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# 10 of the Best Infographic Examples of 2016

*Amanda Zantal-Wiener*

10-13 minutes

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If you ask us, infographics aren't going anywhere.

This year alone, we've covered how [essential they are to SEO](#), and the numerous resources available to [create beautiful infographics](#) of your own.

And yes -- when it comes to infographics, we do like to play favorites.

That's why we went scoured the web for some of the best infographics of 2016. Their topics are vast and their formats are many, but this year, we truly saw some excellent examples of informative design.

[Save countless hours using these free, pre-made templates to design your infographics.](#)

Have a look and let these examples inspire you. Who knows -- with all of those resources and a new year around the corner, they might help you create of the best infographics of 2017.

## 10 of the Best Infographic Examples of 2016

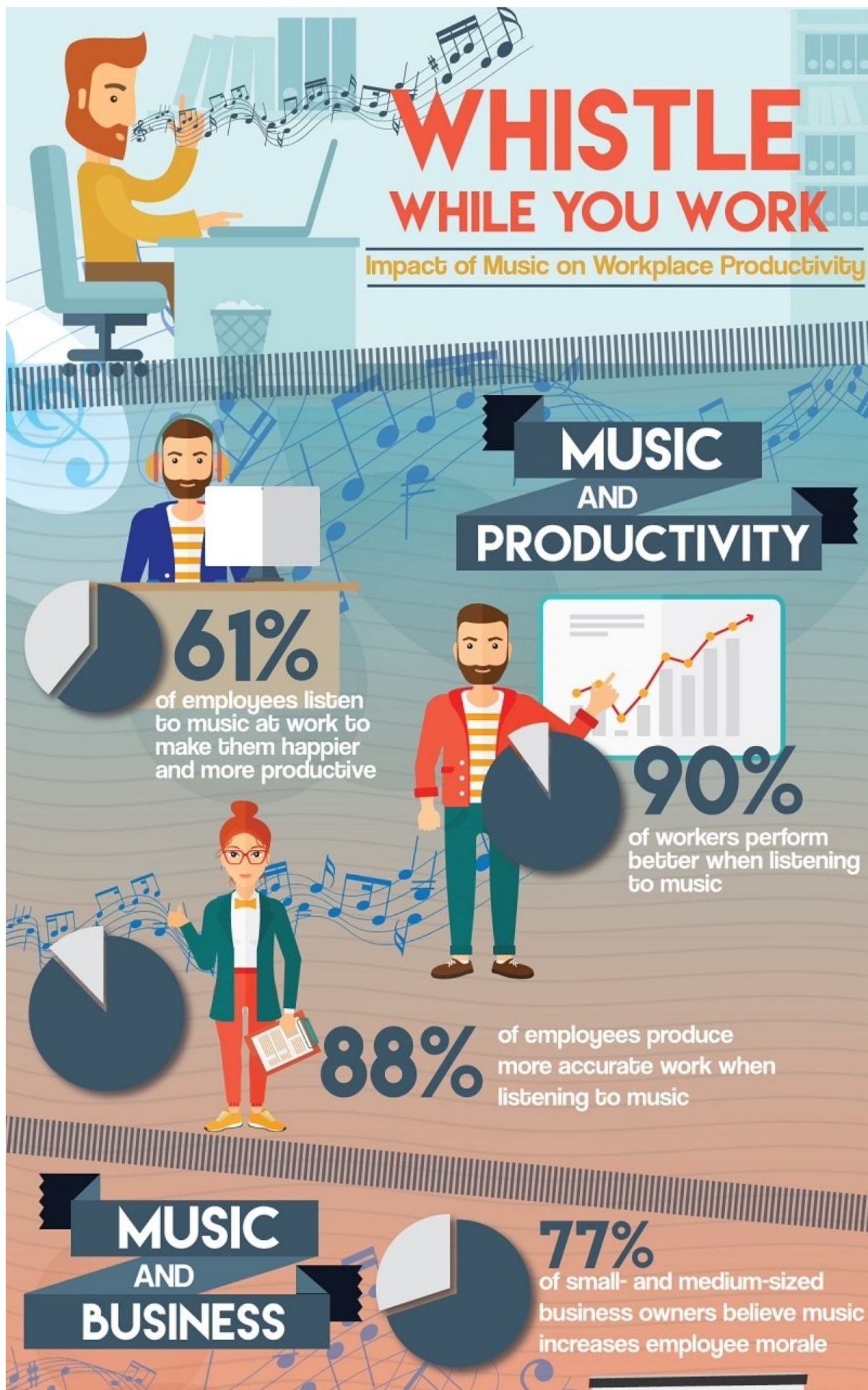
## 1) [Music and Productivity](#), by WebpageFX

Music is known to enhance many situations. It livens up a party, gets us through a brutal workout, and can make a long commute seem quicker. But did you know that it can also make you more productive? WebpageFX collected these science-backed reasons why music can help you get your work done, and worked them into an infographic that delights us.

This infographic does a nice job of balancing two different color sets -- a best practice, according to Marketing Consultant [Brian Downard's infographic design playbook](#). Downard encourages the use of soft, subtle colors in the background, with pops of color in the foreground to highlight important elements. As you can see below, this approach results in a really clean design.

Beyond the color palette, the folks at WebpageFX did a nice job of following through with the theme, with various musical notes and other symbols that represent a melodic sound. Speaking of symbols, take note of how they used the image of the brain to break down how music stimulates and activates specific sections.

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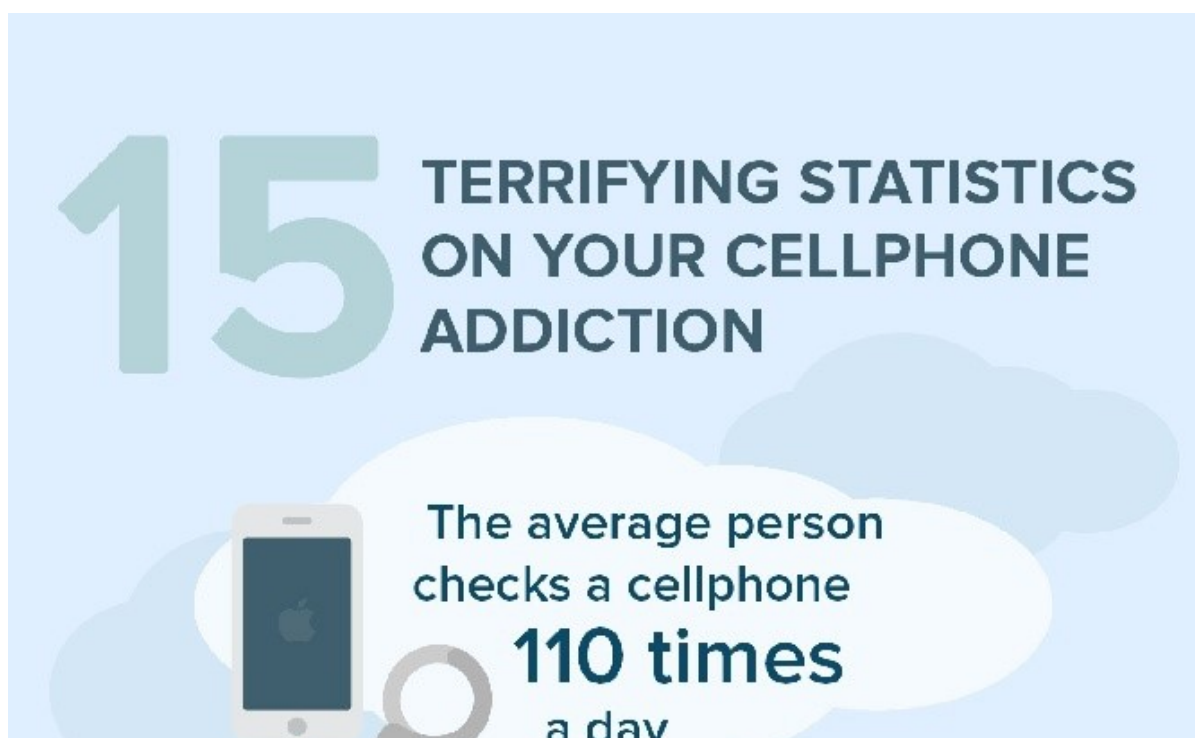
## 2) “[15 Terrifying Statistics On Your Cellphone Addiction](#)” by Trustmypaper

There's so much information out there about the drawbacks of overusing our mobile devices. They make us [lose sleep](#). They facilitate [email addiction](#). But very rarely, it seems, can we find all of this information in one place -- until now.

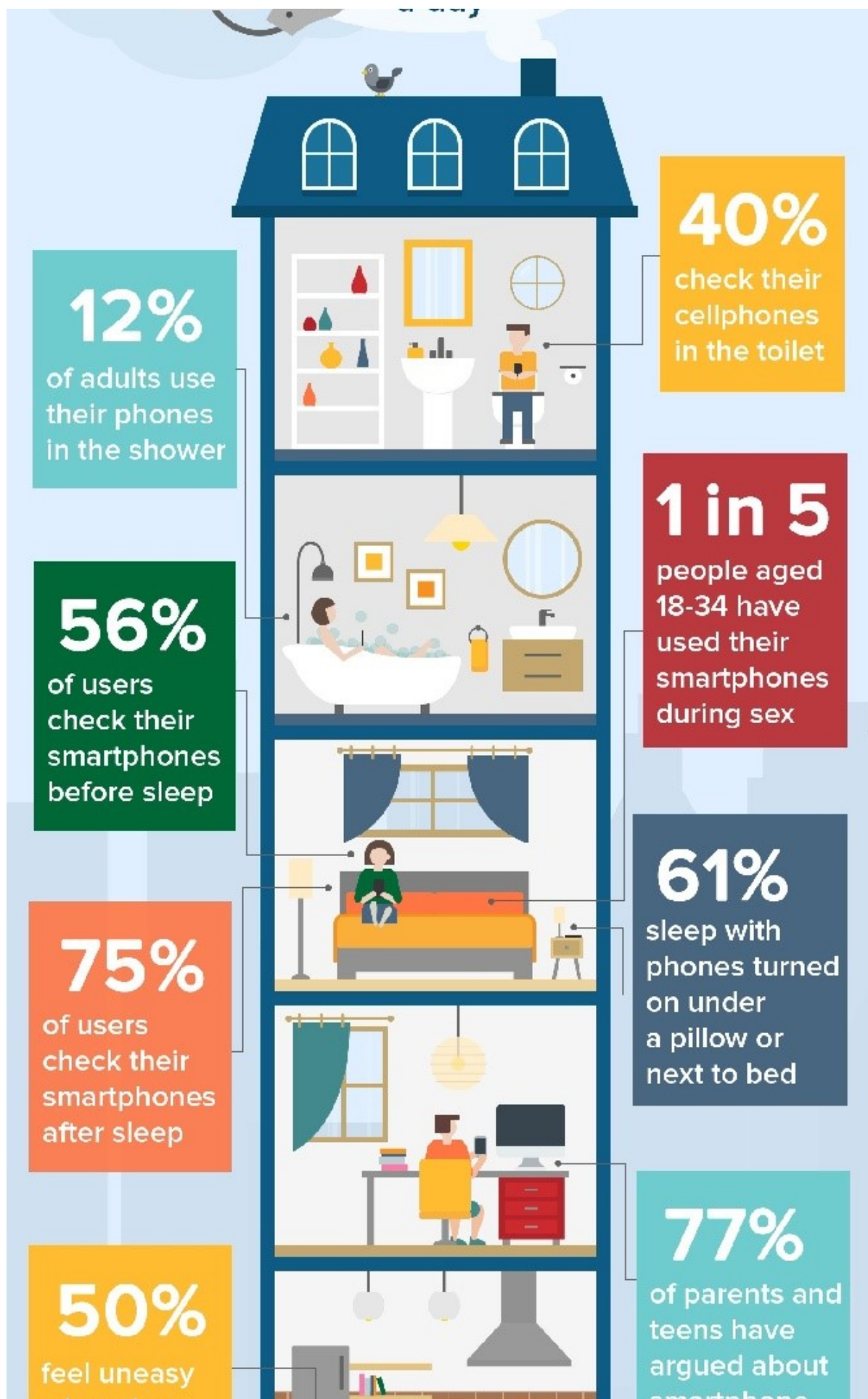
Trustmypaper created this infographic, which packs 15 eye-opening statistics in a condensed yet engaging format. Plus, the accompanying images help us to process exactly what each number conveys, and reinforces the danger of each fact.

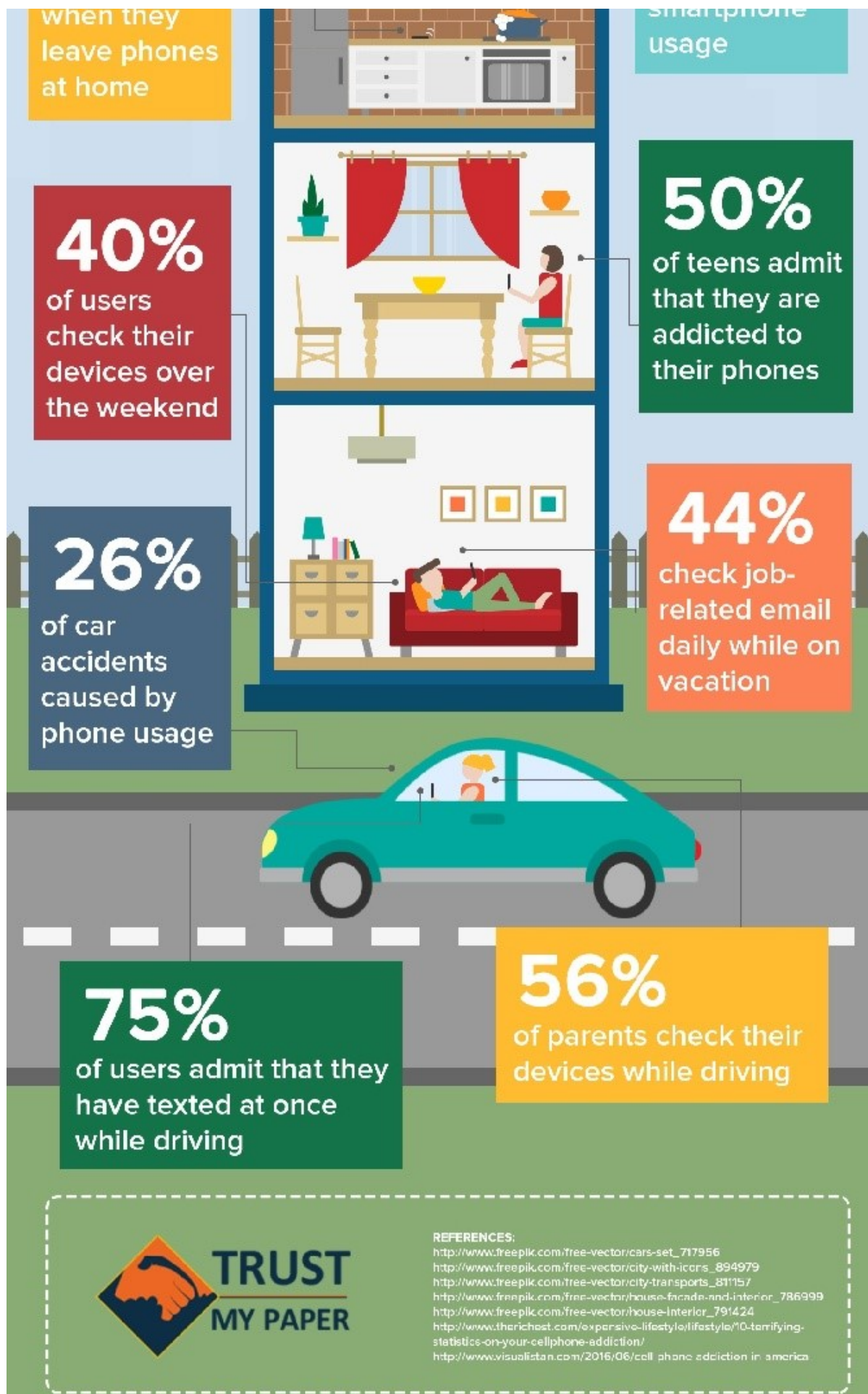
As for the font, it's more than legible, but isn't so big that it doesn't fit in with the overall design scheme. [According to a Kissmetrics article](#) from Henneke Duistermaat and Neo Mammalian Studios, poor font choice is one of 19 infographic red flags, and while it may seem obvious, you'd be surprised how many brands just don't get it right.

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### 3) “[Vacations Are a Must](#)” Quill

We are definitely preachers of vacation -- how to [relax](#) when you're there, how to [catch up on email](#) when you're back, and how many of us feel too [guilty](#) to take one. But it's a must -- and this infographic explains why.

From the good, to the bad, to the ugly, Quill makes great use of imagery here. The infographic uses a generally bright color palette, to reflect the lightness of vacation. The "happier" images incorporate the benefits, too. But when it comes to the negative impacts of not taking time off, the pictures don't hide them -- even if it's a cartoon, we can sense the annoyance of the characters that work or receive a call from the office during their time away.

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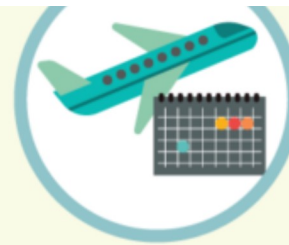




Between 1978 and 2000, Americans took an average of **20.3 days** off each year.

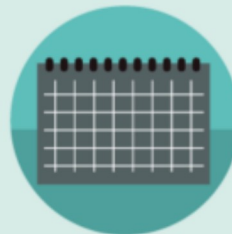


According to a 2013 report by the Center for Economic and Policy Research, the U.S. is the only developed country that **does not legally require a single paid vacation day.**



In 2015, American workers took **16.2 days** of vacation.

A Google Consumer survey for the travel site Skift found nearly **42% of Americans** said they didn't take a single vacation day in 2014.



This leaves a total of **658 million** unused vacation days.



That results in **\$61.4 billion** in forfeited benefits.

In 2016, GfK conducted a survey and found:  
The top reasons for not taking time:



**37%** feared returning to a mountain of work



**30%** believed nobody else can do their job



**30%** said they can't financially afford to use their time off



**19%** said they do not want to be seen as replaceable



1 in 4 are unsure or agree that their company expects them to work while on vacation.

31% said they put a lot or some pressure on themselves to check in with work when they are on vacation.

80% of workers said if they felt fully supported and encouraged by their boss, they would likely take more time off.



A survey conducted by Harris Interactive found:



61% of Americans work while they're on vacation, despite complaints from family members



1 in 4 Americans report being contacted by a colleague about work while taking time off



1 in 5 have been contacted by their boss while taking time off

Employees who take 10 or fewer days of vacation time are less likely to have received a raise or bonus in the last 3 years than people who took 11 days or more



## The Health Benefits of **TAKING TIME OFF**

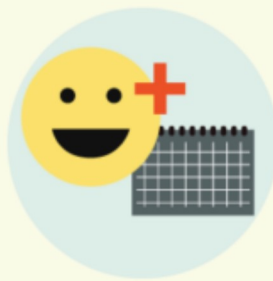


### Improved happiness

A Dutch study found happiness surrounding a vacation starts well before the trip does.



The effect of vacation anticipation increased happiness for **8 weeks**.



Post-trip happiness, especially after a relaxing time off, can last for **more than a week**.



Planned time off is associated with **increased happiness**.



## REDUCED STRESS

Research shows a positive, well-managed vacation can lead to:

- Increased happiness
- Reduced stress

## IMPROVED WELL-BEING

Research shows taking an annual vacation is associated with a **decrease in heart disease**.



## IMPROVED MENTAL HEALTH



A study that examined leisure as a coping mechanism found vacations can reduce depression.

## INCREASED PRODUCTIVITY

- Studies show performance increases after breaks of all lengths, from 30-second “microbreaks” to long vacations.
- Research suggests managers believe time off from work leads to:
  - Increased employee productivity
  - Stronger workplace morale
  - Greater employee retention



## IMPROVED PERFORMANCE

- In an internal study by accounting firm Ernst & Young, for each additional 10 hours of vacation employees took, their end-of-the-year performance ratings from supervisors improved by 8%.
- Research from Alertness Solutions found taking vacations can increase work performance by up to 80%.

