🥣 Roux, Mirepoix & Sauces Guided Notes · ANSWER KEY

Culinary 1 · Unit 7 Roux & Mirepoix · Level 2 guided notes. Use with the slides and videos.

Name: _____ Date: _____ Period: _____

Fill in each blank with a word from the word bank in that box. Each word is used one time.

🧰 A. Words to Know

1. A **roux** is equal parts fat and flour, cooked together.
2. A roux makes soups and sauces **thick**.
3. **Mirepoix** is onion, celery, and carrot.
4. Milk can **scorch** (burn) on the bottom of the pan.

Word bank: **Mirepoix** · **roux** · **scorch** · **thick**

🧈 B. Roux

5. Number the roux steps 1 to 4:

2 Whisk in the flour
4 Whisk in the milk
1 Melt the butter on low
3 Cook until smooth and bubbly

6. Draw a line from the roux to how long it cooks:

(Key: ⚪ White roux → 3–5 minutes · 🟡 Blond roux → 5–6 minutes · 🟤 Brown roux → 15–20 minutes)

⚪ White roux	15–20 minutes
🟡 Blond roux	5–6 minutes
🟤 Brown roux	3–5 minutes

7. Cornstarch + cold water is a **slurry**.

Word bank: **slurry**

🍝 C. The 5 Mother Sauces

8. Draw a line from the sauce to what it is made with:

(Key: ⚪ Béchamel → milk + white roux · 🟡 Velouté → white stock + blond roux · 🟤 Espagnole → brown stock + brown roux · 🔴 Tomato → tomatoes · 💛 Hollandaise → butter + egg yolk)

⚪ Béchamel	brown stock + brown roux
🟡 Velouté	tomatoes
🟤 Espagnole	butter + egg yolk
🔴 Tomato	milk + white roux
💛 Hollandaise	white stock + blond roux

9. Béchamel + cheese = **cheese** sauce.

Word bank: **cheese**

🥣 D. Cream Soup Lab

10. Our cream soup starts with a **béchamel** (white sauce).

11. **Whisk** all the time so the milk does not burn.

Word bank: **béchamel** **Whisk**

Level 2 version of the gen ed “Mother Sauces Fill in WS + roux and mirepoix videos.”