

THE *Sauce* OF INSPIRATION



*Recipes to inspire
using The Sauce
Collection bases...*





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Introduction

Every good chef knows that a well prepared sauce can transform an ordinary dish into something truly special. That's why we created 'The Sauce Collection'.

Our British-made collection of concentrated sauce bases help you keep creativity in the kitchen whilst offering the speed of a pre-prepared ingredient.

Our Peppercorn Sauce Base contains a blend of beef and veal stocks, cracked black pepper and a splash of brandy. The versatile Wild Mushroom Sauce Base is made from hand picked ceps from wild forests. The latest addition to the range, our Lobster Sauce Base is rich and flavoursome with hints of tomato and aromatic vegetables. These full-bodied flavour profiles are sure to impress!

We've compiled some of our favourite recipes into this handy book, utilising these sauce bases and of course the freshest, seasonal ingredients.

You'll find simple, cost-effective classics, vegetarian options and dishes that are gluten free allowing you to cater for a wide customer base with diverse dietary needs.

These recipes are complete with handy tips from our team of expert chefs to lift your dishes from great to spectacular!

Share your creations with us on social media. Tweet @essentialcuisin or follow @chef.essential on Instagram and use the hashtag #TheSauceOfInspiration

We hope you enjoy!

Team Essential



Mushroom Tagliatelle

🕒 PREP TIME 15 MINS ⏱️ COOKING TIME 25 MINS 🍴 10

INGREDIENTS

1.5kg flat mushrooms sliced
500g chestnut mushrooms sliced
2 onions finely chopped
6 garlic cloves crushed
900g dried/2kg fresh tagliatelle
250g baby spinach
4 egg yolks beaten
320g Essential Cuisine Wild Mushroom Sauce Base
1840ml water
160ml double cream

METHOD

1. Mix the **Essential Cuisine Wild Mushroom Sauce Base** with the water. Bring to the boil whisking constantly. Simmer for 2-3 minutes. Whisk in the double cream and return to the boil. Remove from the heat
2. Sweat the onion and the garlic in a little oil. Add the mushrooms and fry until golden brown. Add the spinach and wilt
3. Cook the pasta in boiling water until "al dente" or just cooked, strain and mix into the mushrooms and spinach
4. Add the **Essential Cuisine Wild Mushroom Sauce Base** and return to a simmer
5. Quickly mix in the beaten egg yolks to avoid them scrambling
6. Serve on a warm plate

*Vegetarian
recipe!*

CHEFS TIP

Try sprinkling with pine nuts or using wild mushrooms instead!



Chicken and Peppercorn Pie

🕒 PREP TIME 45 MINS ⏳ COOKING TIME 90 MINS 🍴 10

INGREDIENTS

PIE FILLING

5 chicken breasts diced
150g white onion finely chopped
12g garlic crushed
5g thyme
1 bay leaf

GRAVY

175g white onion chopped
75g carrot chopped
6g garlic
25g celery chopped
2g thyme
1 bay leaf
50ml white wine
500ml water

37g Essential Cuisine No1 Chicken Gravy Mix

PEPPERCORN SAUCE

40g Essential Cuisine Peppercorn Sauce Base

230ml water
50ml double cream

HOT WATER PASTE

150ml water
60g butter
60g lard
350g plain flour
½ tsp salt
1 egg

METHOD

1. In a pan roast all the gravy, vegetables and garlic. Add the herbs. Then the white wine and reduce by 2/3rds. Add the water and whisk in the **Essential Cuisine No1 Chicken Gravy Mix**. Bring to boil and simmer for 2 minutes, whisking constantly. Strain and set aside
2. Whisk the **Essential Cuisine Peppercorn Sauce Base** with the 230ml water. Bring to the boil, whisking constantly. Add the cream and mix into the strained gravy mix
3. Fry the chicken with the chopped onion and garlic with herbs until golden brown. Add the gravy and finish cooking on the stove
4. For the paste melt the fats in the water then bring to the boil
5. Sieve the flour and salt together. Add the egg and fold in
6. Pour in the hot water and quickly mix with a palette knife, folding it with your hands when it starts to come together. Be careful not to overwork. Wrap in clingfilm and rest until cold
7. When ready, roll out the pastry to about 1cm thick. Line pie tin, pushing in to the corners
8. Fill to the top with the pie filling and cover with the rest of the pastry, ensuring you pinch the tops together to create a seal
9. Brush with egg wash and rest in the fridge for 1 hour
10. Preheat oven to 170°C. Brush the pie with egg wash again before putting in the oven. Bake for about 1 hour 30 minutes or until the pastry looks a dark golden brown and feels hard to the touch



CHEFS TIP

Experiment with different fillings by adding leeks and mushrooms or using different ales instead of the wine!