Taking time off to see the world and relax with family and friends is essential to mental and physical health.

Don't let your vacation days collect dust.



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#### 4) “[How to Leave Your Worries Behind](#),” by Happify

Some of us have a tendency to chronically expect the worst. (Cough -- guilty.) But chronically worrying isn't good for you -- from heart disease to memory loss, all of that stress can take a toll on one's health.

So how do we knock that off? It turns out that there are some fairly simple, science-backed steps to decreasing our anxiety and worry, which Happify has organized into an easy-to-follow infographic. It even has a delightfully helpfully step on figuring out when and how to let go of our negative thoughts, and when they (rarely) deserve merit.

Not to mention, we love the design, especially the combination of bold colors and white space. This infographic manages to work in a vast palette, without seeming to be all over the place with its design scheme -- but its brightness reflects the overall theme of happiness.

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# How to Leave Your Worries Behind

Created by

**happify™**

Science-based activities & games for a happier, healthier life at [Happify.com](https://happify.com)

## WORRIED? YOU'RE NOT ALONE



# 86%

of adults consider themselves “worriers,” according to a survey of 1,000 U.K. adults. Are you one of them?

2 out of 5 people say they worry every day

# 1 hour 50 minutes

The amount of time each day the average adult spends fretting about something.



## Why Worry?

Scientists have discovered that worrying may have evolved along with intelligence as a beneficial trait



Intelligence as a beneficial trait.  
Worrying may have kept our ancestors  
out of trouble.

## HOW WORRY CAN HURT YOU

### It Hurts Your Heart

Anxiety over the long term increases risk for heart attack.



### It Hurts Your Brain

Worry may boost your risk for Alzheimer's disease.



### It Harms People Close to You

Worry can be so intrusive as to ruin a personal relationship.



### It Chips Away at Your Memory Capacity

Worry may be interfering with your working memory.



### The Cost of Worry

Worry has an unseen cost on caregivers, researchers say. It takes time and energy that could be better spent caring for themselves, such as getting proper sleep.



## HOW TO WORRY LESS



Don't be a night owl.



Do yoga. People with anxiety

Researchers found that keeping regular sleep hours lessens negative thinking and worry.



Increase your mindfulness with meditation. Even an online intervention helped reduce worry in users.

disorders can benefit from regular yoga practice.



If you're spiritual, foster a belief in a higher power that has your best interest at heart.

### Do Women Worry More?



Researchers found that in long-term heterosexual relationships, when couples reached a hurdle, they reacted differently: Men tended to get frustrated while women tended to worry.



### Exercise Helps ... Especially for Women

Women who exercise improve their mood more dramatically—including reducing worry—than men.

## 5 WAYS TO DECREASE ANXIETY



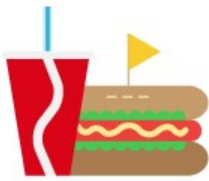
Get enough sleep



Take 15 minutes to tidy up your space. Clutter can cause anxiety.



Express gratitude at least once a day.



Lay off the sugar and processed foods. They can make you feel anxious.



Schedule in quiet time, even if it's just 5 minutes a day. Tell people you're unavailable and turn off the phone. Research says that noise makes us anxious.

## WORRY-FREE STRATEGIES

### Dealing with Daily Worry

When worry hits, it can feel inescapable. Try these tricks to get out of the seemingly endless loop of anxious thoughts:



#### Get a Pen

Brainstorm solutions to your worries. Research shows this can ease anxiety.



#### Note and Accept

When a worry comes to you, label it, as in, "oh, there's that troubling thought," and move on.



#### Make an Appointment

Set aside a certain time of day to think over your worries. When worries pop up at other times, jot them down and know you can think about them later.

### When to Let a Negative Thought In—and When to Let It Go

When you have a negative thought, two questions can help you assess whether to consider it or let it go.

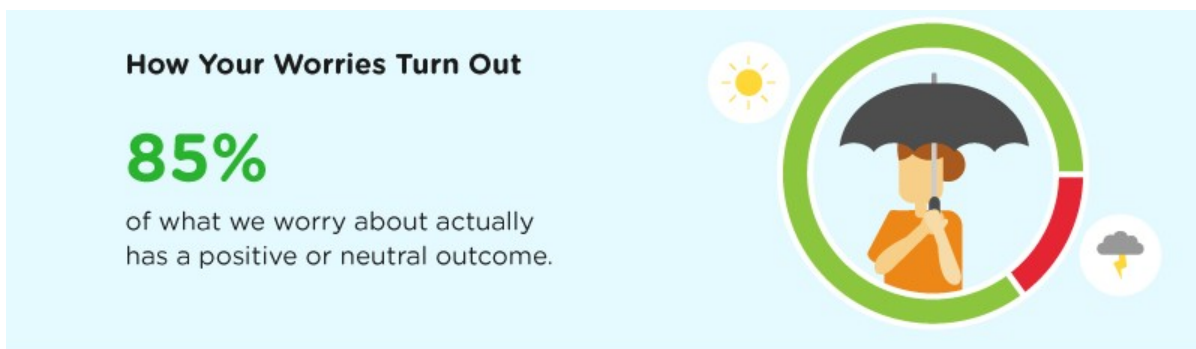


1 Is it true? (If not, no need to go to 2.)

2 Is it helpful?

For instance, you're about to have a week so busy you're not sure you can handle it. If thinking about it helps you strategize getting everything done, then think it through. But if it paralyzes you with fear, let it go.





“Worry never robs tomorrow of its  
sorrow, it only saps today of its joy.”

- Leo F. Buscaglia

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activities and games at [www.happify.com](http://www.happify.com)



Available on the  
App Store



ANDROID APP ON  
Google play

Employer & Health Plan Solutions: [www.happifyhealth.com](http://www.happifyhealth.com)

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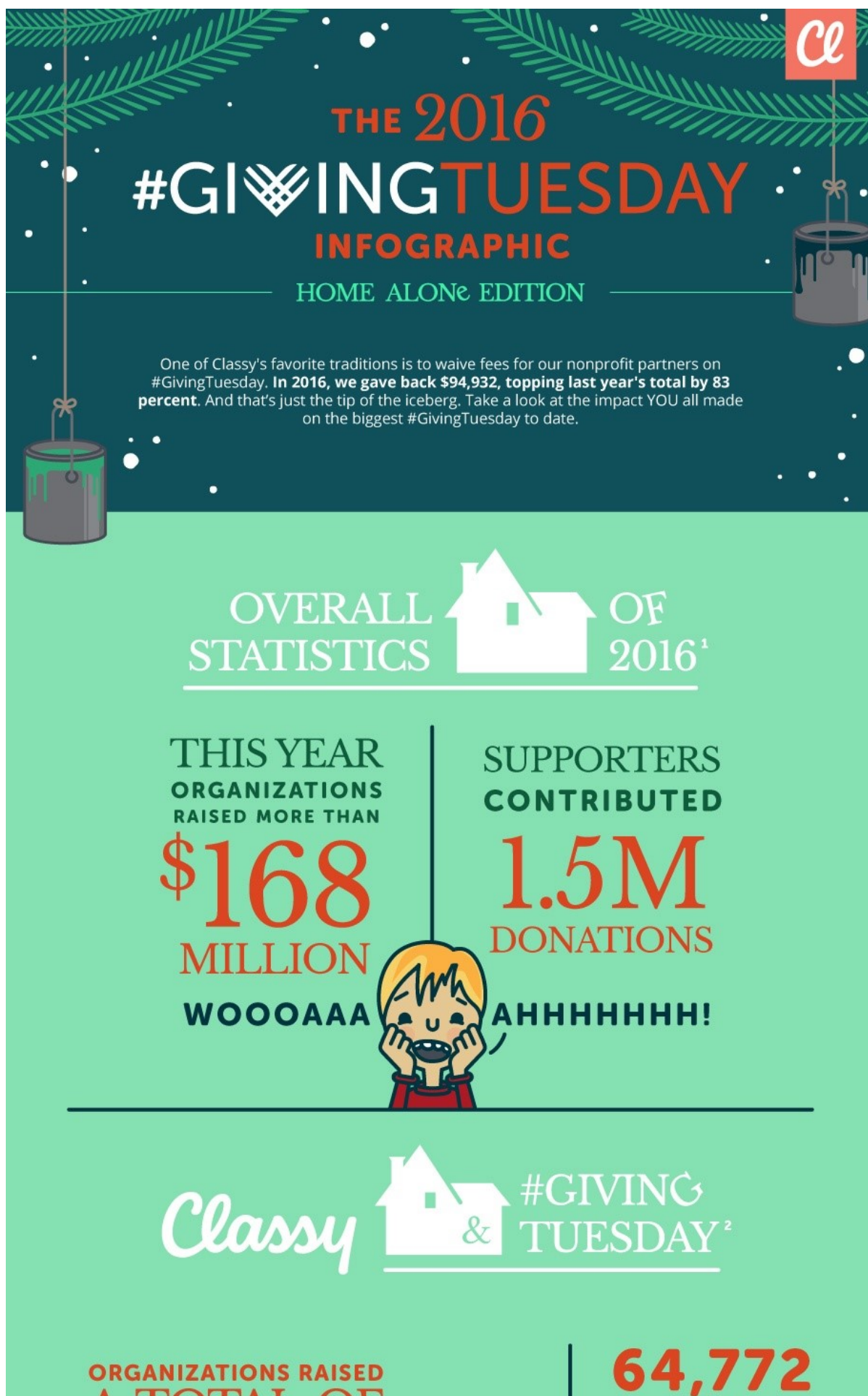
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### 5) “[The 2016 #GivingTuesday Infographic](#),” by Classy

When it comes to color, sometimes less is more. In fact, [according to an analysis of over 200+ infographics on Pinterest](#), Venngage found that infographics with only two colors earned the highest number of Pins and Likes. While Classy snuck in a few highlights into this infographic on #GivingTuesday, the primary color scheme is a festive red and green combination -- which aligns perfectly with the "Home Alone" theme.

Speaking of the "Home Alone" theme, the designer of this infographic did an amazing job incorporating subtle, [nostalgia-inducing](#) nods to the classic movie -- from the tar-covered staircase to the silly [microcopy](#) on the VHS tape. [According to Psychology Today](#), nostalgia memories are social in nature and have the power to inspire social behavior, making this infographic inevitably more sharable.



## 6) “[The Female Entrepreneur: Women Who Run Their World,](#)” by USC Marshall

Female entrepreneurs are taking the world by storm. In fact, [among Generation Y entrepreneurs, women are more successful than men](#). But what makes them so successful? And how are they improving the business landscape as a whole? This infographic from USC Marshall outlines those positive points, from job creation to career growth.

The infographic also includes other fun facts about female entrepreneurship, like the geographic regions where it's most concentrated, and other tidbits on revenue and valuation. It looks a somewhat difficult-to-broach topic around which there's a lot of conflicting information, and incorporated the facts into a well-designed visual.

It has consistent style and lighting, and we love infographics that can seamlessly incorporate a map. Being able to share geographic statistics in visual way is key -- and, [it helps people digest a big chunk of data](#). But our favorite part has to be the use of pictogram charts -- where each icon represents a specific value -- to make it easier for the viewer to visualize the data. Pictogram charts can help you achieve a more representational view of your data, and even overcome differences in language, culture, or education, [according to The Data Visualization Catalogue](#).

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# The Female Entrepreneur

## Women who run their world



Women are founding companies at a historic rate.



Since the passing of the **1974 Equal Credit Act**, women have made strides in the entrepreneurial world.

The act prohibits credit discrimination on the basis of:



race



color



religion



national  
origin



sex



marital  
status



age



public  
assistance



= 1 million companies

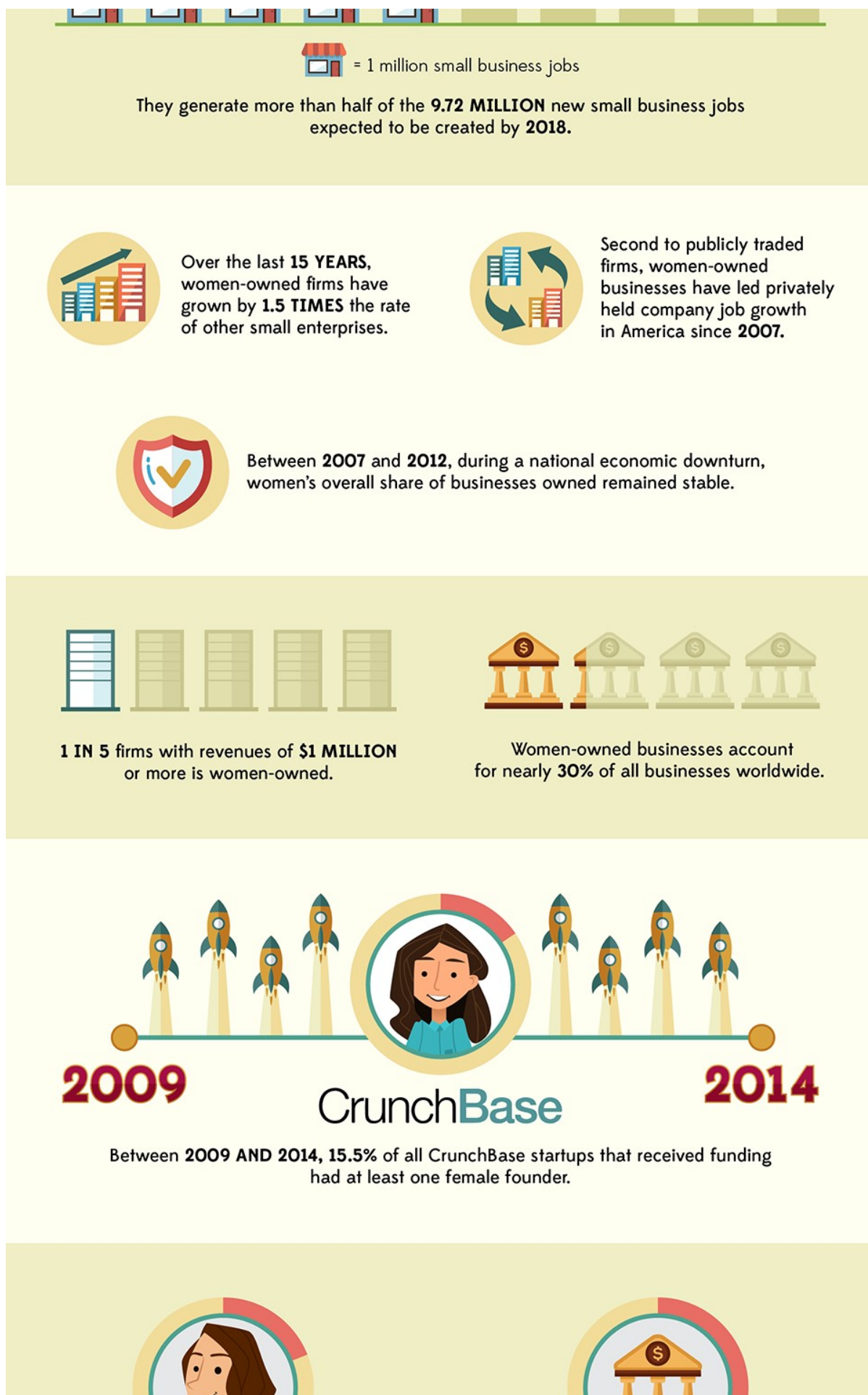
There are just over **9 MILLION** women-owned companies in the U.S.



= 1 million small business jobs

Research suggests female small business owners will create **5 TO 5.5 MILLION** new jobs nationwide by **2018**.

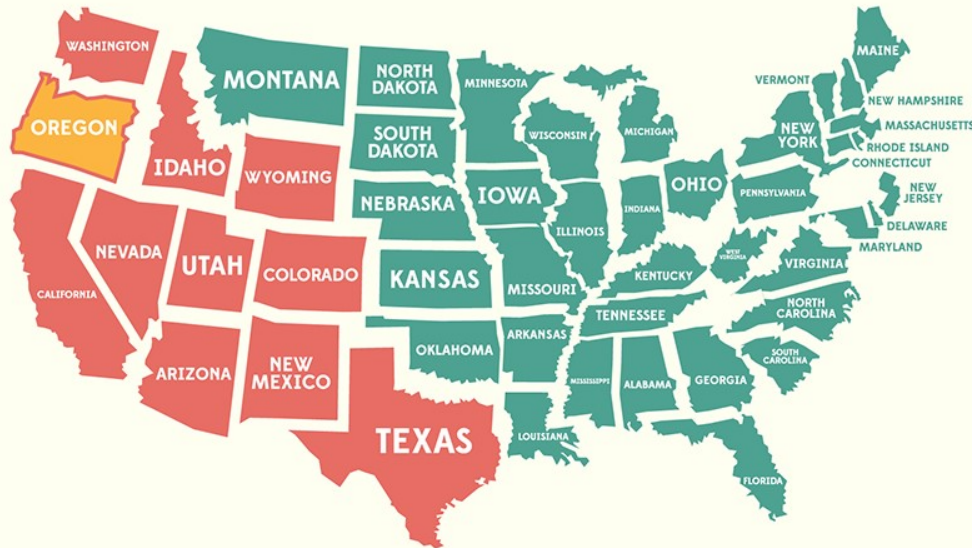




In 2014, **18%** of all CrunchBase startups had at least 1 female founder.

On average, women account for **38%** of workers who consider self-employment their main source of income.

**11 OF THE TOP 17 STATES** for female entrepreneurs are in the West from Washington to Texas.



Oregon ranks first in the nation for most self-employed female workers (**45.4%**).



Las Vegas has the highest percentage (**26%**) of venture-backed companies with at least one female founder.

Additional areas with higher concentrations of self-employed women include:











Eventbrite raised around \$60 million in a new round of funding at a valuation of more than \$1 billion.



# sunrun



Sunrun provides affordable solar energy.



Founded: 2007



Co-Founder & CEO: Lynn Jurich



Sunrun raised at least \$295 million at a valuation of \$1.3 billion.



# houzz



Houzz is a home design site with interior design photos, home décor, and decorating ideas.



