

# Marseilles Sauce (Sauce Marseillaise)

F Barthelemy - Les Menus Expliques de Cuisine Pratique)  
The Good Cook Sauces - Time-Life Books

## Yield: 2/3 cup

1 tablespoon olive oil  
2 cloves garlic, crushed to a paste  
1 tablespoon flour  
1 cup dry white wine  
1 sprig fresh parsley  
1/8 teaspoon powdered saffron

Place the olive oil in a saucepan with half of the garlic paste. Stirring constantly, heat the oil without letting the garlic brown. When it is very hot, sprinkle in the flour. Cook and stir the mixture until it begins to brown.

Gradually stir in the wine. Add the parsley, saffron, remaining garlic, salt and pepper. Bring the mixture to a boil. Then reduce the heat and remove the pan to the side of the burner. Simmer for 20 minutes, removing the skin that will repeatedly form on the surface of the liquid.

Skim all traces of grease from the surface of the liquid. Pour the sauce through a fine-meshed sieve into a sauceboat. Serve it hot.

*This pungent sauce is suitable for poached meats, roasted game, poached fish or shellfish.*

Per Serving (excluding unknown items): 339 Calories; 14g Fat (65.4% calories from fat); 3g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 2 1/2 Fat.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	339	Vitamin B6 (mg):	.1mg
% Calories from Fat:	65.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	28.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	94mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	160
		% Refuse:	0.0%

<b>Cholesterol (mg):</b>	0mg
<b>Carbohydrate (g):</b>	14g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	3g
<b>Sodium (mg):</b>	47mg
<b>Potassium (mg):</b>	555mg
<b>Calcium (mg):</b>	116mg
<b>Iron (mg):</b>	5mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	82mg
<b>Vitamin A (i.u.):</b>	3120IU
<b>Vitamin A (r.e.):</b>	312RE

## Food Exchanges

<b>Grain (Starch):</b>	1/2
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	2 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	339	Calories from Fat: 222
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### % Daily Values\*

<b>Total Fat</b>	14g	22%
Saturated Fat	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	47mg	2%
<b>Total Carbohydrates</b>	14g	5%
Dietary Fiber	2g	9%
<b>Protein</b>	3g	
<b>Vitamin A</b>		62%
<b>Vitamin C</b>		136%
<b>Calcium</b>		12%
<b>Iron</b>		28%

\* Percent Daily Values are based on a 2000 calorie diet.