

Happy thought of you & smiled when I read #5

TEST KITCHEN **INTERVENTION**

A LITTLE PROFESSIONAL HELP FROM OUR KITCHEN TO YOURS

Master the Art of Making Roux

Use our technique to boost the flavor, color, and aroma of stews, gumbos, and sauces

▶ ROUX IS A RITUAL, a foundation of flavor, and a commitment. To make it, you simply combine fat and flour in a heavy skillet or pot and cook it, stirring *constantly*, to coax out flavor, using the color—blonde to dark brown—as your guidepost. Chefs such as Leah Chase (see page 81) know the only critical key to making roux is following one simple commandment: Thou shalt pay attention. No texting and stirring. From there, it's easy.



COOKING DEMO
Scan this photo to see how to make the perfect roux, or go to southernliving.com/roux

STEP 1: Pick your fat. Butter or animal fat adds flavor, but use canola oil for darker Creole and Cajun roux. Its higher smoke point is more forgiving.

STEP 2: Choose your heat. Experts can use a higher flame. Beginners should heat fat in a pan over medium; the roux will take longer but not burn as easily. Add roughly a 1:1 ratio of flour.

STEP 3: ID the roux you want at right. Keep stirring until you match it.

1
BLONDE ROUX
Flour is cooked but still light. Stir into sauces such as velouté to add richness and body.

2
LIGHT BROWN ROUX
Marry this versatile thickener with pan juices from a roast to make gravy.

3
MEDIUM-BROWN ROUX
Begins losing thickening power but adds toasty flavor. Takes 15 minutes on medium heat.

4
DARK BROWN ROUX
Takes 20 minutes when cooked fast, up to 1 hour cooked slowly. Gives étouffées and gumbos deep, smoky flavor.



TRY IT!
Leah Chase uses this to flavor her Gumbo Z'herbes on page 86.

5
BLESS YOUR HEART
You've gone too far. Cook the roux too long or fast and it will taste burned. ☹

GET IT!

THE CAJUN ROUX SPOON

A whisk works, but this cherry wood spatula is the best tool for making roux. Its flat edge scrapes evenly along the bottom and into the corners of a pan, preventing stubborn bits of flour from scorching (accentrics.net).