Founded: 2009



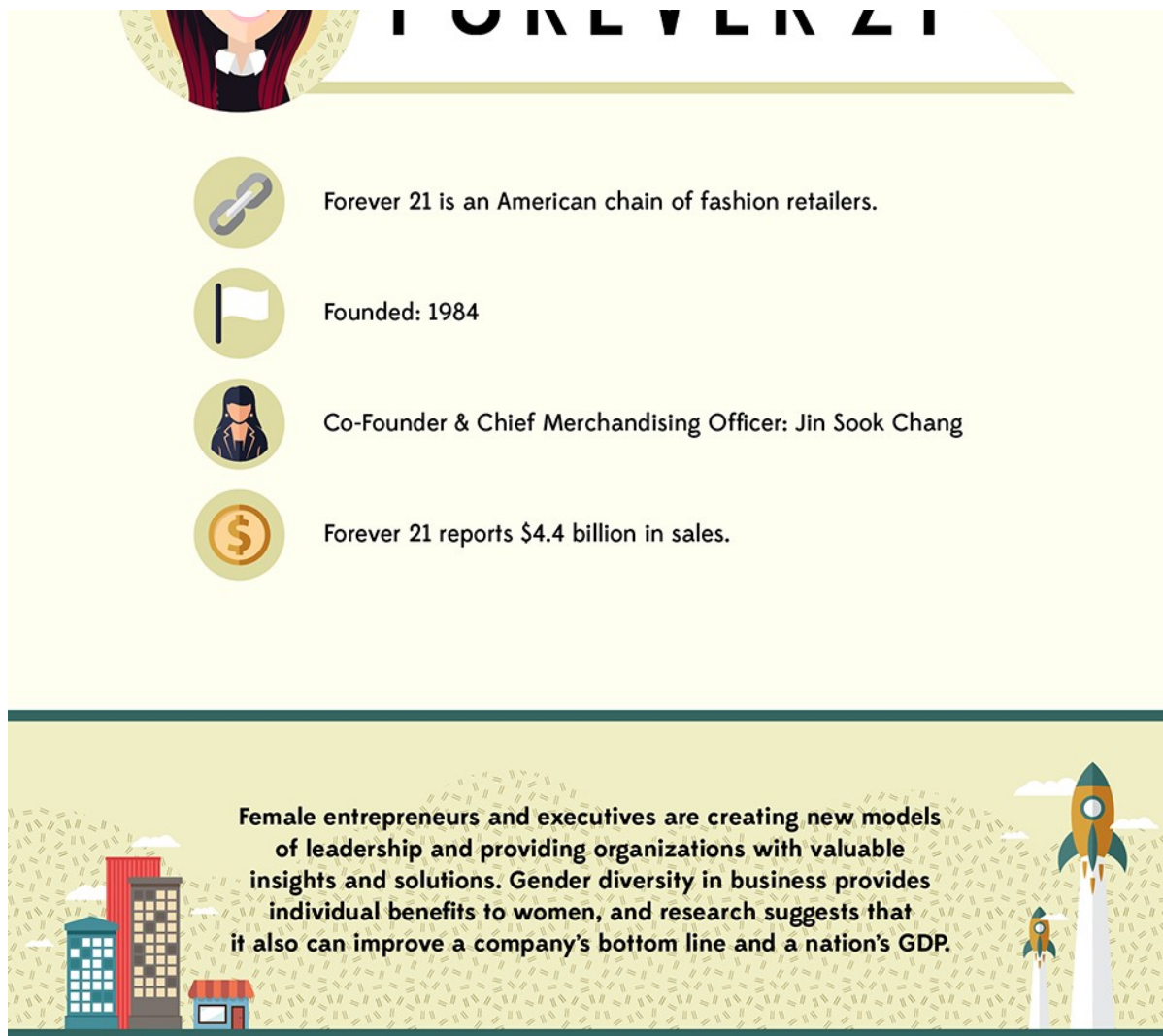
Co-Founder & CEO: Adi Tatarko



Houzz has raised more than \$213 million from investors with an estimated valuation of \$2 billion.



# FOREVER 21



## SOURCES:

<http://www.sunrun.com/about/our-team>  
<http://www.forbes.com/profile/adi-tatarok/>  
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## 7) “[How to Avoid a Hangover](#)” by Fix

As you might be aware, there's a new year around the corner. With that comes New Year's Eve, which brings a lot of partying. In other words, January 1st might be known as the most hangover day of

the year.

Knowing that, Fix provided yet another helpful infographic that breaks down all things hangover. We're delighted by the design of this visual. It incorporates a ton of helpful information, ranging from what a hangover really is, to how to prevent them, to how to cure them the next day. And the images? We don't know about you, but we're craving a full English breakfast.

What we really like about this infographic is the ability to condense important details that, were they in the format of a full article, may not have been as easy to process. We'll drink to that.

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<p>the blood vessels located in the brain. .....</p> <p>When selecting a pain medication, opt for opioids over acetaminophen. .....</p> <p>B vitamins help your body metabolize alcohol, dilate blood vessels, and restore energy.</p>	<p>urination, depleting bodily fluids. .....</p> <p>Drink water to help prevent dehydration. .....</p> <p>Sports drinks help replenish sodium, potassium, &amp; chloride levels in your body.</p>	<p>stomach lining, and increases stomach acid production. .....</p> <p>Increase metabolic rate, which will help break down toxins. .....</p> <p>Alka-seltzer helps neutralize stomach acid, and replenishes bicarbonates.</p>	<p>glucose making you feel tired. .....</p> <p>Get some carbohydrates into your system.</p>
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Source: [www.bigfootwest.com](http://www.bigfootwest.com)

## BEST & WORST Drinks

*Drinks with higher amounts of congeners (trace chemicals left over from fermentation) may worsen & lengthen hangover symptoms.*



*The higher the alcohol content, the more potential acetaldehyde (and other effects), so the worse the hangover.*

**DRINKS WITH FEWER CONGENERS:**  
*Beer • Gin • White Wine • Vodka*

**DRINKS WITH MORE CONGENERS:**  
*Whiskey • Red Wine • Rum • Brandy*







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## 8) “[Typography And Font Deconstruction](#)” by The Logo Company

When it comes to design and text, there are two things we know to

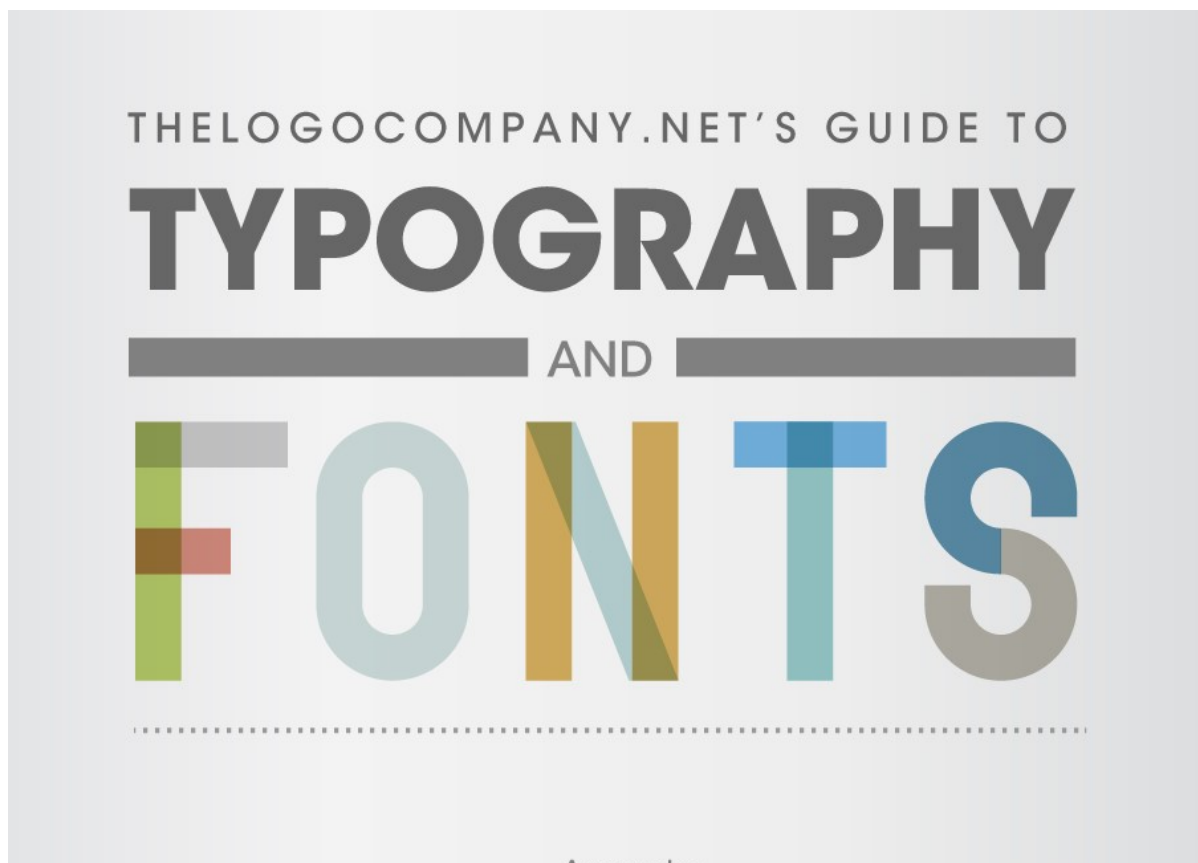
be certain:

1. [Comic Sans is bad.](#)
2. We have to be able to read it.

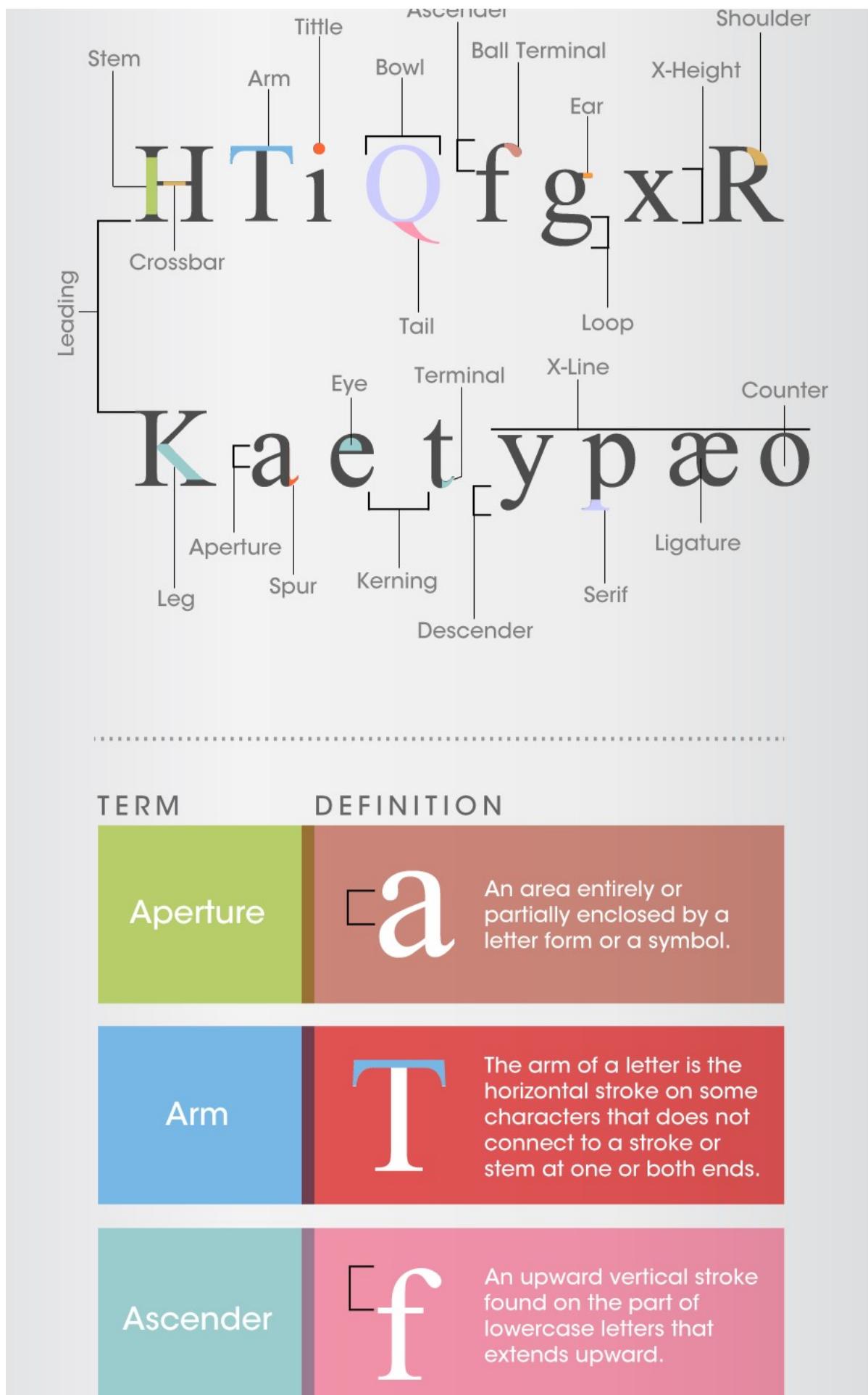
As for the rest, it seems like learning typography is like learning a second language for many marketers. It has to be on brand, it has to be legible, and what the heck is a ligature?

The Logo Company took some fundamental pieces of the [typography vocabulary](#) and compiled it into this well-designed infographic. Following its own advice, the text is perfect. It's readable, but considering there aren't a ton of pictures in there, it doesn't leave us feeling overwhelmed by text. At the same time, each vocabulary word has a clever visual representation next to the written definition, which helps to keep the image from looking too text-heavy.

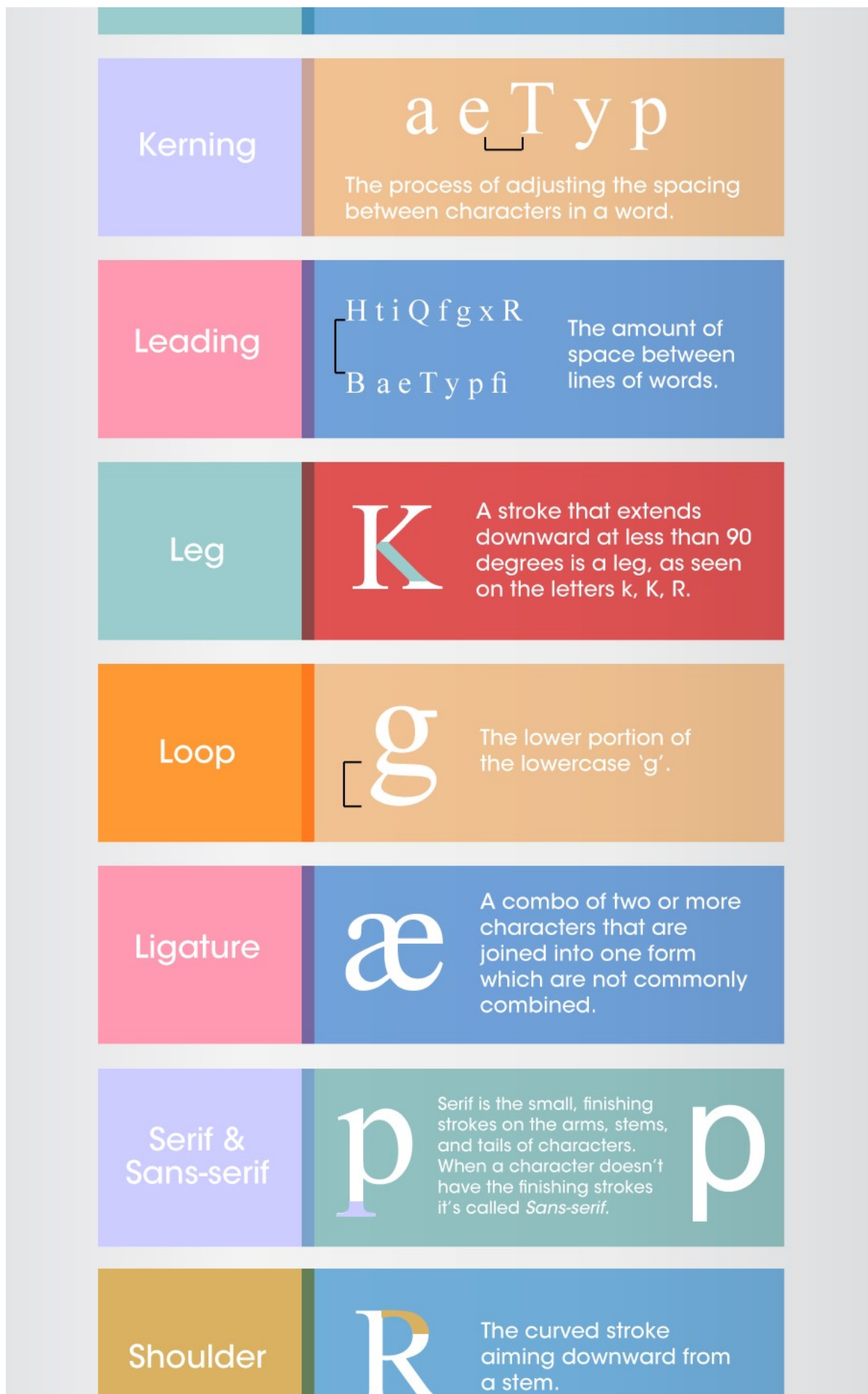
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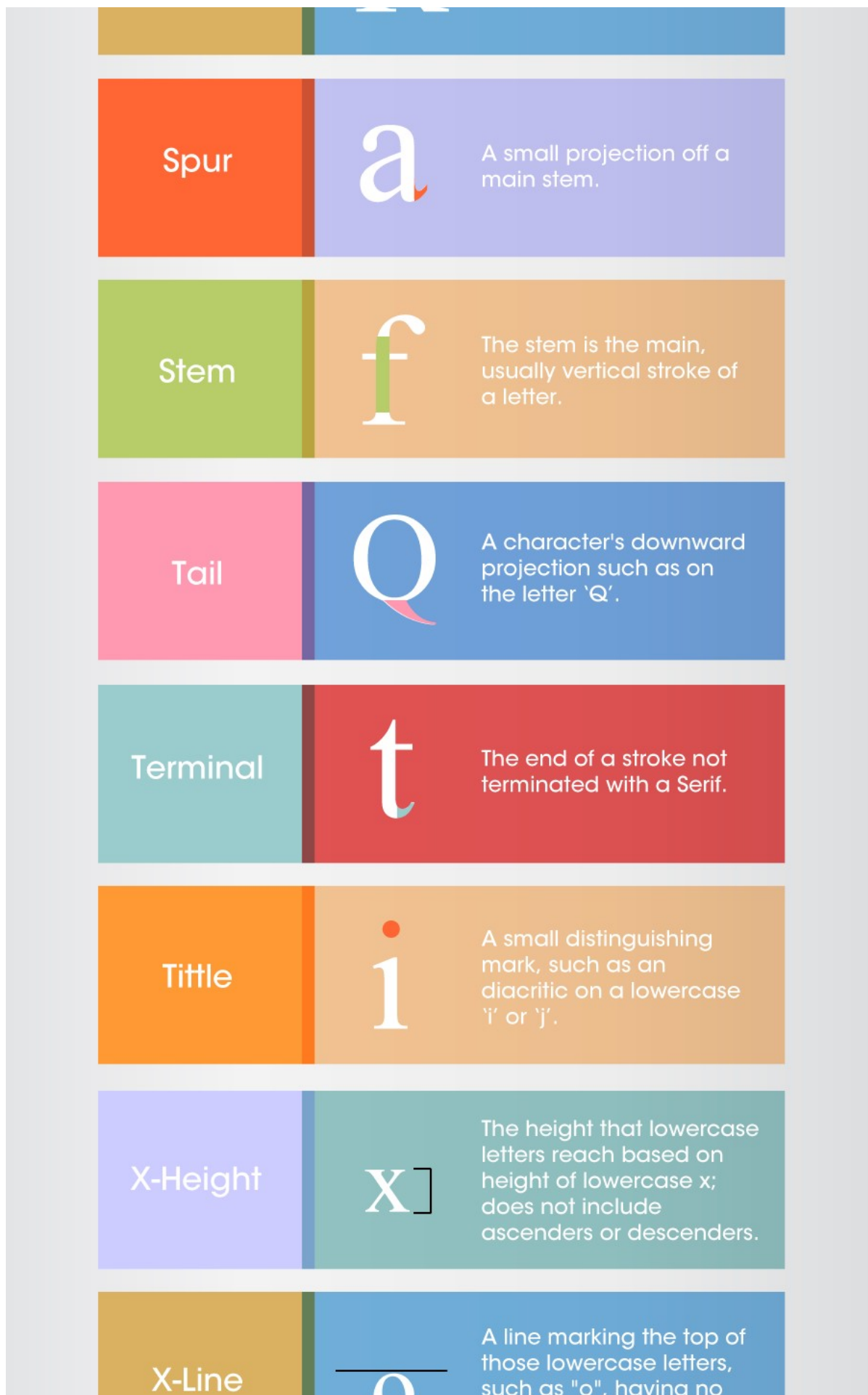




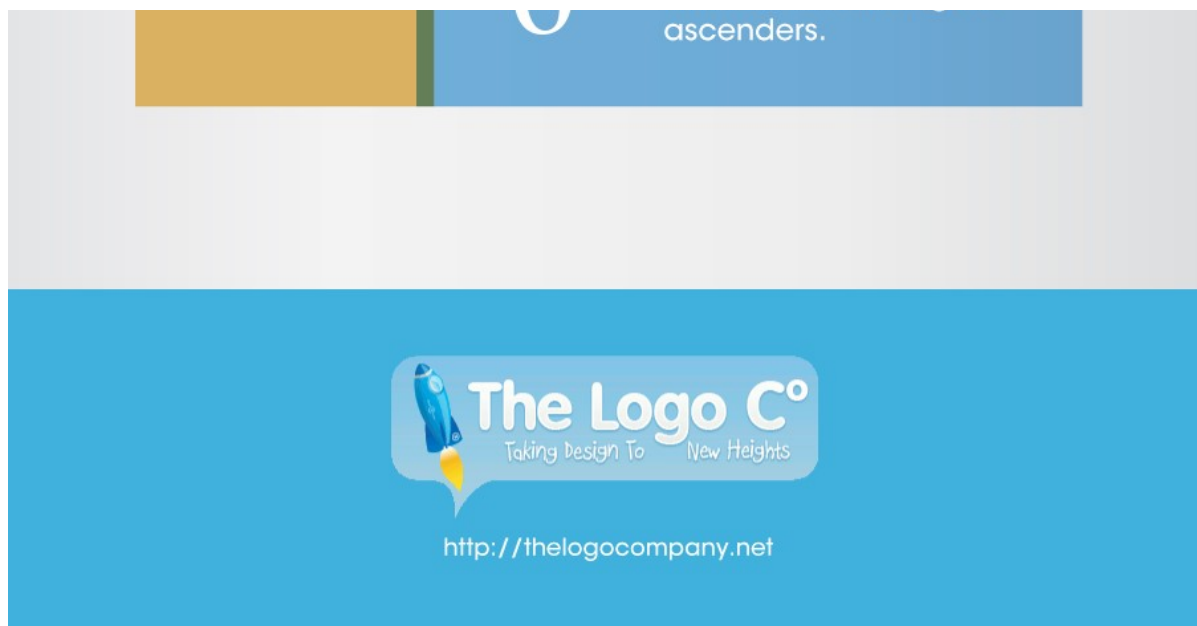


Ball Terminal		A type of curve at the end of any stroke that doesn't include a serif.
Bowl		The curved part of the character that encloses the circular or curved parts of a letter.
Counter		The open space in a fully or partly closed area within a letter.
Crossbar		The horizontal stroke across the middle of uppercase 'A' and 'H'.
Descender		The part of a letter that extends below the baseline.
Ear		A small stroke extending from the upper-right side of the bowl of a lower-case 'g'.
Eye		The eye refers specifically to the enclosed space in a lowercase 'e'.









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## 9) “[Why a Website Redesign Doesn't Always Work](#),” by VWO

Sometimes, a website redesign is necessary. User preferences change, as do brands themselves -- that should be reflected in your public-facing content. But are you going about it the right way?

According to this infographic from VWO, many marketers aren't. And while we don't love the errors of website redesign outlined in this visual, we do like the way they're represented. It's thematic -- there's a recurring use of contrasting red and green, for example, to symbolize the necessary A/B testing that, evidently, [57% of website redesign projects lack](#). Plus, we enjoy how literal the imagery is, without going over the top. A burger represents "food for thought," and a brain accompanies the statistic on psychological factors in design.

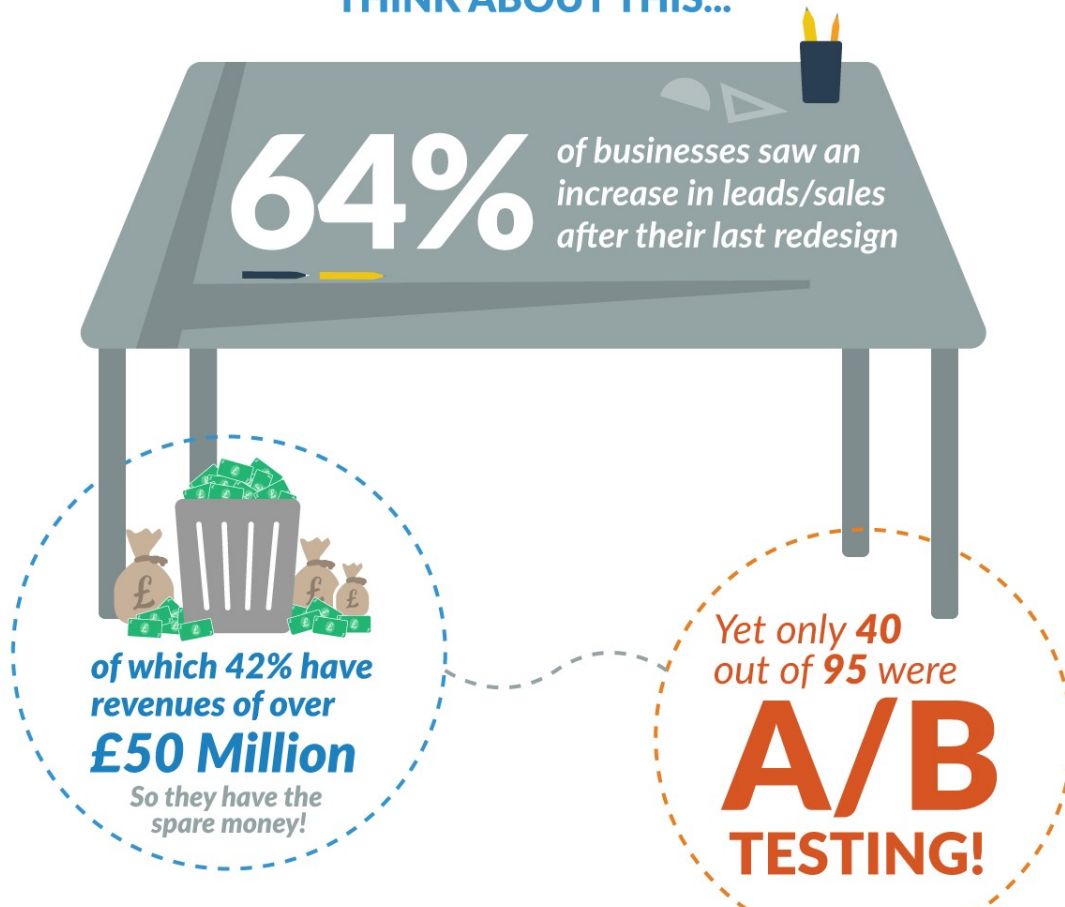
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P R W D

WE ASKED 148 BUSINESSES ABOUT THEIR WEBSITE AND  
IF THEY WERE CONSIDERING A WEBSITE REDESIGN

## SO, BEFORE YOU GO BACK TO THE DRAWING BOARD

THINK ABOUT THIS...



### THAT'S BECAUSE

the real focus wasn't on improving the website, but generating more traffic

**77% Invest in SEO**



**49% Invest in PPC**



**79% Invest in Email**



# Worse still...

**36%**  
of businesses  
saw leads/sales  
plateau or  
decrease  
after the last  
redesign



30% Were A/B Testing



26% Doing User Research



42% Doing Data Analysis



# To top it off

**1/3** of these companies  
would allocate

£

**£50,000+**  
*For a redesign*



*Food for thought...*

Maybe on-site improvement



should be prioritized over  
finding new customers.

An Akamai report shows...

**Out of 100**  
leading websites

**only 11**  
were  
responsive

**AND** only **7** out of 148! companies felt the need for  
mobile optimization



This proves how neglected mobile still is, despite almost

**2/3**

of visits to online retail sites  
in the UK last year coming from  
mobile phones, according to  
a report from SimilarWeb.

**OUT OF 95** COMPANIES WHO  
SAW INCREASED  
LEADS OR SALES

**ONLY 6**  
**WERE USING**  
**PSYCHOLOGICAL**

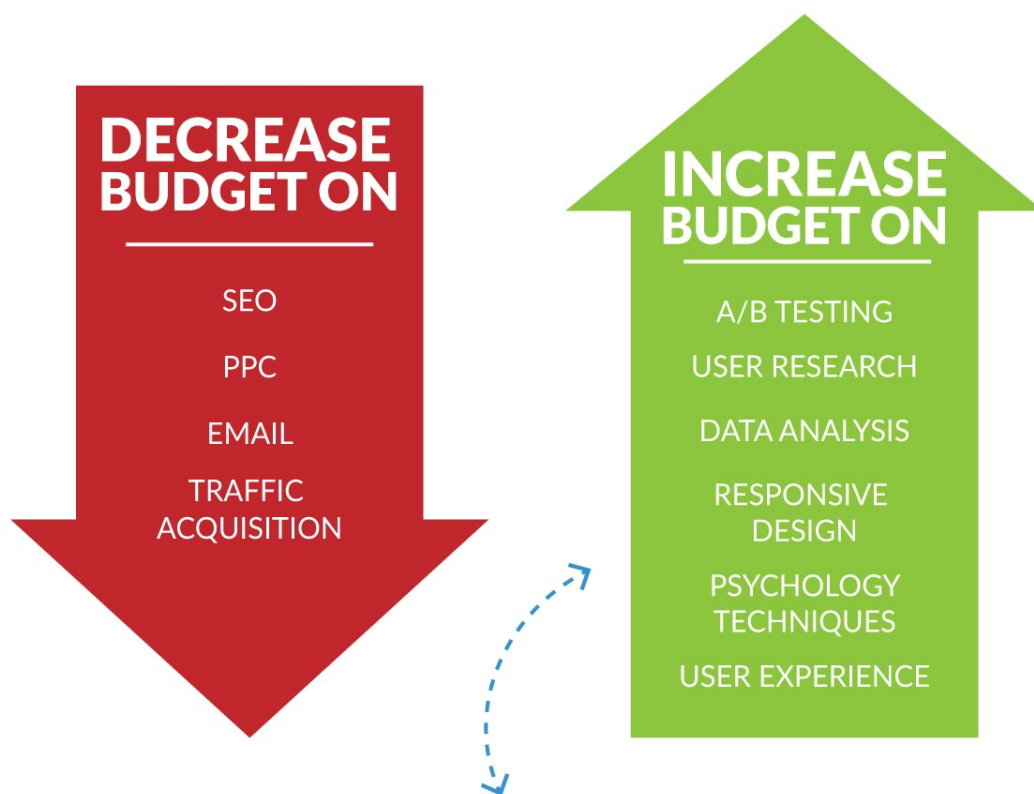


# TECHNIQUES

## IGNORING THE POWER OF A CUSTOMER'S SUBCONSCIOUS IN DECISION MAKING

**So... For the 48%**

of companies that are thinking of a website  
redesign in the next 12 months, why not  
think of the following strategy



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10) “[12 Classic Sauces and How To Make Them](#)” by Quid Corner

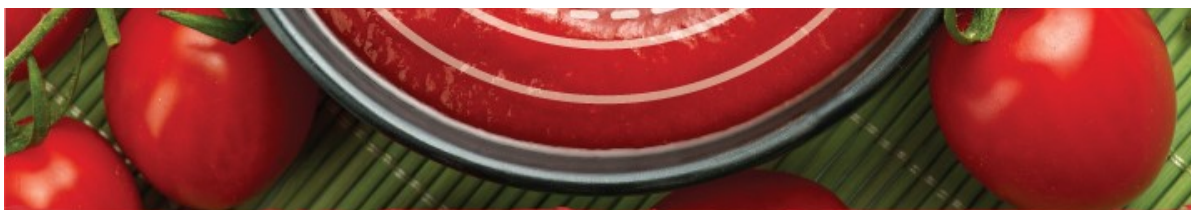
When the holidays roll around, one of our favorite parts is the food. And what enhances any dish -- besides wine? An accompanying sauce, of course.

