

Prepare, cook and finish complex dressings and cold sauces

Overview

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

- tartare sauce
- horseradish sauce
- emulsified egg-based sauces
- oil based dressing
- fruit / pulse / vegetable thickened sauces
- cream thickened sauces
- sour cream / yoghurt-based
- coulis

The standard covers a range of preparation, cooking and finishing techniques associated with complex dressings and cold sauces.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish complex dressings and cold sauces; 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 food safety in a kitchen environment
- Apply and monitor food safety management procedures in hospitality
- Manage food safety in a professional kitchen
- 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 complex dressings and cold sauces

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Performance criteria

You must be able to:

1. Select the type and quantity of ingredients needed for the dressing / sauce
2. Check the ingredients to make sure they meet quality standards and other requirements
3. Choose the correct tools and equipment to prepare, cook and finish the dressing / sauce
4. Use the tools and equipment correctly when preparing, cooking and finishing the dressing / sauce
5. Prepare and cook the dressing / sauce to meet requirements
6. Ensure the dressing/sauce has the correct flavour, colour, consistency and quantity
7. Finish and present the dressing / sauce to meet requirements
8. Store any cooked / prepared dressing / sauce not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. Different types of dressings and cold sauces and their characteristics
2. How to select the correct type, quality and quantity of ingredients to meet dish requirements
3. What quality points to look for in dressing / sauce ingredients
4. What you should do if there are problems with the ingredients
5. What the correct tools and equipment are to carry out the required preparation and cooking methods
6. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
7. Why it is important to use the correct tools, equipment and techniques when preparing, cooking and finishing dressings / sauces
8. The correct temperatures for cooking dressings / sauces and why these are important
9. How to identify when dressings / sauces have the correct colour, flavour, colour, consistency and quantity
10. How to adjust the taste and flavour of dressings / sauces
11. How to present cooked dressings / sauces
12. The appropriate accompaniments and garnishes for different dressings / sauces
13. What quality points relate to dressings / sauces
14. How to store dressings / sauces
15. Healthy eating options when preparing, cooking and finishing dressings / sauces

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Scope/range

1. Dressings and sauces

- 1.1 emulsified egg-based sauces
- 1.2 oil based dressing
- 1.3 fruit / pulse / vegetable thickened sauces
- 1.4 cream thickened sauces
- 1.5 sour cream / yoghurt-based
- 1.6 coulis

2. Preparation, cooking and finishing methods

- 2.1 weighing and measuring
- 2.2 boiling
- 2.3 simmering
- 2.4 reducing
- 2.5 chopping
- 2.6 whisking
- 2.7 blanching
- 2.8 sieving/stirring
- 2.9 liquidising/blending
- 2.10 emulsifying
- 2.11 skimming
- 2.12 presenting
- 2.13 adding an accompaniment
- 2.14 garnishing

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