

Dessert Sauces

This list includes 5 common dessert sauces used for plating desserts. They are flavored specifically for the dessert sushi recipe but can be easily customized. Read each blurb below to learn how to make it your own.

Lemongrass Ganache



Ganache is a chocolate sauce that can be made firm or soft depending on the ratio of chocolate to heavy cream – if you boil your heavy cream too long you’ll reduce the water content and the ganache will become firmer so use a lid on your pot to prevent too much water from escaping when steeping. Steeping is the best way to adjust the flavor – use whole spices to help prevent any gritty texture (though any grittiness may not be noticeable). You can also stir in liquids to help flavor the ganache – sweet dessert wine is an excellent choice. Just be sure to adjust the liquid content or reduce the wine first by boiling it. You may also need to adjust the recipe if you use white chocolate.

Firmer ganaches will be more solid at room temperature while softer ganaches will be more fluid (it can be thick like for coating fruit or very runny like chocolate syrup). Add a tablespoon or two of butter for a rich taste and a shiny finish.

	1# 2 ounces	2# 4 ounces
Milk Chocolate	12 ounces	24 ounces
Heavy Cream	6 ounces	12 ounces
Lemongrass (cut into pieces)	TT (2 – 3 ounces)	TT (4 – 5 ounces)

1. Heat heavy cream with lemongrass and allow to steep for 30 minutes
2. Reheat to boiling
3. Add to milk chocolate
4. Mix constantly until cool

Strawberry Mango Compote



Compote is another popular dessert sauce. It is very commonly served on top of your plated dessert or pastries (think strawberry topping on your pancakes). It also works well with fresh herbs like basil or mint that's been chopped or cut julienne.

Most fruits are easily substituted to make a compote but every fruit has a different flavor, water content, and sweetness so it's very difficult to generate a single rule. You may need to add sugar to your compote (add the sugar when you cook the fruit in the beginning) depending on how tart your fruit is as well. Keep in mind that you really can't strain a compote so seedy fruits like raspberries and blackberries will still have lots of seeds. You can go around this by pureeing your raspberries or blackberries first and straining the seeds but be sure to keep some berries whole or combine it with another fruit that isn't pureed so your compote has some character and texture.

Using different ground spices in the beginning is another way to flavor compote as is reduced liquids like wine or fruit juices. Remember to reduce your liquids first otherwise your compote will be runny.

	2#	4#
Strawberries (Diced)	1#	2#
Mango (Diced)	1#	2#
Cornstarch	1 ounce	2 ounces

1. Combine mangos with strawberries (use about 75% to 90% of the fruit which comes out to about 13 ounces each with the 2# formula) in a pot and heat over the stove until bubbling
2. Make a slurry with cornstarch and water (4 – 8 ounces depending on how juicy the fruit is)
 3. Add slurry mixture to fruit and whisk to combine
4. Bring to a boil, boil for 1-3 minutes whisking (add more water if needed, whisk vigorously)
5. Stir in remaining fruit and immediately remove from heat.

Wasabi Crème Anglais



Crème anglais is a very popular dessert sauce is pairs well with dense cakes like brownies or dry desserts like chocolate cakes or soft desserts like pies. Really, crème anglais goes with almost any dessert however crème anglais does take some practice to make so don't be discouraged if you have difficulty at first.

When you are heating the sauce to nappe (which means to coat the back of a spoon) it is very susceptible to breaking, or turning into scrambled eggs. Use a lower heat and stir constantly which a heat resistant rubber spatula making sure to scrape the bottom. If you break your anglais a little you can use a fine strainer (the finer the better) to get some of the curdled eggs out.

Anglais can be flavored in the beginning by infusing whole spices when boiling the cream and milk. You can also use liquids like wine but be sure to reduce it and adjust the milk/cream amounts. Anglais has a delicate flavor and works well with flavored oils and extracts. Avoid using citrus fruit juice to flavor anglais – instead use the zest. Citrus juice make curdle your eggs or sour your milk – gross.

