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Roux

What is it and what does it do

Simply put, a Roux is a thickening agent made by cooking equal parts flour and fat (butter) together. It's a key ingredient in many sauces, stews, and gravies.

A roux is a versatile mixture used as a thickening agent and its color can vary from white to blond, medium brown, or even dark brown, depending on how long it is cooked. As it cooks, the roux loses some of its thickening power, which is an important consideration when you want to achieve the right consistency for your sauces or soups. However, the longer a roux is allowed to cook, the more depth of flavor it develops, enhancing the overall taste of the dish.

Remember, a roux is done before you add your liquid. If the end result is not thick enough then you have to use a slurry mixture to thicken your sauce.