Lobster Bisque

🕒 PREP TIME 10 MINS ⏳ COOKING TIME 15 MINS 🍴 10

INGREDIENTS

1760ml tepid water
320g Essential Cuisine Lobster Sauce Base
240ml double cream
Sea salt season to taste
Freshly ground pepper
50g unsalted butter
200g cooked and diced lobster meat, prawns or crayfish
50ml cognac
1 pinch cayenne pepper
1 squeeze lemon juice
2 tbsp finely chopped fine herbs (chives, dill, tarragon, chervil)

METHOD

1. Pour the water into a suitably sized saucepan, stir in the **Essential Cuisine Lobster Sauce Base**
2. Bring to the boil, whisking continuously. Stir in the cream and return to the simmer. Season to taste with sea salt and freshly ground pepper
3. Meanwhile, warm a small frying pan on a medium heat, add the butter and heat till foaming
4. Stir in the shellfish and heat through, deglace with the cognac and flame, season with the cayenne and lemon juice
5. Sprinkle in the herbs
6. Ladle the bisque into warmed soup bowls, spoon the shellfish garnish on top
7. Your Essential Cuisine Lobster Bisque is now ready to serve with slices of warm French baguette and butter

Gluten free!

CHEFS TIP

Why not try serving with a puff pastry fleuron or lid?



Mushroom Stroganoff

🕒 PREP TIME 15 MINS ⏳ COOKING TIME 25 MINS 🍴 10

INGREDIENTS

600g easy cook white rice

32g Essential Cuisine Light Vegetable Stock Mix

1kg chestnut mushrooms

1kg flat mushrooms

2 onions finely chopped

5 garlic cloves crushed

250ml white wine

320g Essential Cuisine Wild Mushroom Sauce Base

1840ml water

160ml double cream

100g unsalted butter

1/4 bunch chopped tarragon

METHOD

1. Mix the **Essential Cuisine Wild Mushroom Sauce Base** with the water. Bring to the boil whisking constantly. Simmer for 2-3 minutes. Whisk in the cream and return to the boil. Remove from the heat
2. Sweat the onion and the garlic in a little oil. Add the mushrooms and fry until golden brown. Add the wine and reduce. Add the **Essential Cuisine Wild Mushroom Sauce Base**, butter and tarragon. Bring back to the boil, ensuring all the butter has melted
3. Boil the rice in 2 litres water and the **Essential Cuisine Light Vegetable Stock Mix** until soft
4. Serve immediately on hot plates

Gluten free recipe!



Vegetarian recipe!

CHEFS TIP

Try using wild mushrooms instead, or wilt some baby spinach into the dish!

Shellfish linguine

🕒 PREP TIME 20 MINS ⏳ COOKING TIME 20 MINS 🍴 10

INGREDIENTS

750g linguine
2 diced shallots
2 cloves garlic
1 sprig of rosemary and thyme
1 bay leaf
50ml red wine
1760ml water
100ml double cream
150g soft cheese
150g grated parmesan
**320g Essential Cuisine
Lobster Sauce Base**
20 tomatoes peeled, de-seeded
and diced in 1cm cubes
600g mussels de-bearded
20 large prawns, peeled
½ bunch chopped flat parsley or basil

METHOD

1. Cook the linguine in boiling water for 7-9 minutes until soft. Strain and set aside
2. Sweat off the shallots, garlic and herbs. Add the wine and reduce until almost all gone
3. Add the water then whisk in the **Essential Cuisine Lobster Sauce Base**. Bring to the boil, whisking constantly. Simmer for 2 minutes. Remove the herb stalks
4. Add the mussels and the prawns and simmer until all the mussels are open and the prawns are pink all the way through
5. Add the double cream, soft cheese and the tomatoes
6. Add the cooked linguine and return to the simmer
7. Serve immediately topped with the grated parmesan

CHEFS TIP

Use your favourite seafood instead of the prawns and mussels!



Mushroom Empanadas

🕒 PREP TIME 10 MINS ⏳ COOKING TIME 35 MINS 🍴 10

INGREDIENTS

1.5kg mixed mushrooms sliced

1 onion finely chopped

2 garlic cloves

1 tsp chopped tarragon

1 tsp chopped parsley

160g Essential Cuisine Wild Mushroom Sauce Base

920ml water

50ml double cream

50ml mascarpone

1tsp balsamic vinegar

100g raisins

200g halloumi

Ready rolled empanada sheets or short crust pastry

1 egg for egg wash

METHOD

1. Mix the **Essential Cuisine Wild Mushroom Sauce Base** with the water. Bring to the boil whisking constantly and simmer for 1 minute. Add the double cream and mascarpone and remove from the heat
2. Sweat the onion and garlic. Add the mushrooms and cook until golden brown. Add the chopped herbs, vinegar and raisins then mix into the **Essential Cuisine Wild Mushroom Sauce Base** and leave to cool
3. When cold, place a spoon full of the mixture in the centre of either the empanada sheets or the short crust pastry
4. Top with a little halloumi cheese
5. Brush the edges with egg wash and fold over making a tight seal. Egg wash the top and bake at 180°C for 15-20 minutes



Vegetarian recipe!

CHEFS TIP

Make them bigger for a main meal, adding spices or cooked white beans, or try different dipping sauces!

Creamed Portobello Mushrooms on Brioche

🕒 PREP TIME 10 MINS ⏳ COOKING TIME 20 MINS 🍴 10

INGREDIENTS

20g unsalted butter
2tbsp rapeseed oil
750g peeled and sliced portobello mushrooms
125ml dry white wine
25ml dry sherry
500ml Essential Cuisine Wild Mushroom Sauce Base
Sea salt season to your taste
Good twist of freshly ground pepper
2tbsps chopped flat leaf parsley
10 slices of warm toasted brioche
10 soft poached eggs
10 crisp baked pancetta crisps
10 flat parsley leaves

METHOD

1. Melt the butter and oil in a thick bottomed saucepan, add the sliced mushrooms, fry gently for 4-5 minutes until they start to soften but with not too much colour
2. Pour in the wine and sherry, bring to the boil and reduce the liquid by 2/3rds
3. Stir in the **Essential Cuisine Wild Mushroom Sauce Base**
4. Bring back to the boil, season to your taste with sea salt and freshly ground pepper, stir in the parsley
5. Arrange the brioche on warm plates, spoon the mushroom mixture on top and around the brioche
6. Place the poached egg on top, garnish with the pancetta crisp and parsley

CHEFS TIP

Choose good quality Portobello or Chestnut mushrooms for this dish, they give a rich, nutty flavour. Why not finish the dish with a drizzle of truffle oil?



Lobster thermidor

🕒 PREP TIME 20 MINS ⏱️ COOKING TIME 25 MINS 🍴 10

INGREDIENTS

5x1kg cooked whole lobsters

40g unsalted butter

200g finely chopped shallot

40ml cognac

200ml dry white wine

600ml tepid water

160g Essential Cuisine Lobster Sauce Base

120ml double cream

1 tsp English mustard

1 tbsp chopped tarragon

1 squeeze lemon juice

2 egg yolks (optional)

Grated parmesan cheese

Good twist of freshly ground pepper

Sea salt seasoned to your taste

METHOD

1. Preheat the grill to the highest setting
2. Cut the lobster in half lengthways, using a sharp knife
3. Remove the meat from the claws, head and tail, rinse the remaining unwanted debris from the head cavity and dry thoroughly
4. Cut the meat into small, mouth size pieces and place back into the 10x½ shells, set on a baking tray
5. Melt the butter in a suitable saucepan, add the shallots and fry gently until soft but with not too much colour
6. Stir in the cognac and white wine, reduce by ½ on a high heat
7. Add the water and **Essential Cuisine Lobster Sauce Base**, bring to the boil whisking continuously. Stir in the double cream and bring back to the boil
8. Reduce the heat and simmer gently, stirring occasionally, until the sauce coats the back of a spoon
9. Remove from the heat and allow to cool slightly, stir in the mustard, tarragon and lemon juice
10. Season to your taste with freshly ground pepper and sea salt, you can also whisk the egg yolks in at this stage to give extra richness and a deeper glaze
11. Spoon the sauce over the lobster meat in the 10x½ shells and sprinkle with the parmesan, place under the pre-heated grill for 3-4 minutes until golden brown and the lobster meat is heated through
12. Your Essential Cuisine Lobster Thermidor is now ready to serve with your choice of garnish, for example, samphire grass, fresh asparagus spears and new potatoes or a mixed leaf salad



Gluten free!

CHEFS TIP

Add an Asian twist by adding a spoonful of **Essential Cuisine Aromatic Base** to the sauce and coriander instead of tarragon!

Mushroom Cobbler

🕒 PREP TIME 45 MINS ⏲️ COOKING TIME 1 HOUR 🍴 10

INGREDIENTS

CHEESE SCONES

440g self raising flour
2 tsp baking powder
75g grated cheddar
250g butter diced
2 tsp chopped tarragon
Salt and pepper
1 egg for egg wash

COBBLER

1.5kg mushrooms
150g baby spinach
2 onions
4 cloves garlic
2 tsp chopped tarragon
1 tsp chopped parsley
40g Essential Cuisine Wild Mushroom Sauce Base
230ml water
32g Essential Cuisine Bechamel Sauce Mix
250ml water
20g grated cheddar
10g Essential Cuisine Cheese Stock Mix
1 tsp nutmeg

METHOD

CHEESE SCONES

1. Mix the flour, baking powder, cheese, tarragon and a little salt and pepper
2. Rub in the butter
3. Add enough water to make a smooth paste. Don't over work the dough
4. Wrap in clingfilm and rest in the fridge for at least 30 mins

5. When rested, roll into 10 equal sized hockey puck shapes

COBBLER

6. Mix the **Essential Cuisine Wild Mushroom Sauce Base** with 230ml water. Bring to the boil whisking constantly. Simmer for 1 minute then remove from the heat
7. Mix the **Essential Cuisine Bechamel Sauce Mix** with the 250ml water. Bring to the boil whisking constantly. Simmer for 1 minute and remove from the heat. Add the grated cheese, nutmeg and the **Essential Cuisine Cheese Stock Mix** and stir to dissolve the cheese. Mix the two sauces together. Set aside
8. Sweat the onions and garlic in oil. Add the mushrooms and cook until golden brown. Add the spinach and wilt. Mix into the sauces
9. Pour into an oven proof dish. Top with the cheese scones. Eggwash the top of the scones and bake at 180°C for about 25 minutes until the sauce is bubbling and the scones are brown

Vegetarian recipe!

CHEFS TIP

Use girolle or morel mushrooms for a more earthy taste!



Rich fish stew

🕒 PREP TIME 1 HOUR ⏱️ COOKING TIME 15 MINS 🍴 10

INGREDIENTS

1760ml water

320g Essential Cuisine Lobster Sauce Base

200ml double cream

50g butter

1 sprig of rosemary and thyme

1 shaving orange peel

150ml white wine

3 shallots finely chopped

3 garlic cloves finely crushed

10 tomatoes peeled, de-seeded and diced 1cm cubes

300g salmon diced

300g hake diced

200g squid cut into rings

100g prawns de-skinned

30-40 mussels

Spring onions finely sliced

½ bunch flat parsley chopped

Salt and pepper

METHOD

1. Mix the **Essential Cuisine Lobster Sauce Base** with the 1760ml water. Bring to the boil, whisking constantly. Simmer for 2 minutes then add the cream. Return to the boil and set aside
2. Sweat the shallots and garlic together with the rosemary, thyme and orange peel. Add the white wine and reduce. Remove the stalks of the herbs and the peel
3. Add the **Essential Cuisine Lobster Sauce Base**. Whisk in the butter
4. Gently place the salmon and hake in the sauce and simmer for 2 minutes. Add the mussels, the prawns and the squid. Simmer until the mussels are all open and the prawns have gone a pink colour all the way through
5. Mix in the diced tomato and the parsley. Check seasoning, adding a little lemon juice if required
6. Serve immediately with crusty bread and sprinkled with the spring onions



Gluten free!

