

MIREPOIX MIX

Mirepoix is the French name for a combination of onions, carrots and celery. This blend of aromatic vegetables helps to provide background flavor to improve the overall quality of a finished dish. Typically 1 lb mirepoix flavors 1 gal stock, soup, sauce, stew, braise or marinade. Cut into smaller pieces for dishes with a shorter cooking time; larger pieces can be used for long-simmering dishes. Reference the graphic below for different mirepoix combinations.

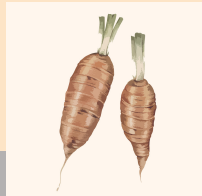


STANDARD MIREPOIX

Two parts onion to one part celery to one part carrot.

8 oz onion
4 oz carrot
4 oz celery

Used to flavor a variety of stocks and soups.



WHITE MIREPOIX

Equal parts onion, celery, parsnip and leek.

4 oz onion
4 oz celery
4 oz parsnip
4 oz leek

Used to flavor white stocks and soups that should have a mild flavor and/or pale ivory or white color



ASIAN AROMATICS

Two parts ginger to two parts garlic to one part green onion.

8 oz garlic
8 oz ginger
4 oz green onion

Used in many Asian stir-fries, soups and sauces. Cook until just fragrant to avoid burning.



CAJUN TRINITY

Two parts onion to one part celery to one part bell pepper.

8 oz onion
4 oz celery
4 oz bell pepper

Used in many Louisiana Creole and Cajun dishes such as gumbo. Can vary widely by region and recipe.



MATIGNON

Aka edible mirepoix. Used to garnish a dish as well as to flavor it. Render ham, add remaining aromatics and cook until softened

3 oz ham
4 oz onion
4 oz carrot
2 oz celery
1 sprig thyme
1 bay leaf

Source: The Professional Chef 9th Edition by The Culinary Institute of America

S E L E C T . S H A P E . P R E S E R V E .

