Culinary 1 · Unit 7 · Level 2 (modified)

Roux, Mirepoix & Sauces



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🧈 Roux
- 🥕 Mirepoix
- 🍝 5 Mother Sauces
- 🥣 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time



1️⃣ Which knife is used **most**? 🔪

2️⃣ How do you hold food you cut? 🐾

3️⃣ What is the **finest** cut? 🧄

Answers: the chef's knife · the claw · mince

Learn

Words to Know



🧈 **Roux** (say “roo”) = **equal parts fat and flour**, cooked together. It **thickens** soups and sauces.

🥕 **Mirepoix** (say “meer-pwah”) = **onion, celery, and carrot**. A flavor base for soups and sauces.

🥣 **Sauce** = a thick, tasty liquid that adds flavor, moisture, and color.

🔥 **Scorch** = burn milk on the bottom of the pan.

Learn

Roux = Fat + Flour

🧈 **Equal parts** butter and flour.

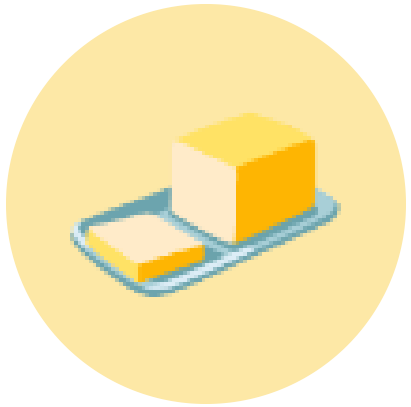
🔥 Melt the butter on **low**. Whisk in the flour.

🫧 Cook and stir until **smooth and bubbly**.

🥛 Then whisk in the liquid. It gets **thick**!



🃏 Check 1 of 5



A roux is made of…

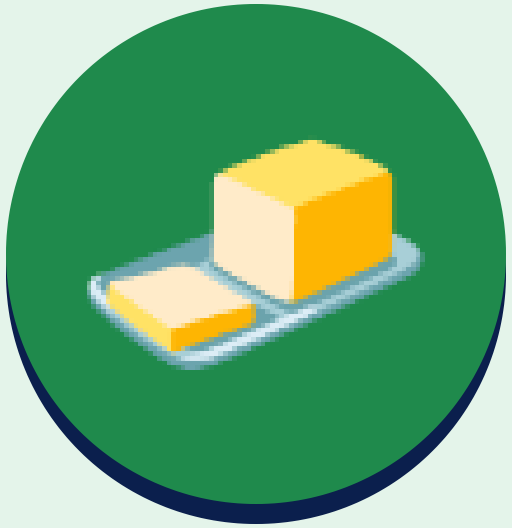
Hold up 1, 2, or 3:

1️⃣ Onion and carrot

2️⃣ Fat and flour

3️⃣ Milk and eggs

✅ Answer · Card 1 of 5



Fat and flour

Equal parts fat and flour, cooked together.

Learn

3 Colors of Roux

⚪ **White roux**: 3–5 minutes. For white sauce (béchamel).

🟡 **Blond roux**: 5–6 minutes. Light gold.

🟤 **Brown roux**: 15–20 minutes. Nutty smell. For brown sauce.

⏰ Longer cooking = **darker** roux.



🎬 Video

Video: How to Make a Roux

Scan to watch

Food Network (the class video)

👂 Listen for: how the roux changes color.

💬 Captions on

https://www.youtube.com/watch?v=eTf0n1HoC1w

Learn

Another Thickener: Cornstarch



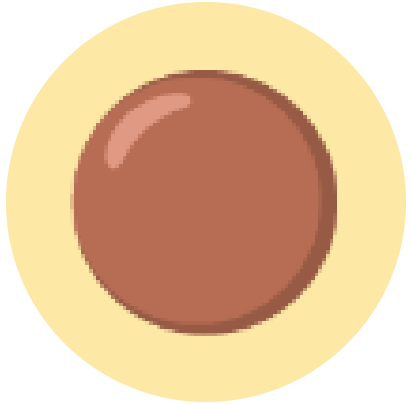
🌽 Mix cornstarch with **cold** water. This is a **slurry**.

🔥 Stir the slurry into a **hot** liquid.

⚡ It thickens **right away**.