CHEFS TIP

For an Asian twist add 400ml coconut milk and 40g **Essential Cuisine Asian Aromatic Base**. Reduce the water to 1500ml. Replace the parsley with coriander

Cream of Wild Mushroom Soup

🕒 PREP TIME 5 MINS ⏳ COOKING TIME 10 MINS 🍴 10

INGREDIENTS

400g chestnut mushrooms

1 onion diced

1 garlic clove

400g Essential Cuisine Wild Mushroom Sauce Base

200ml double cream

2.3ltr water

200g mascapone

METHOD

1. Mix the **Essential Cuisine Wild Mushroom Sauce Base** with the water. Bring to the boil whisking constantly. Simmer for 2-3 minutes. Whisk in the double cream and 150g of the mascapone and return to the boil. Remove from the heat
2. Sweat the onion and the garlic in a little oil. Add the mushrooms and fry until golden brown
3. Pour the soup into warmed bowls. Top with the fried mushrooms and the remaining mascapone

*Vegetarian
recipe!*

CHEFS TIP

Serve with chopped chives and sour cream as an alternative, or use different mushrooms for garnish.

*Gluten free
recipe!*



Tenderloin of Free Range Pork with a Wild Mushroom Madeira and Tarragon Cream

🕒 PREP TIME 20 MINS ⏲ COOKING TIME 30 MINS 🍴 10

INGREDIENTS

5 trimmed free range pork tenderloins
20 parma ham slices (optional)
2tbsp rapeseed oil
20g unsalted butter
100g finely chopped shallots
125ml madeira
1 litre Essential Cuisine Wild Mushroom Sauce Base
Sea salt seasoned to your taste
Good twist of freshly ground pepper
1tbsps chopped tarragon

METHOD

1. Wrap the pork tightly with the ham (optional)
2. Heat the oil in a thick bottomed frying pan, seal the pork all over until golden brown, place on a roasting tray and cook in the oven until cooked through, turning occasionally. Allow to rest
3. In the same pan, add the butter and shallots, fry gently for 2-3 minutes until they start to soften but with not too much colour
4. Pour in the madeira, bring to the boil and reduce the liquid by 2/3rds
5. Stir in the **Essential Cuisine Wild Mushroom Sauce Base**
6. Bring back to the boil, season to your taste with sea salt and freshly ground pepper, stir in the tarragon
7. Slice the pork onto warm plates with your choice of garnish. Spoon a generous amount of sauce over and around the meat

Gluten free
recipe!



CHEFS TIP

Brush the pork with Essential Cuisine Pork Glace as an overnight marinade to season and infuse into the meat. Serve with your choice of fondant or mashed potatoes and seasonal vegetables.

Ingredients to inspire...



Premier Jus

Our Premier Veal, Lamb, Red Wine, Chicken & Rich Vegetable Jus give you the quality of a traditional 5 star jus in minutes, so you never need to run out!

Our versatile jus range has the meaty taste, viscous mouth-feel and the mirror-like sheen of a traditional jus, but can be made up in a fraction of the time.

The range is gluten free and contains no added MSG or preservatives.

Signature range

Made from 100% natural ingredients our Reduced Chicken Stock has a naturally occurring gelatinous sticky mouth feel, with all the attributes of a kitchen-made stock.

For a chicken cream sauce simply sweat some shallots in a little butter, add and reduce white wine, add our chicken stock and finish with double cream, season and garnish.

Find out more about the rest of the range online!



Crème Anglaise

Created especially for chefs, our versatile Crème Anglaise mix is your trusty helping hand in the kitchen – helping you to create a range of quality desserts you'll be proud to put your name to.

This product is perfect for crème brûlée – simply use 1 litre milk and 1 litre of double cream per sachet!

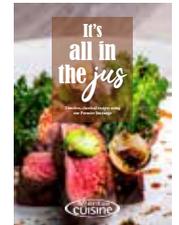
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