

Veloute

Servings: 1

Ingredients:

3 tablespoons butter
3 tablespoons flour
salt and pepper
2 cups fish or chicken stock
dash heavy cream

Ingredients for the Stock:

1 boiling chicken
2 medium onions
1 leek
Carrot
6 peppercorns
1/4 bay leaf
1 sprig thyme

Stock Preparation:

Combine all stock ingredients in a stock pot.

Cover with cold water. Simmer, skim for 1 1/2 hours, noting that cold-water blanching is not required if desired result IS not a clear stock.

Strain through cheesecloth.

Preparation:

Make a beurre manie.

Bind stock with the beurre manie.

Strain if required.

Finish with heavy cream.

Blend, if desired, to lighten even more.

The veloute ratio: 3 T beurre manie ingredients (each): 2 cups stock.