

Overview

This standard is about preparing, cooking and finishing basic sauces and dressings, for example:

- thickened gravy (jus lié)
- roast gravy (jus rôti)
- curry gravy
- white sauce (béchamel)
- brown sauce (demi glace)
- velouté
- purée
- butter sauce (beurre blanc, beurre noisette)
- emulsified sauce
- vinaigrette

The standard covers the various preparation methods, several cooking methods and then how to finish a sauce or dressing.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish basic sauces and dressings; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Prepare, cook and finish basic sauces and dressings

Performance criteria

- You must be able to:*
1. Select the type and quantity of ingredients required for preparation
 2. Check the ingredients meet quality and other requirements
 3. Choose the correct tools, knives and equipment required to prepare, cook and finish the sauce or dressing
 4. Use the tools, knives and equipment correctly when preparing, cooking and finishing the sauce or dressing
 5. Prepare the ingredients to meet the requirements of the sauce or dressing
 6. Cook the ingredients to meet the requirements of the sauce or dressing, where required
 7. Check the sauce or dressing has the correct flavour, colour, texture, consistency and finish
 8. Present the sauce or dressing to meet requirements
 9. Make sure the sauce or dressing is at the correct temperature for holding and serving
 10. Store any cooked / prepared sauce or dressing not for immediate use in line with food safety regulations

Knowledge and understanding

You need to know and understand:

1. Different types of basic sauces and dressings and their characteristics
2. Safe and correct use of alcohol in sauces and dressings and why it is used
3. How to check the ingredients meet sauce or dressing requirements
4. What quality points to look for in sauce and dressing ingredients
5. Why and to whom you should report any problems with the ingredients for basic sauces and dressings
6. The correct tools, knives and equipment to carry out the required preparation, cooking and finishing methods
7. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
8. Why it is important to use the correct techniques, tools, knives and equipment when preparing, cooking and finishing basic sauces and dressings
9. The correct temperatures for cooking sauces and dressing (where required) and why these temperatures are important
10. How to present sauces and dressings
11. How to check and adjust a sauce or dressing to make sure it has have the correct flavour, colour, texture, consistency and finish
12. The correct temperatures for holding and serving sauces and dressings
13. The correct temperatures and procedures for storing sauces and dressings not for immediate use
14. Healthy eating options when making sauces and dressings

Scope/range

1. Preparation methods
 - 1.1 weighing / measuring
 - 1.2 chopping
 - 1.3 whisking

2. Cooking methods
 - 2.1 simmering
 - 2.2 boiling
 - 2.3 make a roux

3. Products
 - 3.1 hot sauces
 - 3.2 cold sauces
 - 3.3 dressings

4. Finishing methods
 - 4.1 passing / straining / blending
 - 4.2 skimming
 - 4.3 adding cream
 - 4.4 adding thickening agents
 - 4.5 pureeing
 - 4.6 reducing

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