So when Quid Corner combined two of our greatest loves -- food and infographics -- we were thrilled. It's not often that actual photos appear on infographics, but when they do, it can be tricky to pull off. The lighting has to be just right, and the coloring has to match the overall design scheme of the infographic at large. This infographic manages to pull that off, by using a backdrop that's ample in white space, and a specific color theme according to each recipe -- red for tomato and green for parsley, for example. Is anyone else feeling hungry?

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What has the power to transform a plate of food into a truly delicious meal? A sauce of course! If you master the preparation of a few classic sauces you'll have the potential to create something new each time you step into the kitchen. Here are 12 of the best sauces to get you started:



## BÉCHAMEL

France

Best with pasta dishes like lasagna and macaroni and cheese.

### INGREDIENTS



425ml milk



Onion (1 slice, 5mm thick)



Handful of parsley stalks



40g butter



1 bay leaf



20g plain flour



10 whole black peppercorns



Salt and pepper

### HOW TO MAKE

**Step 1.** Add milk, parsley, bay leaf, peppercorns and onion to a saucepan and bring to a simmer.

**Step 2.** Strain milk from the pan and set to one side. Discard flavourings.

**Step 3.** Wash the pan, add the butter and melt over a low heat. Once melted, add the flour and stir with a wooden spoon over a medium heat until you have a smooth paste. If it's too thin, add more flour, too dry, add more milk.

**Step 4.** Slowly add the milk in 25ml batches, stirring continuously to combine before adding more milk.

**Step 5.** Switch to a whisk halfway through and add the rest of the milk until you have a smooth, glossy sauce.

**Step 6.** Reduce heat and cook for 5 minutes. Season with salt and pepper.





France

Best with an English muffin, ham and a poached egg.

### INGREDIENTS



100g unsalted butter



2 egg yolks



1 tsp Dijon mustard



1 tbs lemon juice



White wine vinegar



Salt and pepper

### HOW TO MAKE

**Step 1.** Melt the butter in a pan.

**Step 2.** Place the egg yolks in a heatproof bowl over a pan of simmering water, whisk in the lemon juice and mustard.

**Step 3.** Slowly whisk in butter until combined.

**Step 4.** Whisk in a splash of vinegar and season with salt and pepper, remove from heat and serve.

## PARSLEY

England

Best with salmon.

### INGREDIENTS



570ml milk



1 tbs single cream



25g plain flour



1 tbs lemon juice



50g butter (cut into chunks)



Salt and pepper



5 heaped tbs parsley (finely chopped)



## HOW TO MAKE

**Step 1.** Combine milk, flour, butter in a pan and season with salt and pepper.

**Step 2.** Bring to a simmer over a medium heat, whisking continuously until thick and smooth.

**Step 3.** Turn the heat down and cook for 5 minutes.

**Step 4.** Stir in the parsley, cream and lemon juice and serve.



# TOMATO

France

Best stirred through pasta with a dash of parmesan.

## INGREDIENTS



1.15kg ripe red tomatoes (chopped)



1 garlic clove (peeled and crushed)



1 tbs olive oil



2 large fresh basil leaves (torn)



1 onion (finely chopped)



Salt and pepper

## HOW TO MAKE

**Step 1.** Heat the oil in a casserole pan, add the onions and garlic and cook for 5-6 mins until softened.

**Step 2.** Add the tomatoes and a third of the torn basil leaves.

**Step 3.** Season with salt and pepper, simmer uncovered on a low heat for 90 mins, stirring until the tomato mixture has thickened.

**Step 4.** Blend the sauce a little and then add the remaining torn basil leaves to serve.



# BÉARNAISE

## France

Best poured over steak and buttered greens.

## INGREDIENTS

1-2 shallots,  
finely chopped2 tbs fresh tarragon leaves  
and stalks, chopped1 tbs chervil  
leaves, chopped4 tbs wine or  
tarragon vinegar1 tsp white  
peppercorns, crushed

3 egg yolks

200g soft unsalted  
butter, cut into 1cm dice

1 tbs water

Juice of  
1/2 lemon

## HOW TO MAKE

**Step 1.** Boil shallots, tarragon stalks, 1 tablespoon each of tarragon and chervil leaves, vinegar and peppercorns in a saucepan until reduced to about 1 tablespoon.

**Step 2.** Press reduced liquid through a sieve and leave to cool.

**Step 3.** Put egg yolks and water in a bowl over a pan of simmering water and whisk in strained liquid.

**Step 4.** Continue whisking to add butter cube by cube until combined.

**Step 5.** Season to taste and serve.

## BREAD SAUCE

## England

Best with roast turkey.

## INGREDIENTS

800g thick  
sliced white  
bread, stale1 tsp white  
peppercorns

1 litre full fat milk



2 tsp sea salt



1 onion

1/4 tsp ground  
mace

4 cloves



30g butter







2 bay leaves



Fresh nutmeg

## HOW TO MAKE

**Step 1.** Peel and quarter the onion and stick a clove in each quarter. Add these to a pan with the milk, bay leaves, peppercorns, mace and salt. Heat until almost boiling.

**Step 2.** 2. Remove pan from the heat and cover, set to one side to infuse for a few minutes. Strain the milk.

**Step 3.** Tear the bread into rough cubes, stir into the pan and cook on a low heat for 15 minutes.

**Step 4.** Stir in the butter and grate a bit of nutmeg over the top to serve.



# CHIMICHURRI

Argentina

Best drizzled over sirloin steak and chips.

## INGREDIENTS



Small bunch chopped parsley



1/2 tsp chilli flakes



1/2 tsp oregano, dried or fresh



2 tbs olive oil



Juice of 1/2 lemon



2 garlic cloves



2 tsp red wine vinegar



1 shallot, chopped

## HOW TO MAKE

**Step 1.** Add parsley, oregano, garlic, shallot and chilli flakes to a food processor and blitz.

**Step 2.** Add the olive oil, red wine vinegar, lemon juice and salt and pepper to the mix, pulse a few times to blend into a sauce and serve.







USA

Best with slow cooked pork ribs.

### INGREDIENTS

2 tbs  
vegetable oil1 small onion,  
diced3 garlic cloves,  
finely chopped170ml tomato  
puree2 tsp ground  
mustard825ml tomato  
sauce60ml  
molasses2 tbs Worcestershire  
sauce3 tbs white  
vinegar2 tsp coarse  
salt1 1/2 tsp  
ground pepper

### HOW TO MAKE

**Step 1.** Heat oil in a saucepan. Add onions and cook for 5 minutes, then add the garlic and cook for 1 minute

**Step 2.** Stir in tomato puree and mustard. Cook for 5 minutes.

**Step 3.** Add 470ml of water, tomato sauce, molasses, Worcestershire sauce, vinegar, salt and pepper and stir until smooth.

**Step 4.** Bring to a simmer, turn down the heat and partially cover. Simmer for 2 hours and season to taste before serving.

## HORSERADISH

USA

Best with sirloin steak.

### INGREDIENTS

2 tbs natural  
yoghurtGround black  
pepper1 tbs grated  
horseradish

1 lemon



Sea salt

Extra virgin  
olive oil

### HOW TO MAKE

**Step 1.** Combine horseradish and yoghurt in a bowl with a pinch of salt and pepper.

**Step 2.** Add the juice of half the lemon and a drizzle of the olive oil. Mix well.

**Step 3.** Taste, add more horseradish if needed, and serve.



## ESPAGNOLE

Spain

Best served with red meats.

### INGREDIENTS



112g onions, chopped



56 tomato puree



56g celery, chopped



1/2 bay leaf



56g carrots, chopped



2-3 sprigs fresh thyme



56g butter



2-3 sprigs parsley



56g flour



1.5-2L veal/beef stock

### HOW TO MAKE

**Step 1.** Cook the chopped vegetables in a sauce pan over medium heat until golden brown.

**Step 2.** Add tomato puree and cook for a further 2-3 minutes.

**Step 3.** Gradually stir in the flour and cook for 5 minutes until combined, then add stock and herbs.

**Step 4.** Simmer uncovered for 2 hours until reduced to roughly 1L. Strain through a fine sieve before serving.





## France

Best with roast chicken and vegetables.

## INGREDIENTS



2 tbs unsalted butter



75g sifted all-purpose flour



950ml chicken stock

## HOW TO MAKE

**Step 1.** Melt butter over a medium heat.**Step 2.** Add flour and stir continuously until combined.**Step 3.** Add stock and whisk until combined, then simmer for 10 minutes whisking often until thickened. Serve.

## SWEET AND SOUR

## China

Best with Tempura chicken or prawns.

## INGREDIENTS



3 tbsp Soy Sauce



3 tsp cornflour



3 tbsp White wine vinegar



2 tsp finely chopped fresh root ginger



3 tbsp sherry



1 carrot thinly sliced



1 tbsp light soft brown sugar



1 red pepper sliced thinly



## HOW TO MAKE

**Step 1.** Mix all ingredients with 100ml cold water.**Step 2.** Heat a wok to hot and add 3 tbsp oil.**Step 3.** Add ginger and veg.**Step 4.** Give the sauce a final stir and pour in wok.**Step 5.** Bubble for 1 minute then serve over your chosen dish.

**A good sauce easily elevates any dish, whether you fancy trying one of the 5 French Mother Sauces like a hollandaise or velouté or whipping up a humble, comforting parsley sauce for a family dinner.**

And now that you've added these 12 tasty sauces to your repertoire there's no telling what fabulous inventions you'll cook up next.

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them easy to follow.

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