Sauces, Dips and Dressings

Sauces, Dips and Dressings can be to food as accessories are to garments. They add appeal, flavor and can create a completely different taste. As a rule of thumb, homemade dressings, dips and sauces are less expensive and more flavorful than purchased ones. They have fewer preservatives, include natural ingredients and can be very convenient and easy to make when you already have the basic ingredients.

Typical ingredients of sauces, dips, and dressings

<table>
<thead>
<tr>
<th>OILS</th>
<th>Vegetable</th>
<th>Olive</th>
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<tbody>
<tr>
<td></td>
<td>Canola</td>
<td>Nut</td>
</tr>
<tr>
<td>VINEGAR</td>
<td>Balsamic</td>
<td>Fruit</td>
</tr>
<tr>
<td></td>
<td>Cider</td>
<td>Wine</td>
</tr>
<tr>
<td></td>
<td>Sherry</td>
<td></td>
</tr>
<tr>
<td>DAIRY</td>
<td>Cream</td>
<td>Cheese</td>
</tr>
<tr>
<td></td>
<td>Butter</td>
<td></td>
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<tr>
<td></td>
<td>• Hard</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sour Cream</td>
<td>• Goat</td>
</tr>
<tr>
<td></td>
<td>Yogurt</td>
<td>• Blue Cheese</td>
</tr>
<tr>
<td></td>
<td>Buttermilk</td>
<td>• Cream Cheese</td>
</tr>
<tr>
<td></td>
<td>Eggs</td>
<td>• Mascarpone</td>
</tr>
<tr>
<td></td>
<td>• Ricotta</td>
<td></td>
</tr>
<tr>
<td>SEASONINGS/FLAVORINGS</td>
<td>Herbs</td>
<td>Sweeteners</td>
</tr>
<tr>
<td></td>
<td>Spices</td>
<td>Broth</td>
</tr>
<tr>
<td></td>
<td>Condiments</td>
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Cooking Terms and Pronunciations

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
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<tbody>
<tr>
<td>Roux (roo)</td>
<td>Cooked mixture of butter or other fat and flour used to thicken sauces, soups, etc.</td>
</tr>
<tr>
<td>Emulsion (iˈmalʃən)</td>
<td>Mixture of two liquids that would ordinarily not mix together, like oil and vinegar.</td>
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<tr>
<td>Sauce</td>
<td>Thick liquid served with food, usually savory dishes, to add moistness and flavor.</td>
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<tr>
<td>Dressing</td>
<td>Sauce for salads, typically one consisting of oil and vinegar mixed together with herbs or other flavorings.</td>
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<tr>
<td>Dips</td>
<td>Thick sauce in which pieces of food are dunked before eating.</td>
</tr>
<tr>
<td>Balsamic vinegar</td>
<td>Balsamic vinegar is a reduction made from grapes, but it is not considered wine vinegar because the grape juice used is unfermented – even though it is aged like wine.</td>
</tr>
<tr>
<td>Demi-glace (de-me-Glass)</td>
<td>A rich and deeply flavored sauce that is made by reducing a mixture of half brown sauce and half brown stock.</td>
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<tr>
<td>Salsa</td>
<td>Red sauce made with cooked tomatoes, chili peppers, onion, garlic, and cilantro. There are many other types of salsa, for example, pico de gallo and salsa verde.</td>
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<tr>
<td>Moles (MOH-lay)</td>
<td>Any of various spicy sauces of Mexican origin, usually having a base of onion, chilies, nuts or seeds, and unsweetened chocolate and served with meat or poultry.</td>
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<tr>
<td>Whisk</td>
<td>Beat or stir (a substance, especially cream or eggs) with a light, rapid movement.</td>
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<tr>
<td>Vinaigrette (vîn′ĭ-grêt′)</td>
<td>A cold sauce or dressing made of vinegar or lemon juice and oil, often flavored with finely chopped onions, herbs, and other seasonings.</td>
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Sauces

Cooking sauces are liquids or foods in a semi-solid state that are used to help prepare other foods or meals. They are rarely consumed by themselves and are used to add flavor, visual appeal and moisture to food. Some sauces are already prepared and ready for purchase, such as soy sauce, tomato sauce or barbeque sauce. In most cases, the cook generally makes them just before serving the food. Sauces have been divided up in to 5 Mother Sauces.

5 Mother Sauces

<table>
<thead>
<tr>
<th>Sauces</th>
<th>Description</th>
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<tbody>
<tr>
<td>Bechamel (Bay-Sha-mel)</td>
<td>Rich white sauce made with milk infused with herbs and other flavorings.</td>
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<tr>
<td>Espagnole (EHS-PAH-NYOL)</td>
<td>Brown sauce or demi-glace, it is a basic sauce that serves as a base for use in making other variations of the original sauce.</td>
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<tr>
<td>Tomato</td>
<td>Sauce made with a puree of tomatoes (or strained tomatoes) with savory vegetables and other seasonings; can be used on pasta.</td>
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<tr>
<td>Hollandaise (hol-uhn-dayz)</td>
<td>Rich creamy sauce made of butter, egg yolks, and lemon juice or vinegar.</td>
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<tr>
<td>Veloute (va-loo-ta’)</td>
<td>White sauce made of chicken, veal, or fish stock thickened with a roux of flour and butter.</td>
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Basic White Sauce

White Sauce is the base sauce used as an ingredient in the preparation of many casseroles, soups, gravies and sauces. It can also be used as a simple thickener for stews and existing gravies. Following the basic recipes below, suggestions are given for a number of ways in which white sauce can be used.

Ingredients

<table>
<thead>
<tr>
<th>THIN WHITE SAUCE</th>
<th>MEDIUM WHITE SAUCE</th>
<th>THICK WHITE SAUCE</th>
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<tbody>
<tr>
<td>1 tablespoon butter</td>
<td>2 tablespoons butter</td>
<td>3 or 4 tablespoons butter</td>
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<tr>
<td>1 tablespoon flour</td>
<td>2 tablespoons flour</td>
<td>3 tablespoons flour</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
<td>1/2 teaspoon salt</td>
<td>1/2 teaspoon salt</td>
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<tr>
<td>1 cup milk or 1/2 cup evaporated milk and 1/2 cup water</td>
<td>1 cup milk or 1/2 cup evaporated milk and 1/2 cup water</td>
<td>1 cup milk or one half cup</td>
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Directions

Melt butter in a sauce pan and whisk in flour and salt until smooth. Gradually stir in cold milk, cooking over direct heat and stirring constantly until sauce boils; reduce heat slightly and continue to stir until sauce becomes smooth and thick. When sauce thickens, simmer for an additional 10 minutes over very low heat, stirring occasionally. Stir carefully to avoid lumps. If sauce becomes lumpy, use a stick blender, rotary beater to blend out lumps or press through a sieve.
Variations

**CHEESE SAUCE**
Make one of the white sauces above, and stir in 1/4 - 1 whole cup of grated sharp Cheddar or Monterey Jack or other sharp cheese. Stir until cheese melts. One quarter to one half cup of chopped jalapeno peppers may be added for Nacho cheese sauce.

**HORSERADISH SAUCE**
Using thin white sauce, add 4 teaspoons of grated prepared horseradish and 1/2 teaspoon dry mustard to 1 cup of sauce.

**MUSTARD SAUCE**
Add 1 teaspoon of prepared mustard to one cup of thin white sauce. Serve with ham.

**ONION SAUCE**
Add 2 or 3 teaspoons of grated onion to 1 cup of thin white sauce. Serve with salmon or salmon loaf, meatloaf, potato pancakes, or crab or fish cakes.

**SOUR CREAM SAUCE**
Add 1/2 cup sour cream to one couple of medium white sauce. Serve with cheese blintzes, waffles or potato latkes. Add 1 teaspoon each of chopped fresh chives and dill and serve as a topping for baked potatoes.

**CHICKEN POT PIE**
Add white sauce to cooked, boned chicken and mixed vegetables with a teaspoon of low sodium chicken soup base or bouillon and a pinch of rubbed sage; mix well and pour into a pie filling; cover with top crust and crimp to seal; bake at 350°F about 45 minutes or until golden to make an easy chicken pot pie.

Other Uses for White Sauce:
White sauce can be used as a starter for making creamed soups. Puree a vegetable, such as cooked carrots, cooked celery, cooked mushrooms, potatoes, and add along with milk or cream to white sauce to make a soup which can be used to make casseroles (replacing store bought “Cream of Mushroom”, “Cream of Celery”, etc.) White sauce may be flavored by adding 1 teaspoon of low sodium Soup Base or bouillon. Or make gravy by adding roast drippings and a few drops of soy sauce, Gravy Master or Kitchen Bouquet.
Source: www.cooks.com

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**Cream of Mushroom Sauce**
Makes 6 servings