Anglais has a very delicate texture so using ground spices may not be acceptable as it may provide a noticeable grittiness to your sauce. Whole spices are better.

	1#	2#
Whole Milk	6 ounces	8 oz
Heavy Cream	6 ounces	8 oz
Sugar	1 ½ ounces	2 oz
Egg Yolks	3 each	4 each
Wasabi	TT or ½ teaspoon	TT or ¾ teaspoon

1. Combine heavy cream and half of the milk in a pot with 2/3 of the sugar
2. In a separate bowl combine remaining milk, sugar, and egg yolks
3. Heat the pot to boiling and temper into eggs
4. Bring mixture back to stove and reheat to 180 degrees F (nappe)
5. Remove from heat and put in ice bath
6. Stir in wasabi to taste
7. Fill sushi with anglais.

Spicy Caramel Sauce



Caramel sauce is another very common sauce for plated desserts and pairs well with chocolate desserts as well pies – though those are just the tip of the iceberg.

Since caramel sauce has such a powerful distinct flavor a plain caramel sauce is usually desired, however that does not mean you cannot add flavor just be sure to “over flavor” it to make sure your efforts are not put to waste.

Caramel sauce holds up well to ground spices but they may contribute noticeable grittiness. You can infuse many flavors and whole spices by infusing the flavors in the heavy cream by heating it on the stove. You can also use this technique to flavor your whipped creams too. Just remember to go a little heavy on the flavoring. You can also add extracts and oil to help flavor your caramel sauce fairly easily. Avoid using citrus fruit juices and use the grated zest instead.

Although it's not as delicate as other sauces, citrus juice may sour the milk.

If you try to add fluid flavors like wine, alcohol, or non-citrus juice be sure to reduce it first. You may even benefit from reducing the heavy cream to help prevent a watery caramel sauce.

	1# 4 ½ ounces	2# 9 ounces
Sugar	9 ounces	1# 2 ounces
Butter	1 ½ ounces	3 ounces
Heavy Cream	5 ounces	10 ounces
Peanut Butter	3 ounces	6 ounces
Cayenne Powder	½ ounce	1 ounce

1. Bring sugar into solution with water
2. Cook on stove until sugar is caramelized (brown in color)
3. Remove from heat and add butter, then heavy cream, then peanut butter and cayenne powder
4. Allow to cool

Black Currant Melba Sauce



Melba sauce is best known for being peach in flavor and paired with ice cream but because melba sauce is so ridiculously easy to make it's hard to just stay with one flavor. Melba sauce is made with a jam, jelly, or preserve which has its own natural thickness so there is no need to reduce it as long as you don't add too much simple syrup.

To add flavor, infuse your simple syrup with whole spices or herbs and then strain them out. You can stir in ground spices if you'd like but be aware that if you use too much there will be a noticeable grittiness. You can also use fluid ingredients like juices and wine but remember to reduce the liquid and remove some of the simple syrup.

Remember that simple syrup is a 1:1 ratio of sugar and water with a pinch of cream of tartar and brought to a boil. If you take it off the stove right away you'll have a very fluid simple syrup and if you let it boil you have a thicker syrup. Try not to go above 235 degrees F otherwise you'll evaporate all the water and be left with a giant sugar chunk. Also be aware that the more liquid you take out the more likely your syrup will crystallize. Crystallization is typically unavoidable but cream of tartar will delay or prevent it. Once you add it to the preserves though it shouldn't crystallize at all – but never say never.

Add more syrup for a thinner melba sauce or add less for a thicker melba sauce. Just remember you need some simple syrup otherwise once the sauce cools down you'll have jam all over again.

	6 ½ ounces	13 ounces	1# 10 ounces
Black Currant Preserves	4 ounces	8 ounces	1#
Simple Syrup	2 ½ ounces	5 ounces	10 ounces

1. Combine preserves and simple syrup together in a pot.
2. Heat until the preserves melt and whisk together.
3. Strain if necessary.