

Thickeners

Flour-make a roux out of 2 parts water and 1 part flour. Stir this paste into the item to be thickened.

Cornstarch-use where translucency is desired. 1T will thicken 1.5-2 c liquid. Do not overheat sauces with cornstarch or they will start to thin. First, you need to make a *slurry*, which is a mixture of equal parts cornstarch and liquid (usually water, vegetable broth or wine). It's important to make the slurry with cold liquid, and then add the slurry to the simmering sauce.

Arrowroot-this makes the most delicately textured sauce. But for gravies use only when it will be served within 10 minutes of thickening as it will not hold or reheat well. It thickens at a lower temperature than flour or cornstarch. Use 1 T to 1c liquid.

Potato starch-an alternative to flour. Serve soon as the thickener has no staying power.