

ESPAGNOL

A brown sauce that can stand alone but is most often used as a base for Demi-Glace

See note below the recipe for a variety of healthier options for flour

INGREDIENTS

2 T	Margarine
1 C	Onion (diced)
1	Bay Leaf
1/4 t	Thyme
2 T	Flour
1/4 C	White Wine
1 1/2 C	Brown soup stock
1/4 C	Meat glaze (prepared earlier)
3 T	Tomato paste
	Dash of Hot Sauce
	Salt & Pepper to taste

COOKING INSTRUCTIONS

- 1 Melt butter or margarine over medium heat
- 2 Add onion, bay leaf and thyme & cook till onion browns
- 3 With slotted spoon remove onion and bay leaf
- 4 Reduce heat & sprinkle in flour
- 5 Cook for 2 minutes stirring well
- 6 Add wine
- 7 Raise heat & stir with a whisk
- 8 Slowly add boiling stock
- 9 Add meat glaze that you have prepared in advance
- 10 Boil sauce until reduced to 1 1/4 cups
- 11 Dissolve tomato paste in a small quantity of hot sauce & add to rest of sauce.
- 12 Add salt & pepper to taste

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour