several places. Heat oil in a shallow roasting pan over medium-high heat and brown turkey on all sides. Roast in oven for about 25 minutes per pound, basting twice, or until a meat thermometer reads 145° to 150° F.

Transfer turkey to a platter and keep in turned-off oven. Deglaze pan with vermouth and orange juice, scraping up all the browned cooking bits. Whisk in Fond de Poulet Gold and boil until sauce is slightly thickened. Taste to adjust seasonings. Remove strings from turkey and cut into 3/4 inch slices.

Spoon on sauce, sprinkle on extra parsley, and serve.

Can be served hot or at room temperature.

Beef, Pork, Veal & Lamb Recipes

Pan Seared Steak with Cabernet Butter Sauce

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

2 Tbs. Olive oil

4 6 to 8 oz. steaks, blotted dry

1/4 Cup Chopped shallots

3/4 Cup Good quality Cabernet Sauvignon

1 Tbs. [More Than Gourmet-Demi-Glace Gold](#) + 1/2 cup hot water

4-5 Tbs. Unsalted butter, at room temperature

1 Tbs. Chopped flat-leaf parsley, to garnish

Salt and freshly ground black pepper to taste ([Urban Accents-Fisherman's Wharf and Sonoma Pepper](#))

Heat a platter or plates in a slow oven. On the stove, heat a large cast iron skillet over high heat until very hot. Add olive oil, then steaks, and sauté meat until desired doneness (2 minutes on each side for rare, 3 minutes for medium-rare).

Transfer steaks to the oven and discard excess fat from pan. Sauté shallots in pan for 20 seconds, then pour in wine and diluted stock, stirring to incorporate all browned cooking bits into liquid. Boil liquid until reduced to 2 to 3 tablespoons.

Off the heat, whisk in butter, a tablespoon at a time. Add chopped parsley. If desired, cut the steak into slices across the grain of the meat.

Spoon sauce onto the meat and serve.

Sautéed Pork Cutlets and Apples with Apple-Balsamic Vinegar Sauce

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

1 Boneless center cut pork chops, about 3/4-inch thick
1 Tbs. Olive oil
1 Sprig each rosemary and sage leaves, plus extras for garnish
1 Tbs. Unsalted butter
2 Granny Smith or other tart green apples, peeled, cored, and sliced (reserve peel)
3 Tbs. Sugar
1 Tbs. Lemon juice
1/2 cup Balsamic vinegar [Guisti-12 year old Balsamic Vinegar](#)
1.5 oz. [More Than Gourmet-Glace de Viande Gold](#)
Salt and freshly ground pepper [Urban Accents-Fisherman's Wharf and Sonoma Pepper](#)
to taste

Brush pork with oil. Chop a few rosemary and sage leaves and sprinkle over pork. Set aside. Melt butter in a heavy skillet over medium-high heat. Add apples and sauté until lightly colored, turning often.

Sprinkle on 2 Tbs. sugar, stir apples, and when sugar has melted, add lemon juice. Raise heat and cook until liquid evaporates. Set aside.

Heat remaining 1 Tbs. of sugar in a small, heavy saucepan over medium-low heat. When lightly caramelized, stir in balsamic vinegar, bring to a boil and reduce by one-third. Stir in Glace de Viande Gold, add apple peels, remaining rosemary and sage, and let stand while cooking pork.

Heat a large skillet over high heat. Season the pork with salt and pepper and quickly brown on both sides. Cover pan tightly, reduce heat to low, and cook until very pale pink, about 11 to 13 minutes.

Serve cutlets whole or sliced across the grain with apples as garnish. Strain sauce and drizzle over meat and apples. Add tiny sprigs of rosemary and sage leaves to garnish and serve.

