



Three Basic Thickeners

Roux: 1 Tbl fat (butter, oil, meat drippings, shortening); 1 Tbl flour, and 1 cup liquid (milk, stock, cream, etc.) Heat fat, add flour, cook 5 minutes.

Cornstarch: 1 Tbl cornstarch to thicken 1 1/2 cups of liquid. Mix cornstarch with cold liquid then heat.

Reduction: Reduction is to reduce liquid by half or until it reaches the consistency you desire. Season after sauce is reduced.