

**Unit DT0A 04 (3FPC11) Prepare, cook and finish dressings and cold sauces**

This Unit has the following element:

**Element 1 (3FPC11.1) Prepare, cook and finish dressing and cold sauces**

**Candidate Name:**

**Assessment Centre:**

*I have completed the requirements of this Unit.*

**Candidate signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*I can confirm the candidate has completed all requirements of this Unit.*

**Assessor signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Assessor counter signature:**  
(where applicable) \_\_\_\_\_ **Date:** \_\_\_\_\_

**IV signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**IV counter signature:**  
(where applicable) \_\_\_\_\_ **Date:** \_\_\_\_\_

## Unit DT0A 04 (3FPC11)

## Prepare, cook and finish dressings and cold sauces

### Unit Summary

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

- ◆ tartar sauce
- ◆ Cumberland sauce
- ◆ English sauce such as horseradish
- ◆ emulsified egg based sauces
- ◆ oil based dressing
- ◆ fruit/pulses/vegetable thickening sauces
- ◆ cream thickening sauces
- ◆ egg and oil emulsions
- ◆ sour cream/yoghurt based
- ◆ coulis

The preparation and cooking techniques covered include:

- ◆ weighing and measuring
- ◆ boiling
- ◆ simmering
- ◆ reducing
- ◆ chopping
- ◆ whisking
- ◆ blanching
- ◆ sieving/stirring
- ◆ liquidising/blending
- ◆ emulsifying
- ◆ processing

The typical day-to-day activities you might carry out for this Unit include:

- ◆ selecting and checking the ingredients for type, quality and quantity
- ◆ selecting tools and equipment for preparation, cooking and finishing
- ◆ preparing and cooking the dressing/sauce
- ◆ making sure the dressing/sauce meets dish requirements such as presentation, flavour, colour, consistency and quantity
- ◆ making sure the dressing/sauce is held and served at the correct temperature
- ◆ storing cooked dressings/sauces not for immediate use

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<b>What you must do (circled numbers must be observed)</b>		<b>Assessor initials/date</b>
Evidence for the remaining points may be assessed through questioning or witness testimony		
①	Select the type and quantity of ingredients needed for the sauce	
②	Check the ingredients to make sure they meet quality standards	
③	Choose and use tools and equipment correctly	
④	<b>Prepare and cook</b> the dressing/sauce to meet requirements	
⑤	Make sure the dressing/sauce has the correct flavour, colour, consistency and quantity	
⑥	Finish and present the dressing/sauce to meet requirements	
7	Safely store any cooked dressing/sauce not for immediate use	

<b>What you must cover (minimum requirement for observation in italic and bold)</b>	<b>Activity/Evidence</b> (insert tick or supplementary reference)					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Evidence for the remaining points may be assessed through questioning or witness testimony						
<b><i>Preparation and cooking methods, at least eight required from the following:</i></b>						
weighing and measuring						
boiling						
simmering						
reducing						
chopping						
whisking						
blanching						
sieving/stirring						
liquidising/blending						
emulsifying						
processing						
<b><i>Candidates must demonstrate through performance that they can make at least five of the following sauces:</i></b>						
derivative of mayonnaise						
coulis						
egg and oil emulsion						
flavoured oil based dressing						
sour cream/yoghurt based						
fruit/vegetable thickened — eg dips						

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Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

**Unit DT0A 04 (3FPC11)****Prepare, cook and finish dressings and cold sauces**

<b>What you must know for the Unit</b>	
<b>For the whole Unit</b>	
K1	How to select the correct type, quality and quantity of ingredients to meet dish requirements
K2	What quality points to look for in dressings/sauce ingredients
K3	What you should do if there are problems with the ingredients
K4	What the correct tools and equipment are and the reasons for using them when carrying out the following preparation and cooking methods: <ul style="list-style-type: none"> <li>◆ weighing</li> <li>◆ measuring</li> <li>◆ chopping</li> <li>◆ simmering</li> <li>◆ reducing</li> <li>◆ boiling</li> <li>◆ 'make roux'</li> <li>◆ passing/straining/blending</li> </ul>
K5	How to carry out the following cooking methods according to dish requirements: <ul style="list-style-type: none"> <li>◆ weighing</li> <li>◆ measuring</li> <li>◆ chopping</li> <li>◆ simmering</li> <li>◆ reducing</li> <li>◆ boiling</li> <li>◆ 'make roux'</li> <li>◆ passing/straining/blending</li> </ul>
K6	The correct temperatures for cooking dressings/sauces
K7	How to identify when dressings/sauces have the correct colour, flavour, colour, consistency and quantity
K8	How to present cooked dressings/sauces
K9	How to adjust the taste and flavour of dressings and cold sauces, stocks, gravies and glazes
K10	The appropriate accompaniments and garnishes for different dressings and cold sauces
K11	What quality points relate to dressings and cold sauces
K12	How to store dressings and cold sauces
K13	Healthy eating options when preparing, cooking and finishing dressings and cold sauces

Knowledge evidence retained
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Assessor signature: \_\_\_\_\_

Date: \_\_\_\_\_

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Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback