

MARINADES & SAUCES

[& Seasonings & Rubs]

ALFREDO SAUCE

2 Tbsp. butter
2-8 cloves garlic, crushed
1 c. heavy whipping cream
1 c. sour cream or creme fraiche
1/4 c. parmesan or romano cheese
salt and pepper to taste

Melt the butter in small sauce pan, gently sauté crushed garlic (do not let brown). Add whipping cream and sour cream or creme fraiche; cook on medium until hot, add parmesan cheese and stir until melted. Remove from heat; add salt and pepper to taste. Makes about 2 cups.

VARIATION: Add 1/4 c. finely chopped sun-dried tomatoes (bottled in oil).

ASIAGO CHEESE SAUCE

2 oz. unsalted butter
1/4 c. diced onions
1 tsp. chopped garlic
2 Tbsp. all purpose flour
2 c. chicken broth
2 1/4 c. heavy cream
1 tsp. salt
1 tsp. black pepper
pinch cayenne pepper
1/4 c. shredded asiago cheese
1 ounce butter

In a saucepan melt 2 ounces butter. Add onions and chopped garlic. Sauté over medium heat for 5 minutes. Add flour and mix thoroughly. Cook for 4 minutes, then add the chicken broth, let thicken and add the cream and reduce for 20 minutes. Add the salt, pepper and cayenne, let simmer for another 5 minutes. Turn off the flame and whisk in the other 1 ounce of butter and asiago cheese. Cool in refrigerator.

ASIAN BARBEQUE SAUCE

Sherrie Apperson*

1/4 c. honey
1/4 c. ketchup
1/4 c. lemon juice
1/4 c. soy sauce
1/4 c. hoisin sauce
1/4 c. teriyaki sauce
1/4 c. plum sauce
1 Tbsp. sesame oil
1 Tbsp. garlic powder
1 tsp. onion powder

BARBEQUE SAUCE

Sharon Merrill*

Approximately:

1/2 bottle of catsup
1/4 c. brown sugar
1-2 tsp. liquid smoke
dash of vinegar

"...I don't really measure, just mix them together". —Sharon

CREAMY CHICKEN GRAVY

Sherrie Apperson

1 c. buttermilk (or evaporated milk)
1 c. chicken broth
1 env. dry chicken gravy mix

Mix together in small saucepan and simmer until thickened.

HAM SAUCE

Sharon Rich

1 (20 oz.) can crushed pineapple with juice
3/4 c. ketchup
1/3 c. brown sugar
1 Tbsp. mustard
2 Tbsp. cornstarch dissolved in 1/4 c. cold water (opt.)

Combine all ingredients in a saucepan over medium heat. Simmer for about 2 minutes or until slightly thickened. Slice ham into serving size pieces, arranged evenly on a microwavable plate, spread a thin layer of sauce evenly over ham, and microwave until ham is heated through. Can also be used as a glaze over baked ham.

JOHN'S ORIGINAL FRY SAUCE

John Apperson*

1/4 c. ketchup
1/4 c. "BF" mayonnaise
1 Tbsp. ***good pickle juice w/garlic bits***
1 tsp. mustard
1/2 tsp. onion powder (1 tsp. real minced onion is even better)

PARMESAN CREAM SAUCE

1 small shallot diced
1 Tbsp. sweet butter
1/2 c. chicken broth

1/2 c. heavy cream
1/2 c. grated parmesan cheese

Sauté the shallot in the butter over medium heat. Add the chicken broth, cream and parmesan cheese. Stir for 1 minute until thickened. Serve over sautéed spinach.

PLUM SAUCE

Sherrie Apperson

1 c. plum preserves or jam
2 Tbsp. rice vinegar
1–2 tsp. hoisin sauce (opt.)

1/4 tsp. ground ginger
1/8 tsp. allspice

Heat in saucepan until hot – do not boil. Serve warm. (May be stored in refrigerator.)

PORTERHOUSE DRY-RUB SPICE MIX

Tonie Rich*

(good for any beef roast)

1 Tbsp. of each of the following:

salt (kosher)
garlic powder
onion powder
ground black pepper
oregano

paprika
parsley
celery salt
rosemary, crushed

SALAD HERB SEASONING

Schilling Spice Company

2 tsp. tarragon leaves
2 tsp. basil leaves
1 tsp. parsley flakes

1 tsp. marjoram leaves
1/4–1/2 tsp. mint leaves

Thanks to Yvonne Rodriguez for calling the McCormick Company who gave her the recipe for this Schilling herb blend after they bought Schilling and quit producing it. (10/2004)

SWEET AND SOUR SAUCE

Sherrie Apperson

4 Tbsp. sugar
3 Tbsp. rice vinegar
2 Tbsp. cornstarch

1 (6 oz.) can pineapple juice
dash of salt

Mix together all ingredients in a small saucepan. Bring to a boil. Stir constantly until thickened, about 1 minute. Serve warm. Makes about 1 cup. (May be stored in refrigerator.) [Memorization Technique: 4-3-2-1-dash]

TERIYAKI DIPPING SAUCE

Sherrie Apperson

1 (6 oz.) can pineapple juice
1/4 c. low salt soy sauce
1/2 c. brown sugar
2 Tbsp. honey

2 cloves garlic, crushed
1 tsp. gingerroot, minced fine
2 Tbsp. cornstarch

Stir over low heat until thickened, and garlic and ginger are softened.

TERIYAKI MARINADE

Kevin Casey

1 (16 oz.) jar teriyaki sauce
1/2 c. brown sugar
1/2 c. honey
1 onion, sliced thin

3 cloves garlic, crushed
3 Tbsp. plum sauce
1 Tbsp. sesame oil
1 tsp. ginger

Heat in a medium saucepan, stirring constantly, just until sugar and honey are dissolved.

VANILLA CREAM SAUCE

3 Tbsp. sugar
1 c. heavy cream

1 tsp. vanilla extract
4 egg yolks

Simmer cream in a sauce pot. Beat egg yolks and sugar until creamy and add 1 ladle of cream into eggs, mixing well. Repeat and add egg mixture into cream stirring constantly until mixture thickens. Serve it with apple pie, steamed pudding, rice pudding or cake, as well as with simple fresh berries and fruits.

WHITE SAUCE

Traditional

THIN SAUCE:

1 Tbsp. butter
1 Tbsp. all-purpose flour

1 c. milk or evaporated milk or cream,
and/or broth
Salt and freshly ground pepper to taste

MEDIUM SAUCE:

2 Tbsp. butter
2 Tbsp. all-purpose flour

1 c. milk or evaporated milk or cream,
and/or broth
Salt and freshly ground pepper to taste

THICK SAUCE:

3 Tbsp. butter
3 Tbsp. all-purpose flour

1 c. milk or evaporated milk or cream,
and/or broth
Salt and freshly ground pepper to taste

Melt butter in a saucepan over medium heat. Stir in flour and cook over medium, stirring constantly, until mixture is smooth and bubbly, about 1 to 2 minutes, making a Roux. Stir in milk or other liquid. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Season to taste with salt and pepper.

CHEESE SAUCE: remove sauce from heat and stir in 1/2 to 1 c. sharp cheddar cheese, 1/4 tsp. onion powder, & a dash of dry mustard, stirring until melted & blended.