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<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>8 ounces fresh mushrooms</td>
<td>2 - 3 tablespoons flour</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>2 tablespoons onions, chopped</td>
<td>2 cups chicken broth</td>
<td>1/4 teaspoon pepper</td>
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<tr>
<td>1 - 2 garlic clove, minced</td>
<td>1 cup light cream or 1 cup</td>
<td>1/4 teaspoon nutmeg</td>
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<tr>
<td>2 tablespoons butter</td>
<td>evaporated milk</td>
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**Directions**
Cut the mushrooms into slices. Melt butter in large frying pan. Add in onions, garlic, and mushrooms. Cook until onions are soft. Blend in 2 Tbsp. flour and stir. Add in the chicken broth and heat until slightly thickened while stirring frequently. Stir cream with additional 1 Tbsp. flour and seasonings. Add in cream to soup. Heat to thicken while stirring frequently. Serve and enjoy!

**Nutrition Info Per Serving:**
Calories 146.1; Total Fat 12.2 g; Saturated Fat 7.4 g; Cholesterol 36.6 mg; Sodium 494.8 mg; Total Carbohydrate 5.7 g; Dietary Fiber 0.6 g; Sugars 1.3 g; Protein 4.4 g

Cranberry Sauce  Makes 2 ¼ cups

Ingredients
1 cup sugar
1 cup water
4 cups (1 - 12 ounce package) fresh or frozen cranberries
Optional: pecans, orange zest, raisins, currants, blueberries, cinnamon, nutmeg, allspice

Directions
Sort and rinse cranberries. Discard any damaged or bruised cranberries. Put water and sugar in medium saucepan and bring to a boil. Stir to dissolve the sugar. Add cranberries to the pot and return to a boil. Lower the heat and simmer for 10 minutes. Once the cranberries have burst, leave the sauce as is, or dress it up with one or more of the optional ingredients. Remove from heat. Let cool completely at room temperature. Then place in the refrigerator to chill. Sauce will thicken as it cools.

Note: Substitute ½ cup orange juice for ½ cup of the water. Sugar can be reduced to as much as 1/2 to desired taste.
Source: www.simplyrecipes.com

Salad Dressings
Salad dressings made at home provide fresher ingredients and can be less costly to prepare.

Dressing tips
- Start with the best quality oils and vinegars you can afford.
- Add the oil to the vinegar in a thin steady stream as you whisk or blend to emulsify properly.
- Add dressing to salad at the time of serving to keep the greens from wilting or being soggy.
- A dressed leafy green salad does not store well.
- Unused dressing stored in an airtight container will last for up to a week in the refrigerator.

Spinach & Strawberry Salad with Jam Dressing  Makes 6; 2 cup servings including dressing

Ingredients
10 oz. fresh baby spinach, cleaned and washed
16 oz. fresh strawberries, trimmed and sliced
1/4 cup olive oil
3 tablespoons cider vinegar
2 tablespoons strawberry jam
2 tablespoons orange juice
Salt and pepper to taste

Directions
In a large bowl, combine spinach and strawberries. In a small bowl, combine olive oil and remaining ingredients. Whisk until well combined to create salad dressing. Pour salad dressing over spinach and strawberries and toss to coat evenly. Serve immediately. Add chicken and/or nuts to make this salad a main course.

Nutrition facts per serving: 150 calories; 10g total fat; 1.5g saturated fat; 0g trans-fat; 0mg cholesterol; 75mg sodium; 16g carbohydrate; 4g fiber; 8g sugar; 2g protein
Source: Kentucky Nutrition Education program
Homemade Ranch Dressing  Makes 8 servings

Ingredients
1 clove (to 2 cloves) garlic  Buttermilk (as needed to desired consistency)  Fresh dill (optional, to taste)
Salt (to taste)  
1/4 cup Italian Flat-leaf Parsley  White vinegar (optional, to taste)  Cayenne pepper (optional, to taste)
2 Tablespoons fresh chives  Worcestershire sauce (optional, to taste)  Paprika (optional, to taste)
1 cup real mayonnaise  
1/2 cup sour cream  Tabasco (optional, to taste)

Directions
Mince the garlic with a knife and then sprinkle about 1/8 to 1/4 teaspoons of salt on garlic, then mash into a paste with a fork. Chop the parsley, chives and any of the optional herbs very finely and add to the garlic. In a bowl combine all ingredients, adding other optional ingredients as you wish, tasting frequently and adjusting seasonings as needed. Chill for a couple of hours before serving, thin with milk or buttermilk if desired.