Provençal Veal Stew

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

2 Tbs. Fruity olive oil
1 1/2 Lbs. Lean veal stew meat, cut into 1 1/2 inch cubes, blotted dry
Salt and freshly ground pepper to taste ([Urban Accents-Fisherman's Wharf and Sonoma Pepper](#))
1 Cup Finely chopped mixed onion, carrot, and celery
2 Tbs. Minced garlic
1 Large bulb fennel, trimmed and diced
3/4+ Cup Dry vermouth
1.5 Oz. [More Than Gourmet-Glace de Viande Gold](#) + 1/4 cup hot water
1 (14 1/2 oz.) can diced tomatoes, drained
1 Piece Orange zest about 1/2 inch x 3 inches
2 Large sprigs fresh thyme
1 Yellow or red bell pepper, diced
3/4 Cup Imported oil-cured black olives

Preheat oven to 350° F. Heat oil in a large casserole over high heat until almost smoking. Add veal and brown on all sides, then remove to a bowl, season with salt and pepper, and set aside.

Add onion, carrot, celery, garlic, and fennel to pot and sauté until wilted and lightly browned, about 5 minutes, stirring often. Pour in vermouth, bring to a boil and reduce by half, then stir in diluted Glace de Viande Gold, tomatoes, orange zest, and thyme.

Return meat to pot, stir, cover tightly, and cook in oven until tender, about 1 hour. After about 45 minutes, add pepper and olives, and return to oven.

Once meat is tender, if sauce is too thin, reduce over high heat. Add a splash of vermouth before serving.

Serve it over wide pasta noodles, boiled potatoes, or couscous.

Sonoran Lamb Shanks

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

1 Tbs. Vegetable oil
4 Lamb shanks blotted dry
1 Large onion
1 12oz. bottle Corona or other beer
3Tbs. Chipotle Chile sauce
1.5oz. [More Than Gourmet-Demi-glace Gold](#)
1 14 1/2 oz. can diced tomatoes, undrained
1 Tbs. Each ground cumin and chili powder
1/4 Cup Chopped cilantro leaves

Preheat oven to 350° F. Heat oil in a large heavy casserole over high heat. Brown shanks on all sides, then remove to a bowl and season with salt and pepper.

Add onion and sauté until golden brown. Stir beer, Chipotle Chile sauce, and Demi Glace gold together until blended. Pour over onion, stirring up all browned bits.

Add tomatoes cumin and chili powder. Return lamb to pot cover and cook until lamb is tender, about 1 hour and 15 minutes.

Remove from oven, skim off any surface fat, and serve garnished with chopped cilantro.

Serve over smashed potatoes.

You can make the shanks ahead of time so you can degrease the pan. The shanks are best reheated.

Fish & Seafood Recipes

Saffron Seafood Risotto

Serves 6

Ingredients:

1/4 lb. medium sized raw shrimp in shell
1/4 lb. small or bay scallops
1/4 lb. chopped clams with juice
3 leeks coarsely chopped, white part only
5 tablespoons [Georgio Zampa Extra Virgin Olive Oil](#)
2 teaspoons garlic chopped fine
1/2 teaspoons finely crushed saffron threads [Pure Spanish Saffron Threads](#)
1 teaspoon butter
2 cups Arborio rice
5 cups water 1 cup dry white wine
1/3 cup grated Parmigiano Reggiano cheese
1.5 oz reduced seafood stock ([More Than Gourmet-Glace de Fruits de Mer](#))
crushed red pepper flakes to taste (optional)
salt and black pepper to taste

Directions: In a large non-stick pan or broad pot add olive oil, butter, chopped leeks, and stir over medium high-heat for 3 or 4 minutes until leeks begin to soften. Add garlic and stir until a slight golden color then add wine and crushed saffron. Continue to blend and stir ingredients for 1 minute.

Remove 1/3 cup of the liquid to a separate sauté pan and set aside. Mix the Arborio rice into the first pan stirring until completely coated with the remaining liquid for about 30 seconds. Dissolve the More Than Gourmet Fruits de Mer Seafood Stock in one-cup hot water and add half to the cooking rice and continue stirring.

As the liquid is absorbed into the rice continue to slowly add more of the seafood stock to the pan. When the additional liquid is absorbed continue to stir and add 1/2-cup increments of water each time until the rice reaches the final stage of cooking (Begin tasting the rice after 20 minutes of cooking to test for doneness). The rice is done when it is tender but firm to the bite. Five minutes before the rice is done heat the remaining liquid in the other sauté pan on a medium-high heat.

Add the shrimp and stir for one minute then add scallops, chopped clams and any juice. Saute for two more minutes and remove from heat. Remove shells from shrimp and add to the rice with the clams, scallops and any remaining liquid. Blend ingredients together and add cheese with red pepper flakes, salt and black pepper to taste.

Monkfish with Pine Nut Sauce

4 Servings

Ingredients:

Sauce:

2 Tbs. [Mola or Giorgio Zampa Extra Virgin Olive Oil](#)

Yellow onion, finely chopped

1/4 Cup Pine nuts dry toasted and ground

1/4 Cup Fresh bread crumbs

1 Tbs. Garlic, finely minced

1 Tsp. Paprika

1 1/2 Cups Tomatoes, peeled, seeded, and chopped

1/2 Tsp. [More Than Gourmet Fumet de Poison Gold](#) fish stock reconstituted with 1/2 cup warm water

1/2 Cup White wine

Salt and pepper to taste ([Urban Accents Fisherman's Wharf and Sonoma Pepper](#))

Fish:

1.5 Lb. Monkfish fillet, cut into slices 1 inch thick

Salt and pepper to taste

2 Tbs. Olive oil

1 Cup Large frozen peas (parboiled and drained)

1/4 Cup Dry toasted pine nuts

1/4 Cup Flat-leaf parsley or mint finely chopped

Warm the extra virgin olive oil over medium heat in a sauté pan. Add the onion and sauté until tender.

Add the ground pine nuts, breadcrumbs, garlic, paprika and cook for about 3 minutes. Add the tomatoes, fish stock, wine and cook until thickened. Season with salt and pepper to taste. Sprinkle the fish with salt and pepper.

In a large frying pan heat the olive oil over a medium heat. Add the fish and sauté, turning once, for about 3 minutes on each side.

Pour the sauce over the fish, add the peas and simmer the fish in sauce for about 5 minutes or until the fish is opaque.

Transfer the fish to a platter or place on individual serving plates and finish with additional pine nuts, parsley or mint and serve.

Game

Braised Rabbit or Other Game Meat/Cherries in Beer

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

1 Rabbit (about 2 1/2 – 3 lbs.), cut into 6 to 8 pieces
Flour for dredging + 2Tbs. flour
2 Tbs. Each unsalted butter and vegetable oil
Salt and freshly ground black pepper ([Urban Accents-Fisherman's Wharf and Sonoma Pepper](#))
2 Slices, thick-sliced bacon, cut into 1 inch strips
1 Large onion, cut into medium dice
1 (12-Oz.) bottle cherry beer, such as John Adams Cherry White
1.5oz. [More Than Gourmet-Glace de Gibier Gold](#) + 1 cup water
1 Cup Dried cherries or cherry-flavored cranberries
4 Tbs. Chopped flat-leaf parsley
2 Tbs. Chopped fresh sage leaves + extra leaves for garnish
3.5 Oz. Shitake mushrooms, stems removed, thickly sliced
1+ Tbs. Guisti-12 Year Balsamic Vinegar

Dredge rabbit in flour, shaking off any excess. Heat butter and oil in a large heavy casserole over medium-high heat. Sauté rabbit until golden brown on both sides, working in batches if necessary. Remove pieces to a bowl and continue until all pieces are cooked.

Season liberally with salt and pepper. Add bacon and cook until pieces begin to separate. Stir in onion and cook over medium heat until limp, stirring often.

Return rabbit to pan, sprinkle remaining 2 Tbs. flour over rabbit and onions and cook flour until lightly colored, 3 to 4 minutes, turning from time to time. Slowly stir in beer, scraping up any browned cooking bits.

Add diluted Glace de Gibier Gold, cherries, parsley, sage, and mushrooms. Reduce heat, cover, and simmer until meat is very tender, about 1 1/2 hours.

Stir in balsamic vinegar to taste and serve. Serve with spaetzle or with boiled potatoes.

