

ROUX - DARK RED - BROWN

F EASY

Last Modified: 07/23/2015

PREP: 10 Min
COOK: 1 Hr 30 Min+
OVEN: 350

SAUCE

MAKES 1+ CUPS

QUA	MEASURE	INGREDIENT	PROCESS
1	Cup	All Purpose Flour	Sifted
1	Cup	Vegetable Oil	

PREPARATION

FACTOID	A Roux can be made through several "degrees": White, Blond, Dark, Red and Brick. The longer it is cooked for, the darker it gets. The darker it gets, the more color and flavor it will bring to a Sauce. BUT CONVERSELY: The darker it gets, the less it is able to thicken the Sauce. A White Roux will always have 4X the thickening power of a Brick Roux, so you will need 4X the Brick Roux volume of a White Roux in order to thicken the dish to the same degree.
FACTOID	Technically, the "perfect" Roux is made by combining Flour and Oil by equal weights and NOT by using equal Volumes (cups, etc.), but if you are careful to not "pack" the Flour in the cup, equal volumes works just fine.
CAUTION	Traditionally a Roux is made by cooking it over low heat on the stovetop and stirring OFTEN, but the method is a SKILL and any burning <u>AT ALL</u> (i.e. ANY Black Flecks) completely ruins it - Throw it away and start over. While the stovetop method is much quicker, this MUCH slower oven method is 100% foolproof (my kind of procedure).
TOOLS	1) Cast Iron Skillet
PREP	DISH 1) Preheat the oven to 350 degrees with a rack just below center.
1	In a heavy cast iron skillet - NO OTHER KIND - large enough to hold the Roux plus ALL of the Vegetable ingredients from the chosen recipe you are making, combine the Oil and Flour, whisking it until smooth. ABSOLUTELY ZERO lumps.
2	Place the skillet on a center oven rack and bake it for approximately 1 1/2 hours - A Double recipe is usually about 2 1/2 hours, so always leavw yourself enough time for it to color properly if you are doubling the Recipe.
3	Never stir or disturb it while baking - Check occasionally for a dark red brick color (or the color you require) and remove it from the oven as soon as it is achieved.
HINT	The Oil WILL separate from the Flour during baking. Once it reaches the desired color and you remove it from the oven, whisk the Oil back in before using the Roux.
CAUTION	BE CAREFUL!!!! This stuff is known in Louisiana as Cajun Napalm - If it splashes on your skin, it burns REALLY BAD because it is sticky and VERY hard to wash off!
4	When (CAREFULLY) removing the Roux from the oven, let it cool (room temperature plus a bit) and keeping your chosen Recipe Vegetables at a simmer temperature, stir 1 cup of the Recipe Vegetable mixture to be thickened into the Roux over medium heat while stirring constantly. In order to achieve the proper texture and flavoring stir until the mixture just begins to thin and becomes really, really smooth (1/2 hour or more at a simmer). Finally, add the smooth Roux mixture to the remaining Recipe Vegetable mixture and stir it to thicken.