Source: http://thepioneerwoman.com/cooking/homemade-ranch-dressing/

Basic Vinaigrette  Makes 3/4 cup; 2 Tablespoons per serving

Cost per serving: $.25

Ingredients
2 Tablespoons red wine vinegar 1 teaspoon Dijon mustard 1/4 cup olive oil
1 Tablespoon lemon juice 1 shallot, minced
Salt and pepper 1/4 cup vegetable oil

Directions
Mix vinegar, lemon juice, salt, pepper, mustard and shallot. Whisk in oils until blended and thick.

Nutrition analysis per serving: 154 calories; 18g fat (3g Sat.); 0mg Cholesterol; 0g fiber; 0g protein; 1g carbohydrate; 47mg sodium

Source: www.allyou.com

Raspberry Dressing  Makes 1 1/3 cup

Cost per serving: $.78

Ingredients
1 cup frozen raspberries, thawed 1 teaspoon Dijon mustard  Salt and pepper
2 Tablespoons red wine vinegar 1/3 cup vegetable oil
1 Tablespoon raspberry preserves 1/3 cup olive oil

Directions
Mix raspberries, vinegar, preserves and mustard in a blender and blend till smooth, about 30 seconds. With the blender on, gradually add both oils until thick and creamy, about 1 minute. Season with salt and pepper.

Nutrition analysis per 2 Tablespoons serving: 101 calories, 10g fat (1g Sat), 0mg cholesterol, 0g fiber, 0g protein, 2g carbohydrate, 35mg sodium

Source: www.allyou.com
**Buttermilk Herb Dressing**

**Ingredients**
- 1/2 cup buttermilk
- 1/3 cup mayonnaise
- 2 Tablespoons olive oil
- 1 Tablespoon cider vinegar
- 1 small garlic, minced

**Directions**
In a bowl, whisk together buttermilk, mayonnaise and olive oil vigorously until smooth. Whisk in vinegar, parsley, thyme, chives and garlic. Season with salt and pepper to taste.

**Nutrition analysis per 2 Tablespoon serving:** 77 calories, 7g fat (1g Sat), 4mg cholesterol, 0g fiber, 1g protein, 3g carbohydrate, 108mg sodium

Source: [www.allyou.com](http://www.allyou.com)

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**Dips:**

Need a quick dip recipe for unexpected company? How about a dip that doubles as a nutritious snack or perhaps ... even a mini-meal? Enjoy dip recipes made from items commonly found in your fridge or cupboards. They’re filled with nutrient-rich foods such as beans, fish, peanut butter, cheese, yogurt and salsa. Serve with fruit, vegetable and whole grain cracker chip dippers.

**Dip Tips**

<table>
<thead>
<tr>
<th>Tip</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial produce protector such as Fruit-Fresh (R), and follow the manufacturer’s directions.</td>
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<tr>
<td>Cover and refrigerate cut fruit and vegetables until ready to serve.</td>
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<tr>
<td>Most cold dips taste best if refrigerated for about an hour before serving to let the flavors blend.</td>
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<tr>
<td>Perishable foods like dips with cut fruit and vegetables should not sit at room temperature for more than two hours, total time. If you will be serving dip for a longer period than this, set out a smaller bowl of dip and then replace it with another one when it is empty. DO NOT add fresh dip to any dip that has been sitting out. Serving both dips and dressings in a bed of ice is good practice.</td>
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<tr>
<td>Use any dip that has not been served within three to four days of preparation date.</td>
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**Salsa Yogurt Dip**

**Ingredients**
- 1 cup yogurt
- ½ cup salsa

**Directions**
Mix two parts plain yogurt with one part salsa

Source: [http://lancaster.unl.edu/food](http://lancaster.unl.edu/food)
Honey Yogurt Fruit Dip

Ingredients:
- 1 cup nonfat or low fat yogurt
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 2 to 3 tablespoons honey

Directions
Mix yogurt with vanilla and cinnamon. Add honey to taste, until desired sweetness is obtained.

Note: This recipe also may be used as a salad dressing
Source: http://lancaster.unl.edu/food

Bacon and Tomato Dip

Makes 16, 2 Tablespoon servings

Ingredients
- 1 cup fat free sour cream
- 1 cup low fat mayonnaise
- 2 large tomatoes, diced, reserve excess juice
- 4 slices bacon, cooked crisp and crumbled
- 1 teaspoon garlic powder

Directions
Combine all ingredients. Add reserved tomato juice until dip reaches desired consistency. Serve with fresh cut vegetables or reduced fat crackers.

Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.
Source: Plate It Up website

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