Pepper Crusted Rack of Venison with Morel Sauce

(Adapted from More Than Gourmet)
(4 Servings)

Ingredients:

1.5 Oz. [More Than Gourmet -Glace de Gibier Gold](#) + 3/4 Cups hot water
1 Oz. [Dried Morels or Dried Wild Forest Mix Mushrooms](#)
Salt
1Tsp. Vegetable oil
2 4 Rib racks of venison, Frenched and blotted dry
3 Tbs. Cracked or coarsely ground black pepper ([Urban Accents-Sonoma Pepper](#))
1/4 Cup Finely chopped shallots
3/4 Cup Hearty red wine
1 Tsp. Tomato paste
2 Sprigs Fresh Thyme
Chopped parsley to garnish

Combine diluted Glace de Gibier Gold with wild mushrooms and soak until softened, about 20 minutes. Strain through a fine sieve, reserving the liquid. Set mushrooms aside.

Preheat oven to 375° F. Heat a large, heavy skillet over medium-high heat. Add oil and soft sear racks to seal the exterior, 2 minutes. Cool slightly, season with salt and coat meat with cracked pepper, pressing it into the venison.

Roast, flesh side up until venison is rare or medium-rare, about 20 to 25 minutes. Remove from oven and pan, keep warm, and allow the meat to rest at least 5 minutes.

Add shallots to the pan and cook over medium heat until wilted. Pour in red wine, stir up all browned cooking bits, and reduce by half over high heat. Stir in tomato paste, Glace de Gibier Gold, and thyme. Reduce by half.

Add reserved mushrooms and taste to adjust seasonings. Cut racks into individual chops. Serve 1-2 chops on each plate. Spoon on sauce, sprinkle on parsley, and serve, pass extra sauce at the table.

Serve with sautéed carrots and steamed broccoli florets, or Brussels sprouts.

Vegetarian

Yukon Gold Garlic Smashed Potatoes

(Adapted from More Than Gourmet)
(6 Servings)

Ingredients:

- 1 Large head garlic, about 1/2 inch sliced off the bottom
- 1 Tbs. Olive Oil ([Giorgio Zampa-Extra Virgin Olive Oil](#))
- 2 Lbs. Yukon Gold or red bliss potatoes, scrubbed and coarsely chopped
- 1.5 Oz. [More Than Gourmet-Veggie Glace Gold](#)
- 1/2 to 3/4Cup Milk, heated
- 1-2 Tbs. Unsalted butter
- Salt and freshly ground black pepper to taste ([Urban Accents-Fisherman's Wharf and Sonoma Pepper](#)) to taste.

Preheat oven to 350° F.

Brush garlic with olive oil. Wrap in aluminum foil and roast until tender, about 20 minutes. Remove and squeeze out cooked garlic cloves, mashing them until smooth.

Combine with Veggie-Glace Gold and milk stirring until blended and heat until hot. While garlic roasts, cover potatoes with cold water, bring to a boil, and cook until completely tender.

Drain, add garlic-stock-milk mixture, and mash until somewhat smooth. Add butter, salt and pepper to taste, and serve.

This recipe works well for other vegetables like turnips, cauliflower, etc.

Braised Red Cabbage

(Adapted from More Than Gourmet)
(6 Servings)

Ingredients:

3 Tbs. [More Than Gourmet-Graisse de Canard Gold](#)
2 Medium onions, sliced
1 Large red cabbage, cored, quartered, and cut into 1/4 inch slices
2 Large Granny Smith or other tart green apple, peeled, cored, and diced
1 Cup Dry red wine
1 Tsp. Caraway seeds, optional
Salt to taste
Freshly ground black pepper [Urban Accents-Sonoma Pepper](#)
2 Tsp. Red currant jelly

Heat Graisse de Canard Gold in a large casserole over medium-high heat. Add onions and sauté until golden brown, about 5 to 7 minutes.

Stir in cabbage and apple, then pour in wine, vinegar, and caraway seeds, and bring to a boil. Cover pan, reduce heat, and cook gently for 45 minutes, stirring occasionally.

About half way through cooking time, remove cover, allowing liquid to partially evaporate. So cabbage is fairly dry.

Season with salt and pepper. Stir in jelly and serve.

It's a perfect holiday vegetable to be served along side turkey, duck, goose or chicken. It can be made ahead of time and reheated.

