

# Basics 6: The Art of Sauces

For 12-14 students

## Prep Ahead:

Quick Pickle Brine  
Tzatziki  
Sear chicken  
Potatoes  
Cook pasta  
Measure bechamel kits

## Demo:

Chimichurri or Romesco  
(optional if time)

## Recipes For Teams:

Aioli  
Bechamel & Mornay sauce  
Seared chicken thighs w/ mustard wine  
reduction sauce  
Pickles

## The Shop

3-4 oz per person	Boneless/Skinless chicken thighs
5 lbs	Waxy potatoes or sweet potatoes to roast or make fries
2 lbs	Macaroni or similar pasta
2 loaves	Crusty Bread or pita
2 boxes	Gluten free crackers

Seasonal veggies for pickles

Seasonal veggies and cheese for mac and cheese to be cooked in pie tins.

Ingredients for recipes to prep ahead, demo recipes and team recipes.

Snack (prepare a heartier snack for this class)

## The Set-Up

1. Make a heartier snack for this class.
2. Thaw 2 quarts each of chicken stock.
3. Wash all produce & place onto the back counter.
4. Cut up the potatoes into wedges, toss with a little oil, salt and pepper; place onto lined sheet trays a roast (at 375-425°) until done through. Place into a serving container for tasting with sauces.
5. Cook off the pasta in salted boiling water until done. Remove and toss with a little oil (or quick rinse in the sink.) Will combine with students béchamel for mac and cheese.
6. Cut up bread for use as for dipping into the sauces for tasting.
7. Place at all butcher block workspaces:

Damp folded blue towel  
Trash Bowl  
Bench Scraper  
Salt & Pepper  
Tasting spoons  
Rice Bran Oil

8. Set out some soup bowls, spoons, and cocktail napkins.
9. Make Tzatziki sauce, serve along with pita chips and other items for snack.
10. Make quick pickle recipe.
11. Sear chicken in enough pans to distribute one pan per team. Teach reduction sauces.

## Recipes to Prep Ahead of Class

### **Tzatziki**    Makes 2 ½ cups

1 cup	Yogurt, whisked until smooth
½ large	English Cucumber*, diced or grated
1-2 Tbsp	Dill, minced
1-2 Tbsp	Olive Oil
1-2 Tbsp	Lemon Juice
To taste	Salt & Pepper

\*Cucumber can be peeled or not

1. Mix all ingredients together until smooth and well incorporated. Season with pepper. Adjust seasoning with salt and mix again, just before serving.

### **Quick Pickle Brine**    Makes 4-6 cups

4 cups	Vinegar of choice (white or rice vinegars are good choices)
1 cup	Water
¼ cup	Sugar
2 tbsp	Salt

1. Heat vinegar, sugar, herbs and/or spices, and salt in a saucepan over med-high heat. Stir occasionally. Continue to cook until sugar has been dissolved for a few minutes.