🥣 Roux, Mirepoix & Sauces Guided Notes

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

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

🧈 B. Roux

5. Number the roux steps 1 to 4:

_____ Whisk in the flour

_____ Whisk in the milk

_____ Melt the butter on low

_____ Cook until smooth and bubbly

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

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

7. Cornstarch + cold water is a _____.

Word bank: **slurry**

🍝 C. The 5 Mother Sauces

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

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

9. Béchamel + cheese = _____ sauce.

Word bank: **cheese**

🥣 D. Cream Soup Lab

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

11. _____ 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."