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Lexicon 專業詞彙

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Mother's sauces

基本母醬

By Rachel Duffell

As students in ICI's new Higher Diploma in Classic Western Cuisine programme are discovering, these sauces are the building blocks of French cuisine

國際廚藝學院新推出的經典西式廚藝高級文憑課程的學員領悟到這些母醬皆是法國菜的基石



Béchamel 白醬

The mother sauces that Marie-Antoine Carême identified in the 19th century all begin with a roux, in which equal parts of flour and fat are cooked together and used to thicken the liquid that's added. In the case of béchamel, that liquid is dairy – usually milk or cream – which is boiled with the roux and reduced to form a base sauce to which additions such as onion, cheese, spices and herbs can be added. These then accompany meats, eggs and fish, or can be used in dishes such as lasagna or scalloped potatoes.

名廚Marie-Antoine Carême於19世紀列出的母醬，最初全是由相同分量的麵粉和脂肪一起煮成麵糊作為濃稠劑，然後加入液體煮成。以當中的白醬為例，則是在牛奶或忌廉中加入麵糊煮至適當的濃稠度，然後可加入洋蔥、芝士、香料和香草等，再配肉、蛋和魚或闊麵條和焗薯等一起食用。

Velouté 天鵝絨醬

The velouté begins with the same basic roux, to which white stock, traditionally made from chicken, is added. Vegetable or fish stock can also be used. This is perhaps the least complex of the mother sauces, but its uses are multiple: as the starting point of sauce Allemande, white-wine sauce and sauce Suprême, as well as gravies. A velouté – which translated from the French means “velvety” – is typically served with white meat or fish dishes.



天鵝絨醬也是由麵糊做成，雖然傳統上加入雞湯一起煮，但亦可以菜湯和魚湯代替。這應該是最簡單的母醬，但可以衍生出德國醬、白酒醬、雞醬汁以至肉汁等，千變萬化。天鵝絨醬的法文名字為velouté，意指醬的質感似天鵝絨，最適合配肉類和魚類菜式。



Tomat 番茄醬

Sauce tomat was added to the repertoire of mother sauces by Auguste Escoffier in the 20th century, to replace sauce Allemande, which he saw as a derivative sauce of the velouté. Sauce tomat involves a roux and tomatoes – though Italians skip the roux and simply reduce tomatoes. The tomat typically incorporates mirepoix, garlic and seasoning, and can include rendered pork fat. As a base, it's used in a range of tomato-based dishes and to create sauces such as Creole, Spanish and Portuguese.

這是由法國名廚Auguste Escoffier於20世紀首創的基本母醬，以取代他認為只是由天鵝絨醬衍生的德國醬。番茄醬是由麵糊、番茄（不過意大利人一般不用麵糊，只用番茄），以及調味用蔬菜粒、蒜頭、調味料和融化的肥豬肉煮成。這款基本母醬主要用來烹調以番茄為基底的菜式，以及用來做克里奧爾醬、西班牙醬和葡萄牙醬。

Espagnole 褐醬

Sauce Espagnole is similar to a velouté but made with brown roux, which is cooked longer, and beef or veal stock that incorporates a mirepoix and herbs, as well as browned bones and pieces of red meat. Tomato paste and spices can also be added. Strong in flavour, the Espagnole is predominantly used as a base to create other sauces, from demi-glace to Bordelaise to bourguignonne, the majority of which are served with red meat.

做法跟天鵝絨醬相似，分別在於用褐色麵糊代替普通白色麵糊，並加入以調味用的蔬菜粒、香草、牛骨和肉粒煮成的牛肉湯或小牛肉湯，烹調時間較長。褐醬可以變化成多蜜醬、波特雷斯紅酒醬以至勃根第醬等，一般用來配紅肉菜式。



Hollandaise 荷蘭醬

Best known for its role in eggs Benedict, Hollandaise sauce was added to the catalogue of mother sauces by Auguste Escoffier and is the only one that doesn't begin with a roux. Instead, it's about emulsification – the binding of two ingredients. Lemon juice and clarified butter are bound together with the use of egg yolks. It's a challenging sauce to master, dependent on temperature and technique, and can break easily, but is an ideal complement to fish, eggs or vegetables. It also forms the base of classic sauces such as Bearnaise and Mousseline.

通常配班尼迪蛋的荷蘭醬，也是由Escoffier首創，並且是唯一一款不用麵糊做的母醬。這款利用乳化作用將檸檬汁、澄清牛油和蛋黃混為一體的醬汁，非常考驗廚師的技藝，溫度和技巧拿捏不好就很容易失手。荷蘭醬跟魚肉、蛋或蔬菜都是絕配，並且是經典的法式伯那西醬和慕斯林醬的基底醬。