

Basic Sauce Recipes

You can use a variety of meats, fish and vegetables with a sauce to make quick tasty and nutritious meals. For example all of these can be served poured over a cooked chicken portion or chop or with diced meat added to it. You could as an alternative used minced beef or quorn. These recipes are flexible and can be adjusted to suit your personal preferences as long as the basic proportions stay the same.

<p><u>Sweet and sour sauce</u> 50g diced onion 50g pineapple pieces 1 tsp sugar 1 tbsp vinegar 1 tsp soy sauce 2 tsp tomato puree 2 level tsp of cornflour 1 tbsp oil 125ml pineapple juice Seasoning</p> <p><u>Method</u> 1. Peel and dice onion. 2. Heat the oil in a small saucepan, add the onion and cook gently until the onion is soft but not brown. 3. Drain pineapple and chop pieces. 4. Measure the pineapple juice in a jug, add the remaining ingredients to it, mix well. 5. Add the pineapple pieces and the juice mix to the onions in the saucepan. 6. Cook until thickened, stirring constantly. 7. Check the consistency of the sauce. 8. Pour over the cooked chicken.</p>	<p><u>Chasseur sauce</u> 50g diced onion 25g carrots 25g mushrooms 1 level tbsp of plain flour 125ml milk 1 tbsp oil Seasoning</p> <p><u>Method</u> 1. Wash, peel and dice carrot and onions. Slice mushrooms. 2. Heat the oil in a small saucepan and add the vegetables. 3. Cook until softened but not brown. 4. Stir in the flour and cook for 1 minute. 5. Remove from heat, gradually add the milk 6. Return to the heat and bring to the boil, stirring constantly until thickened. 7. Add seasoning 8. Adjust consistency of the sauce. 9. Pour over cooked chicken.</p>	<p><u>Curry sauce</u> 50g diced onion 50g cooking apple 10g curry powder 1 level tbsp plain flour 125ml water 1 tbsp oil Optional:- 25g sultanas 1 tbsp chutney Seasoning</p> <p><u>Method</u> 1. Peel and dice onion and apple. 2. Heat oil in a small saucepan, add the onion and apple and cook until soft but not brown. 3. Stir in the flour and cook for 1 minute. 4. Remove from heat. Gradually add the liquid and flavouring. 5. Return to the heat and cook until thickened, stirring constantly. 6. Adjust consistency. 7. Pour over cooked chicken.</p>	<p><u>Tomato sauce</u> 50g diced onion 25g carrot 1 rasher of bacon 1 level tbsp of plain flour 125 ml juice from tomatoes 4 fresh or canned tomatoes 125ml water 1 tbsp oil Seasoning Optional:- 25g mushrooms</p> <p><u>Method</u> 1. Peel and dice onion and carrot. 2. Cut bacon into small pieces 3. Heat oil in a small saucepan and cook the vegetables until softened but not brown 4. Add the bacon, cook 1-2 minutes. 5. Stir in the flour and cook for 1 minute, remove from the heat. 6. Gradually add the liquid and chopped tomatoes. 7. Return to the heat and cook until thickend, stirring constantly. 8. Adjust consistency. 9. Pour over chicken.</p>
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