





Back-to-Basics

How to prepare Demiglace

Subject:	Details:
<p>1. What is a Demiglace?</p> 	<p>A Demiglace is one of the 5 hot mother sauces, a basic sauce.</p> <p>This sauce is traditionally made from Beef or Veal stock, aromatics, herbs and Tomato paste. A Demiglace is the basis from which many other Sauces are made. A Demiglace consists of a liquid thickened with a cooked mixture of butter and flour called a roux. The difference is that for a Demiglace, the roux is cooked much longer; it must be stirred over low heat until it acquires a nut-brown cast that intensifies the color and flavor of the sauce.</p>
<p>2. How to make a Demiglace?</p> 	<ol style="list-style-type: none"> 1. Use only fresh Beef or Veal bones, preferably with bone marrow in order to have a better result in terms of taste and consistency. Bone marrow has the effect of Gelatine and helps the sauce to thicken. 2. Sprinkle the bones with all purpose flour and roast the bones inside the oven until golden brown from all sides. The purpose of the flour is that the sauce will thicken later on when the liquid is added and it helps to enhance all the flavor and color of the finished product. 3. Cut the vegetable mire poix (carrots, leeks, celery, and onions) in medium large sized pieces 4. In a large pot, add the roasted bones and the mire poix and sauté until the vegetables get a nice color. 5. Add the Tomato Paste and roast along with the bones and mire poix. The roasting of the Tomato paste has the advantage to reduce the acidity of the paste and it gives additional flavor and color to the sauce 6. Deglaze with Red Wine and let reduce so the flavors are concentrated but the alcohol is evaporated. 7. Fill up with Beef or Veal stock, add the herbs and let simmer for at least 4-5 hours. 8. Check the sauce frequently, since the liquids reduce and evaporates, fill up with additional stock. 9. Once sauce is done, strain the sauce through a sieve 10. Chill sauce immediately in the blast chiller, label and date afterwards and store inside chiller for further usage. <p><i>The difference between a JUS and a DEMIGLACE is that there is no flour added in a Jus. The flavors of a Jus are more concentrated. The traditional way to prepare a Demiglace is the same procedure as mentioned above, but instead of filling up with a stock, Jus is added in order to concentrate the flavors even more.</i></p>
<p>3. Derivatives</p>	<p>The most common derivatives of a Béchamel sauce are:</p> <ul style="list-style-type: none"> • Sauce Colbert: Green peppercorns, Shallots and White Wine added • Sauce Chasseur: Shallots, Mushrooms, White Wine added • Sauce Bordelaise: Bone Marrow, Parsley and Butter added



Training Notes:

Introduce <ul style="list-style-type: none">- Yourself, the task, what Trainee will learn and how testing is conducted
Demonstrate When To Start and Materials <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Large Pot, large Ladle, Oven, listed Ingredients
Demonstrate Actions <ul style="list-style-type: none">- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
Demonstrate the Result and Task Standards <ul style="list-style-type: none">- The correct fridge temperature of 5° C or below- Proper storage of food products
Practice <ul style="list-style-type: none">- Trainee explains each step of task during practice. Check for errors and remind Trainee to correct them immediately, Task performed independently of trainer and to standard
Test for knowledge <p>Q. Why are the bones roasted? A. To enhance all the flavor and color of the finished product</p> <p>Q. What is Mire Poix? A. A mix of Carrots, Leeks, Celery and Onions</p> <p>Q. Why you should roast the Tomato Paste? A. To reduce the acidity of the paste and it gives additional flavor and color to the sauce</p>
Follow-up <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy

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