

Sauces

PESTO.....	1
WINE REDUCTION SAUCE	2
TERIYAKI SAUCE.....	2
RAGU BOLOGNESE.....	3
PLUM SAUCE.....	4
SWEET HOT WHISKEY GLAZE.....	4
Shrimp Cocktail Sauce	5
Basic Cranberry Sauce	5
Cranberry-Orange Sauce	5

PESTO

Serves 4

4 cups basil, preferably *Ocimum basilicum* 'Genovese', loosely packed

1/3 cup pine nuts

1/2 cup extra-virgin olive oil

1/2 teaspoon chopped fresh garlic

1 teaspoon coarse sea salt

1/3 cup finely grated Parmigiano-Reggiano cheese, plus more for serving

1/3 cup finely grated pecorino cheese

Instructions:

1. For the pesto: Wash the basil in cold water. Gently pinch leaves from stems. Soak the leaves in a bowl of cold water for 1 hour.
2. Put the pine nuts, olive oil and garlic in a blender. Pulse to make a coarse paste. Add basil leaves, 1 cup at a time, shaking off some, but not all of the water (a little water helps the ingredients emulsify). Pulse a few times after each addition. When all the basil has been pureed, add salt and blend on high until the pesto is smooth.
3. Add the cheeses and pulse to blend. (Take care not to overblend at this stage or the sauce will heat up and separate like a broken sauce.) Pour the pesto into a broad, medium-size mixing bowl. If it's more than 20 minutes before serving, cover pesto with a thin film of mild olive oil to slow oxidation.

WINE REDUCTION SAUCE

INGREDIENTS:

- 1 Tbsp olive oil or butter
- 1 Tbsp Dijon mustard
- 1 Tbsp minced shallot or
tbsp minced onion and one clove of garlic minced
- ½ cup Wine
- ½ cup broth
- 1 Tsp. Worcestershire sauce (or to taste)
- 1 Tbsp. butter (or more)
- Salt and pepper
- Dash Sugar if too tart

DIRECTIONS:

- Cook meat in a non-teflon pan to desired doneness on relatively high heat to create a good amount of fond in the pan. Remove meat to a plate and cover with foil.
- Turn heat to high. Add oil and shallots. Cook for a minute stirring constantly (do not let burn).
- Stir in mustard and then add wine. Cook several minutes until wine is reduced by two-thirds and syrupy.
- Add broth and cook until syrupy also. Add salt and pepper to taste.
- Remove from heat and whisk in butter. Sauce may be strained to remove bits and pieces or served more rustically without straining.
- Pour over meat and serve

STEAK SAUCE:

Use a hearty red wine (cabernet, merlot, or syrah). Use an unsalted beef broth.

MUSHROOM SAUCE:

Following steak sauce above and add mushrooms along with shallots and cook until done then start adding liquids.

CHICKEN SAUCE:

Use a fortified white wine (dry vermouth or marsala). Use an unsalted chicken broth.

CHICKEN PICATTA SAUCE:

Use the chicken sauce above. Add rind of a lemon and juice of the lemon during reduction. Add one tablespoon of capers.

TERIYAKI SAUCE

INGREDIENTS:

1-1/2 cup of soy sauce
1/2 cup white sugar
1/2 cup brown sugar
1/2 cup sweet cooking rice wine (MIRIN)
1/8 cup (1oz) ginger minced
1/8 cup (1oz) garlic minced or crushed
1 tsp dry mustard
1/2 med red onion – sliced

1 tsp Dark Sesame Oil (optional)

DIRECTIONS

Put measured ingredients into cooking pot and set stove on simmer
Cook on simmer approx. 3-5 minutes
Set aside to cool.

RAGU BOLOGNESE

1/4 pound smoked ham, coarsely chopped	8 tablespoons butter
2 cups coarsely chopped onions	1 cup dry white wine
1/2 cup coarsely chopped carrots	4 tablespoons tomato paste
1 cup coarsely chopped celery	2 cups heavy cream
3/4 pound twice ground beef round	1/8 teaspoon ground nutmeg
1/4 pound twice ground lean pork	salt
4 cups beef stock, fresh or canned	freshly ground pepper
1/2 pound chicken livers	