Sauces

Sauce Provencale

(4-6 Servings)

Ingredients:

1 tbs. Olive Oil

3 tbs. Shallots, minced

1 clove Garlic, minced

1 tsp. [Herbes de Provence Urban Accents-Herbes de Provence](#)

1/4 cup White Wine, dry

1.5 oz. [More Than Gourmet-Jus de Poulet](#)

1 cup Water, hot

1/2 cup Tomatoes, peeled, seeded, and chopped

2 tsp. Fresh Chervil, chopped

2 tsp. Fresh Parsley, chopped

Salt and white pepper to taste

Sauté shallots, garlic, and Herbes de Provence in olive oil for 1 to 2 minutes or until shallots are translucent. Add wine and reduce by half.

Add Jus de Poulet and water and whisk until dissolved. Bring to a rapid boil for 30 seconds.

Add tomatoes, chervil, parsley, salt, and white pepper to taste.

Serve over fish, chicken, lamb, or grilled vegetables.

Wild Mushroom Sauce

(3-4 Servings)

Ingredients:

2 oz: Butter

2 tbs. Shallots, minced

8-10 oz. [Reconstituted Dried Wild Forest Mushrooms](#)

1 cup Red Wine

1.5oz. [More Than Gourmet-Demi-Glace or Jus de Poulet or Veggie Glace](#)

1/4 cup Water, hot

1/4 cup Heavy Cream

Sauté shallots in butter for 1 to 2 minutes or until translucent. Add mushrooms and cook until mushrooms are tender. Remove mushrooms and set aside.

Add red wine and reduce by half. Add Demi-Glace and whisk until dissolved. Return mushrooms to pan and add heavy cream and reduce briefly, and then add enough water to reach desired sauce thickness.

Add salt and pepper to taste.

Serve over grilled or roasted beef, veal, chicken, or other meats or poultry.

Sun-Dried Cherry and Port Wine Sauce

(Adapted from More Than Gourmet)

(4 servings)

Ingredients:

2 Tbs. Unsalted butter

2 Tbs. Minced shallots

1 Tbs. Cracked black pepper ([Urban Accents-Sonoma Pepper](#))

1 Bay leaf

2 Sprig fresh thyme

3/4 Cup Port wine

1/4 Cup Full-bodied red wine

1.5 Oz. [More Than Gourmet-Jus de Poulet Lie Gold](#)

1/2 cup hot water

1/2 Cup Sun-dried cherries

1/4 Cup Heavy cream

Melt butter in a large skillet over medium-high heat. Sauté shallots, peppercorns, bay leaf, and thyme until shallots are translucent.

Add port and wine, bring to a boil, and reduce by half. Whisk in dissolved Jus de Poulet Lie Gold, then strain and return to pan.

Add cherries and whisk in cream, return to a simmer and taste to adjust seasonings.

Reduce slightly if too thin and keep warm.

Delicious when served over pork cutlets, veal, duck, wild birds, or goose.

If you like these sauces and would like more like them, you can find them at our web site by <http://www.clubsauce.com/>.

Articles of Interest

Sauce Making (begins with the basics) – Jules Silver

Sauces are the perfect compliment to most prepared foods. You'll find that not only are they a perfect compliment to the foods you make but they can also be very time-consuming in the making. Most sauces have several involved steps in the process of reaching a desired taste and consistency.

There are a countless number of books that have been written about sauce making over the years. They go into great detail about the preparation of classical sauces and the more creative concoctions that la nouvelle cuisine has brought us over the last decade. One of the best books I've come across is Sauces, Classical and Contemporary Sauce Making by James Peterson, a bible for sauce preparation.

I believe the most important idea to remember when you are cooking is that from these basic rules and recipes comes the freedom to try a variety of flavors, textures and colors. You're only limited by your own imagination.

The techniques and combinations of ingredients for sauce making keeps changing and improving. We owe it to the French chefs who early on helped create and standardize the four mother sauces from which all other sauces are based.

