

Sauce Making 101: The French Foundations of Selected Sauces! Class Report

Freelance Chef T. K. Clifford showed us how to make a rich and creamy béchamel using butter, cream, chicken bouillon or stock, white pepper, nutmeg and cornstarch. But that was only the beginning! He turned that béchamel into a delicious roasted red pepper sauce by adding herbed borsin cheese and roasted red pepper puree. Or maybe you want a smoky, cheesy sauce – in that case just add shredded smoked gouda to the béchamel. Both sauces were wonderful served on our Rainbow Angel Hair pasta!

And since we eat with our eyes first, the desert sauces were especially appealing! The sweet red strawberry, tangy green kiwi, and fruity yellow peach sauces, artfully served with our Barefoot Contessa Orange Pound Cake and garnished with a blood orange twist, were gratifying to all of our senses.

Crystal Wine Cellar provided several white wines for sampling! Thank you Chef Clifford and Randy Althage!

