Sauces / France

Sauce Allemande

A velouté enriched with a liaison of egg yolk and cream, then brightened with a squeeze of lemon. The finish is the whole point: stir the liaison in off the boil so the yolks thicken without scrambling, and the sauce turns pale gold, glossy, and round on the palate.

Time 50 min **Servings** 4

What you'll need.

- ☐ 12 parts White stock (chicken or veal)
- ☐ 1 parts All-purpose flour
- ☐ 0.02 parts White pepper
- ☐ 2 parts Heavy cream
- ☐ 1 parts Unsalted butter
- ☐ 0.1 parts Fine sea salt
- ☐ 1 parts Egg yolk
- ☐ 0.3 parts Lemon juice

Let's make it.

01 Melt the butter over medium-low heat until it foams without browning, then whisk in the flour. Cook, stirring, 4 to 6 minutes until the raw-flour smell turns to toasted hazelnut and the paste is pale straw — a blond roux, the base for the velouté beneath this sauce.

02 Off the heat, whisk the warm white stock into the roux in three or four additions, letting each disappear before the next. Return to medium heat and bring to a gentle boil, whisking, until smooth, glossy, and lightly thickened.

03 Whisk the egg yolk and cream together in a bowl until smooth — this is the liaison. Ladle a little of the hot velouté into it in a thin stream, whisking hard, then add a second and third ladle. The goal is to warm the yolks gradually so they never see a shock of heat. This whole tempering step is new to this sauce; it is what separates an allemande from its velouté parent.

04 Whisk the tempered liaison back into the velouté over LOW heat. Warm it gently, stirring constantly, just until it thickens to a glossy nappe — do NOT let it boil, or the yolks will curdle. Pull from the heat, brighten with a squeeze of lemon, and season with salt and a touch of white pepper.

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Servings are an estimate; check quantities in the source recipe.
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