You'll discover that many sauce recipes require a good stock as a base for sauce making. This can be the most time consuming ingredient. Short cuts are just not the same. We have a line of the most highly acclaimed stocks on the market today and also mentioned in the book listed above. See our Demi-Glace, Stocks, & Broths for the selection and explanation for each of these prized and easy to use stocks plus their easy to use recipes like SAUCE MERLOT FOR VEAL, BEEF OR VENISON or LOBSTER BISQUE.

I've listed some basic rules to consider when planning your next menu using some of the wonderful combinations sauces that are partially prepared or prepared from scratch.

- Review the menu to get an idea or theme for the meal you want to prepare.
- Become familiar with the basic sauce cooking techniques and the interaction of the various ingredients for sauces you want to prepare.
- Consider the colors, textures, flavors and styles when serving more than one sauce at a meal.
- A basic sauce recipe is meant to encourage improvisation. Take full advantage of the opportunity.
- Sauces should be appropriate for the season and for the occasion.
- One sauce is adequate for a meal, two sauces are the ultimate, and three sauces can overwhelm the overall presentation.
- Avoid strong flavored sauces at the beginning of a meal.
- Try not to combine hot sauces with cold sauces on the same plate.
- The sauces should be made to compliment one another.

Making Incredible Sauces at Home

By The Reluctant Gourmet © 2003

<http://www.reluctantgourmet.com/>

My 5 Step Method for Preparing Professional Quality Brown Sauces

As a home cook, one of the hardest things for me to accomplish when first starting out was making a rich velvety brown sauce to serve on steak, lamb, veal, pork, or even chicken. I could put together a pretty good pan sauce using the dripping after sautéing or roasting a piece of meat but it never quite had that incredible intensity that I experience when dining out at a great restaurant.

It wasn't until I spent some time reading about sauce making and speaking with a few chef friends that I learned it isn't so much the "how to" but the "ingredients" that make the difference. Using my 5-step method to making a great brown sauce is easy if you have all the necessary ingredients and I will give you some great resources for find them.

What is a Sauce?

According to Food Lover's Companion, a sauce is "a thickened, flavored liquid designed to accompany food in order to enhance and bring out its flavor." Now that can cover a lot of territory. It goes on to say, "In the days before refrigeration, however, sauces were more often used to smother the taste of foods that had begun to go bad." I'm sure we have all had experiences that have proven this true even in the days of refrigeration.....Think back to your high school cafeteria.

But in the 19th century, the French created an intricate process for making sauces that is still being taught in cooking schools all over the world. This process involves numerous steps and if you have the time, I highly recommend James Peterson's, "Sauces" and Raymond Sokolov's "The Saucier's Apprentice". They are entirely devoted to just this subject.

Why is it so difficult to make great sauces at home?

As Chef Alton Brown says in his cookbook, I'm Just Here For The Food, "By and large, most home cooks don't do sauce...and that's too bad. Traditional sauces are indeed scary."

The process just to prepare the key ingredients that go into a sauce takes a lot of time. It starts by making a stock with roasted beef and/or veal bones, reducing them for at least 12 hours, continuously skimming the pot, straining the liquid to remove the bones, reducing some more, adding a roux (a mixture of flour and water used as a thickening agent) and you now have a nice brown sauce or sauce Espagnole.

A professional chef will then reduce this brown sauce further to make a demi glace, the mother of all sauces. These guys spend a lot of time in cooking school learning how to do this and take great pride in the sauces they can make with it. These stock reductions are the foundation to hundreds of classic sauces being served in fine restaurants.

Why can't I just use a bouillon cube?

Unless you want to ruin an expensive cut of meat by covering it with a salty, corn syrup reduction, I would stay away from bouillon cubes or any of those cheap packets of instant sauces you see in your local supermarket. Just look at the ingredients to see if what's inside is real or simply processed. You can't build a sound house without a strong foundation. The same is true when making sauces.

What's a home cook to do?

Since making a great sauce at home depends of finding a good stock reduction or demi glace, I would like to offer you the following resources.

