CHICKEN VELOUTÉ AND SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

Chef Thomas Keller / Chapter Twenty

MASTERCLASS

CHICKEN VELOUTÉ, SAUCES SUPRÊME, ALLEMANDE, AND ALBUFERA

"That very luxurious, velvety texture is so indicative of a velouté."

CHAPTER REVIEW

Chef Keller's chicken velouté begins with the light stock from Chapter 17 and a hydrocolloid—which is simply something that thickens water. In this case, Chef Keller uses flour, the most common hydrocolloid, to make two types of thickener: a roux and a beurre manié.

A classic roux consists of equal parts butter and flour, which are mixed into a paste, heated in a sauce pot until evenly combined, and covered and baked in the oven. Roux can be made ahead of time in large batches, refrigerated, chopped into small peices, and frozen for prolonged storage.

You can also use beurre manié to thicken your sauce. Like roux, a beurre manié uses equal parts butter and flour, but is cooked in the sauce instead of in the oven. This method requires a longer cooking time to remove the raw flour flavor and is not shelf-stable, but it can easily be made in the perfect amount required for a single sauce.

In both roux and beurre manié, the butter act as a vehicle to get the hydrocolloid to incorporate evenly into a liquid without any lumps.

To take velouté to sauce suprême, add cream—or crème fraîche, if you prefer a touch of acid. Add tomato purée to your sauce suprême to make sauce aurora. Sauce allemande (or sauce parisienne) is a delicate sauce enriched with an egg yolk, and sauce albufera is enriched with crème fraîche and veal stock. Each variation might require you to reduce the sauce further, or adjust the acid and salt for balance, so be sure to taste as you go.

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CHICKEN VELOUTÉ

Mise en place

Ingredients

Beurre manié (recipe below)*, as needed
Light chicken stock
Salt
Grated nutmeg, if desired
Ground white pepper, if desired

Equipment

Mixing bowl
Rubber spatula
Sauce pot
Whisk
Spoon

*For the beurre manié:
100 grams unsalted butter, room temperature
100 grams all-purpose flour

METHOD

FOR THE BEURRE MANIÉ:

Mix together equal parts butter and flour until thoroughly blended and smooth. Set aside.

FOR THE VELOUTÉ:

Heat the stock to simmering. Whisk in enough of the beurre manié (about half) to thicken the sauce. Be sure to keep your whisk moving as you incorporate the thickener into the stock to help achieve a velvety texture. As the mixture begins to combine with the stock, the color will darken slightly. Offset the pot from the flame to allow any impurities from the flour to be driven to one side. Use a spoon to check the texture of the velouté as is comes together—it should coat the spoon with a velvety texture. Continue whisking while seasoning to taste. To determine the desired consistency, drag your finger through it and see if the sauce holds. Use the finished chicken velouté as-is or take it to one of the following sauces.

SAUCE SUPRÊME

Ingredients

Sauce velouté
Heavy cream
Creme fraiche

Equipment

Sauce pot
Whisk
Spoon

METHOD

Whisk in cream and crème fraîche, and season as needed.

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SAUCE ALLEMANDE

Ingredients

Sauce velouté
Egg yolk
Lemon wedge

Equipment

Sauce pot
Whisk
Mixing bowl
Spoon
Chinois

METHOD

Add an egg yolk to a mixing bowl. To temper the egg yolk,* add in a few spoonfuls of hot velouté and whisk to bring the egg slowly up to temp. Slowly stream the tempered mixture back into the velouté and continue whisking to combine. Be careful not to bring it to a full boil so as not to cook the egg. Strain through a fine chinois, in case any eggs were cooked during the tempering process. Finish with a squeeze of lemon and season as needed.

**Note:* Chef Keller teaches you how to temper in Chapter 20: Custard: Crème Anglaise of his first MasterClass.

SAUCE ALBUFERA

Ingredients

Sauce velouté
Veal stock
Crème fraîche
Kosher salt

Equipment

Sauce pot
Whisk
Spoon

METHOD

Whisk in veal stock and crème fraîche, and season with kosher salt as needed.

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LEARN MORE

- Velouté is one of the five mother sauces in French cooking, which means that it can be used to make a range of other sauces. The mother sauces were codified by the great French chef, Georges Auguste Escoffier. Chef Keller taught another mother sauce—hollandaise—in Chapter 19 of his first MasterClass.
- In a roux, the mixture of butter and flour is baked in the oven until dry. The longer you bake the mixture, the more the flour flavor will be removed from the roux and the less it will impact the flavor of your sauce. To make Chef Keller's shelf-stable roux, follow the method below:

Yield: approximately 210 grams

Ingredients:
110 grams of butter
110 grams of all-purpose flour

Method:
Heat butter in a small saucepan over medium heat. When the butter has mostly melted, whisk in the flour until it is fully incorporated into the butter and the mixture resembles a smooth paste. Turn off the heat, cover the roux with a cartouche,* and place the saucepan in a 250°F oven. Bake the roux for about an hour or until the roux becomes very dry. Cool and store refrigerated.

**Note:* For a demonstration of how to make a cartouche, see Chapter 13: Braising: Red Wine Braised Short Ribs.