

Prepare, cook and finish complex hot sauces

Overview

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

- compound butter sauces
- other roux-based sauces (for example, beurre manié or cold roux)
- emulsified sauces (for example, beurre blanc or hollandaise)
- cream thickening sauces
- white / brown sauce derivatives
- reduced sauces

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

This standard focuses on the technical knowledge and skills required to prepare, cook and finish complex hot 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 hot sauces

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Performance criteria

You must be able to:

1. Select the type and quantity of ingredients needed for preparation
2. Check the ingredients to make sure they meet quality standards and other requirements
3. Choose the correct tools, knives and equipment required to prepare, cook and finish the sauce
4. Use the tools, knives and equipment correctly when preparing, cooking and finishing the sauce
5. Combine the ingredients according to dish requirements
6. Prepare and cook the sauce to meet requirements
7. Ensure the sauce has the correct flavour, colour, consistency and quantity
8. Present the sauce to meet requirements
9. Ensure the dish is at the correct temperature for holding and serving
10. Store any cooked 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 complex hot sauces and their characteristics
2. Safe use of alcohol in sauces and why it is used
3. How to select the correct type, quality and quantity of ingredients to meet sauce requirements
4. What quality points to look for in sauce ingredients
5. What you should do if there are problems with the ingredients
6. What the correct tools, knives and equipment are 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 sauce requirements
8. Why it is important to use the correct techniques, tools, knives and equipment and techniques when preparing, cooking and finishing complex hot sauces
9. The correct temperatures for cooking complex hot sauces and why these temperatures are important
10. Common faults in complex sauces and how to minimise and correct them
11. Current trends in relation to complex hot sauces
12. How to identify when sauces have the correct colour, flavour, consistency, quantity and finish
13. How to adjust the taste and flavour of complex sauces, stocks, gravies and glazes
14. How to balance the flavour, texture, colour, consistency and quality of the final dish with the sauce
15. The appropriate accompaniments and garnishes for different complex sauces
16. What quality points relate to complex hot sauces
17. The correct temperatures for holding and serving sauces
18. How to store cooked sauces not for immediate use
19. Healthy eating options when preparing, cooking and finishing complex hot sauces

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Scope/range

1. Preparation, cooking and finishing methods

- 1.1 weighing / measuring
- 1.2 chopping
- 1.3 simmering
- 1.4 reducing
- 1.5 boiling
- 1.6 make a roux
- 1.7 passing / straining / blending
- 1.8 skimming
- 1.9 whisking
- 1.10 adding cream
- 1.11 adding thickening agents
- 1.12 purée

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