- Make it yourself. A great experience but one most of us will not take on.
- Make friends with the chef at your favorite upper end restaurant and see if he or she will share some of their brown gold with you. Be prepared to beg or pay through the nose to get them to part with this stuff. Not likely, but worth a try. '
- Hire a personal chef to make it for you. You may end up having to subscribe to years worth of dinners, which isn't all that bad, but you will have your demi.
- Buy it a high-end gourmet store. If you really search hard, you may be able to find stock reductions in the refrigerator section of some really high end stores. You won't get much, but you don't need a lot and it won't be cheap.
- Williams-Sonoma is now selling their own stock reductions. I have not had that much experience with them but they usually sell high quality items.
- Find demi glace and stock reductions that are used in high-end restaurants and are available to home cooks. More Than Gourmet makes the best products I know of that fit that description. You can learn all about these products and buy them on-line at <http://www.clubsauce.com/>

My Quick & Easy 5 Step Method Quick Look

1. Sauté a shallot in butter
2. Deglaze pan with wine
3. Add demi glace
4. Reduce
5. Season with salt & pepper

More Details

1. Sauté a chopped shallot or small onion in one ounce of butter (1/4 stick) for 1-2 minutes until translucent.

2. Deglaze with 1/2-cup red wine and reduce to an essence (approximately one tablespoon of remaining liquid). Be sure to remove the pan from the heat before deglazing.
3. Add 8 ounces of demi-glace.
4. Reduce the sauce until it is thick enough to coat a spoon.
5. Season with freshly ground pepper to taste.

One last item that is optional but often used by professional chefs is a pat of butter. It adds a bit more flavor and shine to the finished sauce.

Alternatives

At this point you have a delicious sauce that you can serve or use as a base and layer in more flavors by adding additional ingredients including fresh herbs and spices, fruits, chutneys, relish, or cream.

If you are adding mushrooms or other ingredients that need to cook a bit, add them to the pan right after you add the wine and let them cook while the wine is reducing.

Copyright © 2003 G. Stephen Jones, [The Reluctant Gourmet](#)

Great Sources for Cooking Ingredients

Visit these fine on-line stores for deals on gourmet foods.

Cooking Aprons

Cool Aprons

Cheese Suppliers

Cheese Supply

iGourmet,

Cheese & Wine Unlimited

Chocolate

Brookside Chocolate Bowl

Cookies

David's Cookies

Gift Baskets

GiftBaskets.com,

Hale Indian River Groves,

Hickory Farms Gift Baskets,

Hot Sauces

Carolina Sauce Company, Inc.

Lobsters & Seafood

Live Lobsters And More

From Lobster Gram

Omaha Steaks Lobster Tails,

SeaBear Home Page,

Nuts

Almond Plaza

Specialty Foods

appetizerstogo.com,

Tabasco,

ThePopcornFactory.com,

Steaks & Meats

Omaha Steaks,

Pfaelzer Brothers,

MyButcher.com

Hickory Farms,

Wine and Beer

Wine.com,

BeverageBistro.com,

Geerlings & Wade Wine Shop,

The Wine Messenger,

The Wine Enthusiast

Shop at 800wine.com!

Great Sources for Cookware

Kitchenwares & Cooking Equipment

[Cooking.com](#),

[Amazon.com](#)

[Dishes, Decor And More.](#)

And for 75 more great recipes, check out GatewayGourmet's [How to Make Restaurant Quality Sauces at Home...in as little as 20 minutes.](#)



[To learn how, Click Here](#)

Disclaimer of Warranties and Limitation of Liability

This ebook is provided by Club Sauce on an "as is" and "as available" basis. Club Sauce makes no representations or warranties of any kind, express or implied, as to the accuracy, applicability, fitness, or completeness of the information, content, materials, or services included in this ebook. You expressly agree that your use of this ebook is at your sole risk.

In no event shall Club Sauce, affiliates or any third parties mentioned in this ebook be liable for any damages whatsoever (including, without limitation, direct, incidental or consequential damages, lost profits, or damages resulting from lost data, breach of confidentiality or business interruption) resulting from the use of the material contained in this ebook whether based on warranty, contract, tort, or any other legal theory, and whether or not Club Sauce is advised of the possibility of such damages.

This manual contains material protected under International and Federal copyright Laws and Treaties. Any unauthorized reprint or use of this material is prohibited.