

French Foundations

Kitchen

The techniques French cooking is built on, most of which are portable.

The classical foundations.

Mother sauces

Béchamel — milk + roux

Velouté — stock + roux

Espagnole — brown stock + roux

Hollandaise — butter emulsion

Tomate — tomato

Bases

Mirepoix — onion, carrot, celery

Bouquet garni

Stock, made properly

Roux, cooked to colour

Techniques

Sauté, sear, deglaze

Braise, confit

Reduce

Emulsify

Mise en place

Deglazing — liquid into a hot pan to lift the browned residue — is the single most transferable technique here.