

Thickening

Kitchen

How much of each thickener per volume of liquid, and how each behaves.

Per 500 ml of liquid, for a medium thickness.

Thickener	Amount	Note
Roux (flour + fat)	30 g each	Cook out the raw taste
Cornflour slurry	2 tbsp + cold water	Add at the end; clear
Arrowroot	1.5 tbsp	Freeze-stable; do not boil
Beurre manié	30 g	Whisk in at the end
Reduction	—	Best flavour, takes time
Potato / vegetable	—	Blend some of the dish

Cornflour must be slurried in cold liquid first, or it forms lumps that never disperse. Never add it dry to hot liquid.