



Amazing Marinades and Super Sauces for 30 Minute Meals
Culinary Class with Chef Lisa Fidler

February 29, 2016

Basic Vinaigrette:

Ingredients

- ¼ cup white-wine vinegar
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ½ teaspoon pepper
- Pinch of sugar
- ¾ cup extra-virgin olive oil

Directions

In a small bowl, whisk together vinegar, Dijon mustard, salt, pepper & sugar. Slowly add extra-virgin olive oil, whisking until emulsified. Or shake the ingredients in a jar, or whirl them in a blender.



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Basic White Sauce:

Ingredients

- 2 tablespoons butter
- 1 ½ cups hot milk
- 3 tablespoons flour
- Salt and pepper

Directions

Melt the butter in a medium size sauce pan. Stir in flour to make a paste and cook over medium heat for 2 minutes. Stir continuously, don't allow paste to brown. Remove pan from heat and whisk in hot milk. Return pan to medium high heat and whisk continuously, especially along sides and bottom to prevent lumps. Heat sauce to a simmer and season.

Variations:

- 1 Cup assorted cheese, S&P, use as a cheese sauce or add cooked macaroni
- ¾ cup cooked breakfast sausage, S&P
- 1 cup sautéed mushrooms
- Taco seasoning & diced cooked chicken, serve over nachos



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Berry Sauce:

Ingredients

- 1 cup fresh berries
- **up to 2 teaspoons flavored liquor
- **up to 2 Tablespoons sugar
- 2 scrapes of lemon zest...if needed

Directions

- First TASTE THE DARN BERRIES!!
- Puree the berries in a processor or blender.
- Add the liquor, if using.
- NOW add sugar, AS NEEDED, to the sauce.
- Stir in the zest, if using.



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Blood Orange Vinaigrette:

Ingredients

- ½ cup blood orange juice
- 1 tablespoon finely chopped shallots
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar
- 1 tablespoon sherry vinegar
- 1 cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions

In a small bowl, whisk together, blood orange, vinegar, Dijon mustard, shallots, salt, pepper & sugar. Slowly add extra-virgin olive oil, whisking until emulsified. Or shake the ingredients in a jar, or whirl them in a blender.



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Easiest Pan Sauce:

Ingredients

- 1 tablespoon olive oil (or pan drippings)
- 1 whole shallot, minced (onions, leeks work also)
- ¼ cup red wine, white wine, beer, cider or other flavorful alcohol
- ¾ cup vegetable stock, chicken stock, or beef stock, plus extra as needed
- 2 tablespoons butter or a splash of cream
- Salt and pepper, to taste

Directions

- Clear — but don't clean! — the pan: Once you've finished using your pan to cook the main dish, transfer the cooked food to a separate plate or tray. Do not clean the pan. Pour off all but a tablespoon of leftover cooking oil or rendered fat from the pan.
- Sauté the shallots. Add enough oil to the pan to make about 1 tablespoon of total fat when combined with the pan drippings.
- Set the pan over medium-high heat and sauté the shallots until they've softened and turned golden, 2 to 3 minutes.
- With the pan on medium-high heat, pour in the wine or other alcohol. As the alcohol simmers, scrape up any crispy browned bits from the bottom of the pan with the spatula. (If you prefer not to use alcohol, you can replace the liquid in this step with more stock.)
- Let the wine or other alcohol reduce by roughly half, about 3 minutes. The pan should just barely be starting to look dry. It's not an exact science, though, so don't worry; just go on to the next step sometime before the pan is totally dry.



- Pour the stock into the pan and stir it into the wine. Let it come to a rapid simmer.
- Let the liquid in the pan reduce to about ½ cup, 3 to 5 minutes. Tilt the pan every so often to gauge how much liquid has evaporated and when it's reduced by about half, you're good.
- Turn down the heat to medium-low and stir in the butter or cream. Whisk gently until the butter has completely melted.

Variations:

- Mushroom Pan Sauce: In addition to (or instead of) shallots, add a cup of thinly sliced mushrooms. Sauté until golden, then proceed with the sauce.
- Mustard Pan Sauce: Add a teaspoon or two of mustard along with the butter.
- Whiskey Pan Sauce: Use 1/4 cup bourbon instead of wine or beer.
- Lemon-Herb Sauce: Add 1 to 3 teaspoons of fresh herbs to the pan along with the shallots. Add a squeeze of fresh lemon at the very end, just before the sauce is finished.



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Maple Bourbon Vinaigrette:

Ingredients

- ¼ cup grainy mustard
- ¼ cup maple syrup
- ¼ cup good quality apple cider vinegar
- ¼ cup bourbon or scotch whisky
- ½ cup Olive Oil
- Salt & Pepper to taste...

Directions

In a small bowl, whisk together, apple cider vinegar, bourbon, mustard, maple syrup, salt, pepper & sugar. Slowly add olive oil, whisking until emulsified. Or shake the ingredients in a jar, or whirl them in a blender.



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Vanilla Bean Crème Anglaise:

Ingredients

- ½ cup whole milk
- ½ cup whipping cream
- 1 teaspoon Vanilla Bean Paste
- 3 large egg yolks
- 3 tablespoons sugar

Directions

Combine milk and cream in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring milk mixture to simmer. Remove from heat. Whisk egg yolks and sugar in medium bowl to blend. Gradually whisk hot milk mixture into yolk mixture. Return custard to saucepan. Stir over low heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 5 minutes (do not boil). Strain sauce into bowl. Cover and chill.

Add Flavors:

- Cardamom
- Rose Water
- Cinnamon
- Orange - mix in with the sugar and yolk to avoid separating
- Raspberry sauce
- Kahlua



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Wicked Awesome Chocolate Ganache Sauce:

Ingredients

- 8 ounces GOOD Chocolate Chips
- ½ cup heavy or whipping cream
- 1teaspoon instant coffee (Starbucks is awesome)

Directions

- Place Chocolate in a bowl.
- Warm the cream and coffee over medium heat until it is just about to boil.
- Pour the cream over the chocolate and leave it alone for about 2 minutes... Sing along to Sweet Caroline. BAH, BAH, BAH...SO GOOD, SO GOOD....
- Now stir until smooth.

Add Flavors

You are a true Bostonian if you add booze to chocolate...

- Irish Cream
- Whiskey
- Any liquors