

## Veloute Sauce

- 6 cups chicken stock
- 2 Tbsp clarified butter
- 2 Tbsp all-purpose flour

### **Preparation:**

1. Heat the chicken stock to a [simmer](#) in a medium saucepan, then lower the heat so that the stock just stays hot.
2. Meanwhile, in a separate heavy-bottomed saucepan, melt the [clarified butter](#) over a medium heat until it becomes frothy. Don't let it turn brown, though — that'll affect the flavor.
3. With a wooden spoon, stir the flour into the melted butter a little bit at a time, until it is fully incorporated into the butter, giving you a pale-yellow-colored paste. This paste is called a [roux](#). Heat the roux for another minute or so to cook off the taste of raw flour.
4. Using a wire whisk, slowly add the hot chicken stock to the roux, whisking vigorously to make sure it's free of lumps.
5. Simmer for about 20 minutes or until the total volume has reduced by about one-third, stirring frequently to make sure the sauce doesn't scorch at the bottom of the pan.
6. The resulting sauce should be smooth and velvety. If it's too thick, whisk in a bit more hot stock until it's just thick enough to coat the back of a spoon.
7. Remove the sauce from the heat. For an extra smooth consistency, carefully pour the sauce through a wire mesh strainer lined with a piece of cheesecloth.
8. Keep the velouté covered until you're ready to use it.

Makes about 1 quart of chicken velouté sauce.

## **Herb Sauce**

### Ingredients:

1 1/2 cups minced shallots  
1 cup dry white wine  
1/4 cup fresh chopped herb (tarragon, thyme, basil or chives)  
2 Tbsp. butter  
1 tsp. Dijon Mustard  
Salt and Pepper to taste

### Method:

Simmer shallots and wine until reduced by 3-quarters. Add Chicken Veloute and simmer 1 minute. Return sauce to pan and whisk in butter. Add fresh herbs. Set Aside. Serve with pan-fried or poached poultry and fish dishes. With the addition of 2 tablespoons of heavy cream, this sauce becomes herb sauce supreme.

Pound boneless skinless chicken breast until uniform thickness, season with salt and pepper and dredge lightly in flour, tap off any excess flour. In a large skillet add 2 Tbsp. olive oil and 1 Tbsp. butter heat until butter begins to foam add chicken breast; do not over crowd the pan. Sauté until golden brown on each side cook all chicken. Remove chicken from pan and set aside add sauce to pan and scrape up and chicken pieces, add chicken back and heat until thoroughly cooked.