- Combine the chopped ham, onions, carrots and celery on a cutting board and chop them together into very small pieces.
- This mixture is called a battuto, which when cooked becomes a soffritto.
- Melt 4 tablespoons of the butter over moderate heat in a heavy 10-12 inch skillet. When the foam subsides, add the battuto and cook, stirring frequently, for about 10 minutes or until it is lightly browned.
- With a rubber spatula, transfer the soffritto to a heavy 3-4 quart saucepan.
- Heat 2 tablespoons of butter in the same skillet, and lightly brown the ground beef and the pork over moderate heat, stirring the meat constantly to break up any lumps.
- Then pour in the wine, increase the heat, and boil briskly, still stirring constantly, until almost all of the liquid in the skillet has cooked away.
- Add the meat to the soffritto in the saucepan, and stir in the stock and tomato paste.
- Bring to a boil over high heat, then reduce the heat and simmer, partially covered, for 45 minutes, stirring occasionally.
- Meanwhile, over high heat melt 2 more tablespoons of butter in the original skillet, and when the foam subsides, add the chicken livers.
- Cook them for 3-4 minutes, or until they are firm and lightly browned.

- Chop the chicken lovers into small dice, set them aside, and add them to the sauce 10 minutes before it is done.
- Ragu can be made to this point in advance
- When ready to serve stir in the cream and let it heat through
- Taste the ragu and season it with nutmeg, salt, and pepper.
- Serve over any pasta.

Recipe from AAUW Supper Club Italian Dinner, November 1978

PLUM SAUCE

INGREDIENTS

3/4 (16 ounce) jar plum jam
 2 tablespoons vinegar
 1 tablespoon brown sugar
 1 tablespoon dried minced onion
 1 teaspoon crushed red pepper flakes
 1 clove garlic, minced
 1/2 teaspoon ground ginger

DIRECTIONS

In a saucepan over medium heat, combine jam, vinegar, brown sugar, dried onion, red pepper, garlic and ginger. Bring to a boil, stirring. Remove from heat.

SWEET HOT WHISKEY GLAZE

BAR-B-QUE SAUCE FOR CORNED BEEF

Single Recipe	10X Recipe	12X Recipe
1/4 c Ketchup	2 1/2c ketchup	3c
1/4 c bourbon or brandy	2 1/2 c bourbon	3c
1/4 c apple cider vinegar	2 1/2 c vinegar	3c
2 T brown sugar	20T brown sugar	24T
2 T soy sauce	20 T soy sauce	24T
1 tsp dry mustard	10 tsp mustard	4T
1/2 tsp ground ginger	5 tsp ginger	4T
1/4 tsp red pepper flakes	1 tsp red pepper	1 t

Whisk all ingredients into a saucepan large enough to handle amount, over HIGH heat for 3 -4 min. to thicken. Spoon over meat and place in oven at approx 450 degrees for 10 min or until glaze is dark and sticky. Then remove and hold for 15 min to rest and re-glaze. Slice meat and pour remaining sauce over all the meat.

Recipe from Warren Petree March 2012

Shrimp Cocktail Sauce

1/2 cup chili sauce (recommended: Heinz)
1/2 cup ketchup (recommended: Heinz)
3 tablespoons prepared horseradish
2 teaspoons fresh lemon juice
1/2 teaspoon Worcestershire sauce
1/4 teaspoon hot sauce (recommended: Tabasco)

Basic Cranberry Sauce

makes 2 1/4 cups, Cook's Kitchen

The cooking time in this recipe is intended for fresh berries. If you've got frozen cranberries, do not defrost them before use; just pick through them and add about 2 minutes to the simmering time.

3/4 cup water
1 cup sugar
1/4 teaspoon salt
1 (12-ounce) bag cranberries, picked through

Bring water, sugar, and salt to a boil in medium nonreactive saucepan over high heat, stirring occasionally to dissolve sugar. Stir in cranberries; return to a boil. Reduce heat to medium; simmer until saucy, slightly thickened, and about two-thirds of berries have popped open, about 5 minutes. Transfer to nonreactive bowl, cool to room temperature, and serve. (Can be covered and refrigerated up to 7 days; let stand at room temperature 30 minutes before serving.)

Cranberry-Orange Sauce

Orange juice adds little flavor, but we found that zest and liqueur pack the orange kick we were looking for in this sauce.

Follow recipe for Basic Cranberry Sauce, heating 1 tablespoon grated orange zest with sugar mixture. Off heat, stir in 2 tablespoons orange liqueur (such as Triple Sec or Grand Marnier).