

Men's Health

SAUCES ANY GUY CAN MAKE

5 Sauces That Elevate Any Meal

The difference between a good meal and a superb one is a strong finish. With the right moves, you too can brush with greatness

BY REBECCA FLINT MARX, MAY 25, 2014

FOOD PHOTOGRAPHS BY CHARLES MASTERS



Fear not the sauce. Contrary to the closely held conviction of toque-topped French chefs, these flavor enhancers don't have to be complicated or time-consuming. Sauces also don't require labor-intensive stocks, fussy emulsions, or copious quantities of calorie-heavy cream. Heck, you don't even need a pantry stocked with obscure ingredients. In short, a delicious sauce does not have to be a pain in your ass. We asked five celebrated chefs to share the secrets of their favorite simple sauces. Happily, they obliged. Follow their lead. Get saucy.

The Smokin' Hot Sauce

What bottled hot sauces lack in freshness they often make up for in vinegar. That's fine if you want to turn dinner into a pickle, but for a hot sauce that won't overpower the meal, turn to real produce. This smoky-spicy sauce comes from Tim Byres, executive chef of Smoke in Dallas. Byres leverages the acidity of tomatillos to balance the burn of guajillo chiles. "You can marinate chicken in it or just use it as a dipping sauce," Byres says.

Tejano Red Sauce

In a dry skillet over medium heat, toast 8 guajillo chiles until aromatic, 3 to 5 minutes. Let them cool, then remove the stems and seeds. Dehusk, rinse, and quarter 1 pound tomatillos. In a large saucepan on medium-high heat, saute 8 peeled garlic cloves in 2 tsp vegetable oil until golden brown, about 2 minutes. Add the tomatillos along with 2 cups water and 1 1/4 tsp salt. Turn the heat to high and cook until the tomatillos are tender, 3 to 5 minutes. Add the chiles and cook until soft, 5 to 10 minutes. Remove from heat and allow to cool. Puree the sauce in a blender or food processor, and then strain it.

Makes 2 cups



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