

# Sauces Lend Variety

By JOYCE TOTTEN

There are many fine bottled and canned sauces to use with meats. These may be used as purchased or added as seasoning to homemade sauces. Canned soups may be used as sauces or as the basis for sauces to which other seasonings are added.

Sauces may be hot or cold, thick or thin, multi-flavored or with a single flavor such as onion or mushroom.

**HOT SAUCES.** A basic hot sauce is a white sauce of two tablespoons butter or margarine, and two tablespoons flour to one cup milk. This may be varied by using different liquids, as tomato juice, fruit juices, meat broth, or wine.

Flavors chosen for the sauce should complement but not dominate the meat flavor. Tart and spicy flavors go with beef and lamb. Sweet and sweet-sour flavors go with ham and fresh pork. Curry is a good flavor with veal and poultry. Onion and garlic may be used as a subtle undertone to most hot meat sauces.

Barbecue sauces are tart and spicy. Use during the cooking of the meat or serve with the meat.

**SEASONINGS.** The excellence of a sauce depends on its combination of flavors. Herbs, bottled sauces, wines, mustard, horseradish, onion, garlic, curry, chili, and other pungent flavors should be used with reserve to give undertone to the sauce. Dried flakes of onion, celery, mint, parsley, and mushrooms, as well as flavor extracts and powdered or ground seasonings, add to the variety of flavors possible.

**CHILLED WHIPPED CREAM HORSE RADISH SAUCE**  
(Serve with hot or cold baked ham, or cold sliced beef.)

1 c. whipping cream  
2 T. grated horseradish, drained  
1/8 t. salt  
1 t. lemon juice

Whip the cream. Stir in remaining ingredients. Chill 1/2 hour. Variation: Add 1/4 t. curry powder, 1/2 t. prepared mustard, or 1 T. chopped chives.

**WHITE WINE BARBECUE SAUCE (COLD)**  
(Excellent with chicken or veal. Cover the meat with this sauce. Keep in the refrigerator 3 to 4 hours before broiling.)

Yield: 3 cups  
1 c. white wine (Sauvignon)  
1/2 c. lemon juice  
1 c. salad oil  
1 T. sugar  
1 T. salt  
1/8 t. thyme or marjoram  
1/8 t. curry powder  
1 c. finely chopped onion  
2 cloves garlic, mashed  
Few drops Tabasco sauce  
1 T. paprika

Combine all ingredients. Stir to blend. Keep in covered jar in refrigerator 4 or 5 hours to blend the flavors. Soak the broilers or steaks in this sauce and use the sauce to brush over the steaks during the slow broiling.

**MUSHROOM SAUCE (HOT)**

Yield: 2 cups  
Cooking Time: 20 minutes  
1/4 c. butter or margarine  
1 c. sliced mushrooms  
1/4 c. flour  
2 c. bouillon  
1/2 t. salt  
Pepper

Melt 2 tablespoons butter in skillet. Fry mushrooms until tender and brown. Lift from skillet. Melt remaining butter. Stir in flour. Brown thoroughly. Add bouillon slowly, stirring constantly. Cook until thick and smooth. Add mushrooms and seasonings. Simmer 5 to 10 minutes. Serve hot.

**ONION SAUCE (HOT)**  
(Very good with "battered" beef brisket.)

Yield: 1 cup  
Cooking Time: 10 minutes  
2 T. sugar  
1 T. fat  
2 onions, sliced  
1 T. flour  
1 c. beef bouillon  
1 t. vinegar  
1 t. salt  
1 t. paprika

Stir and cook the sugar in the fat in a skillet until lightly browned. Add the onions and stir and cook until the onions are a light brown. Stir in the flour. Then slowly stir in the bouillon, vinegar, salt and paprika. Cook until smooth. Serve hot.

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