

Platter Talk's Thickening Agents Cheat Sheet

Use this Platter Talk guide to help you choose the best thickener for your sauces, soups, and more!

Thickening Agent	Best For	Notes
Roux (Butter + Flour)	Creamy sauces, gravies, soups	Cook equal parts butter & flour before adding liquid.
Cornstarch Slurry	Clear sauces, stir-fries, gravies	Mix with cold water before adding to hot liquid.
Arrowroot Slurry	Gluten-free sauces, fruit sauces	Works well for delicate sauces, stays clear.
Reduction	Concentrating flavors in soups & sauces	Simmer to evaporate water & intensify flavors.
Egg Yolk Emulsion	Hollandaise, custards, creamy sauces	Whisk yolks with warm liquid to thicken gently.
Pureed Vegetables	Thickening soups & stews naturally	Blended potatoes, carrots, or squash work great!
Gelatin	Jellies, desserts, aspic	Bloom in cold water before using.
Butter (Beurre Manié)	Velvety finish in sauces & gravies	Knead butter & flour together, then whisk in.
Tapioca or Potato Starch	Gluten-free baking, soups, stews	Great alternative to cornstarch, adds a glossy texture.
Xanthan Gum	Dressings, sauces, gluten-free thickening	Use sparingly; a little goes a long way!

Pro Tips:

- ✓ Always dissolve starches in **cold** liquid before adding to hot dishes.
- ✓ Whisk constantly when adding thickeners to **prevent lumps**.
- ✓ Reductions work best when simmered **low and slow** for deep flavor.

Save this **cheat sheet** for quick reference in the kitchen! 🧑🍳🌟