🥢 Our stir-fry sauce used a slurry!

🃏 Check 2 of 5



Which roux cooks the longest?

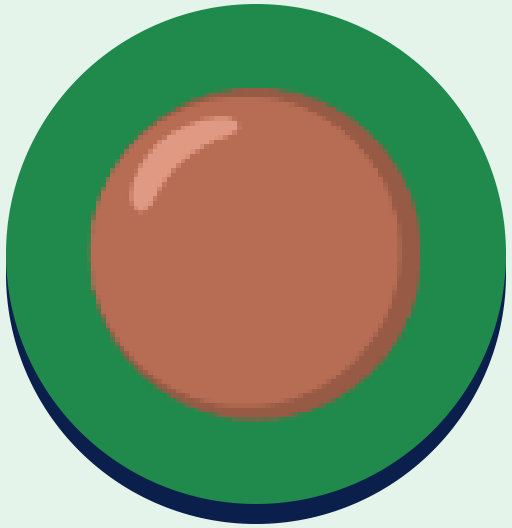
Hold up 1, 2, or 3:

1️⃣ White roux

2️⃣ Blond roux

3️⃣ Brown roux

✅ Answer · Card 2 of 5



Brown roux

Brown roux cooks 15–20 minutes. White roux only 3–5.

Learn

Mirepoix



🧅 **Onion** · 🌱 **Celery** · 🥕 **Carrot**

🔪 Chop them about the **same size**.

🍲 Cook them first to make a **flavor base** for soups, stocks, and sauces.

🎬 Video

Video: Mirepoix

Scan to watch

The Denver Post (the class video)

👂 Listen for: the 3 vegetables.

💬 Captions on

https://www.youtube.com/watch?v=HUm2_pwrQ3E

🃏 Check 3 of 5



Mirepoix is onion, celery, and…

Hold up 1, 2, or 3:

1️⃣ Carrot

2️⃣ Potato

3️⃣ Garlic

✅ Answer · Card 3 of 5



Carrot

Onion, celery, and carrot. A flavor base.

Learn

The 5 Mother Sauces

Sauce	Made with
⚪ Béchamel	Milk + white roux
🟡 Velouté	White stock + blond roux
🟤 Espagnole	Brown stock + brown roux
🔴 Tomato	Tomatoes
💛 Hollandaise	Butter + egg yolk

Mother sauce + more ingredients = a new sauce. Béchamel + cheese = cheese sauce!

Learn

Béchamel = White Sauce

🥛 **Milk + white roux.**

🧀 Add cheese = **cheese sauce** (mac and cheese).

🥣 Add vegetables = **cream soup**. That's our lab!



🃏 Check 4 of 5



Which mother sauce is milk + white roux?

Hold up 1, 2, or 3:

1️⃣ Tomato

2️⃣ Hollandaise

3️⃣ Béchamel

✅ Answer · Card 4 of 5



Béchamel

Béchamel is the white sauce. It is the base of our cream soup.

Learn

Cooking with Milk



🔥 Milk **scorches** (burns) easily.

🥄 **Whisk all the time.**

⬇️ Keep the heat **low** after it boils.

🧽 Scorched milk sticks to the pan and tastes burnt.

Lab

Lab Preview: Cream of Anything Soup

🧼 Wash hands. Apron on. Hair back.

🧈 Make a **roux**: melt butter on **low**, whisk in flour and seasoning.

🥛 Off the heat, stir in the **milk**. Back on: **whisk** to a boil, boil **1 minute**.

🥔 Cook diced vegetables in water until tender.

🥣 Mix together. Thin with the vegetable water.

Bring to your station

- 🃏 Picture recipe card
- ✅ Checklist on the card
- 🙋 Ask a partner or para for help

Wrap-Up

Recap

🧈 Roux

- Fat + flour
- White, blond, brown
- Thickens

🥕 Mirepoix

- Onion
- Celery
- Carrot

🍝 Sauces

- 5 mother sauces
- Béchamel = milk
- Whisk: don't scorch

Wrap-Up

Exit Ticket



1️⃣ What 2 things make a roux?

2️⃣ Name the 3 vegetables in mirepoix.

3️⃣ How do you keep milk from scorching?

⭐ Keep whisking!