

U13902: Prepare and cook basic hot and cold sauces

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook hot and cold sauces.

The unit describes the essential abilities of:

- Correctly preparing and cooking basic hot and cold sauces
- Working in a safe and hygienic manner
- Problem solving
- Operating within organizational procedures

ELEMENT

PERFORMANCE CRITERIA

To be competent you must achieve the following:

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| 1. Prepare basic hot and cold sauces | <p>1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use.</p> <p>1.2 Hot and cold sauce ingredients are of the type, quality and quantity required.</p> <p>1.3 Any problems identified with the quality of ingredients are reported promptly to the appropriate person.</p> <p>1.4 Hot and cold sauces are prepared using appropriate basic preparation methods.</p> <p>1.5 Prepared hot and cold sauces not for immediate consumption are stored correctly.</p> <p>1.6 Waste is handled correctly ready for appropriate dispatch methods.</p> |
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- 1.7 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 1.8 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organisational procedures.
2. Cook basic hot and cold sauces
- 2.1 Cooking areas and suitable equipment satisfy health, safety and hygiene requirements and are ready for use.
 - 2.2 **Hot and cold sauces** ingredients are cooked using appropriate basic **cooking methods**.
 - 2.3 Hot and cold sauces are finished using appropriate **finishing methods** to meet **quality** requirements.
 - 2.4 Finished hot and cold sauces not for immediate consumption are stored correctly.
 - 2.5 Cooking areas and equipment are cleaned correctly after use.
 - 2.6 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.7 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 2.8 All work is prioritized and carried out in an organised and efficient manner in accordance with safety and hygiene regulations and organisational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic hot and cold sauces**A. Hot sauces: *(Also applies to element 2)***

- (i) roux sauce
- (ii) starch thickened sauce

B. Cold sauces: *(Also applies to element 2)*

- (i) vinaigrette
- (ii) mayonnaise
- (iii) mint sauce
- (iv) horseradish

C. Basic preparation methods:

- (i) chopping
- (ii) blending
- (iii) whisking
- (iv) mixing
- (v) straining
- (vi) rating

D. Quality: *(Also applies to element 2)*

- (i) texture
- (ii) aroma
- (iii) consistency
- (iv) flavor
- (v) appearance

Element 2: Cook basic hot and cold sauces**E. Problems:**

- (i) in terms of freshness
- (ii) in terms of quality

F. Cooking methods:

- (i) boiling
- (ii) simmering

G. Finishing method:

- (i) adjusting consistency
- (ii) seasoning
- (iii) straining

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing hot and cold sauces.
2. What safe working practices should be followed when cooking hot and cold sauces.

Food Hygiene

3. Why it is important to keep preparation areas and equipment hygienic when preparing hot and cold sauces.
4. What the main contamination threats are when preparing and storing hot and cold sauces.
5. Why time and temperature are important when preparing hot and cold sauces.
6. Why prepared cold sauces should be stored at the required safe temperature before service.
7. Why it is important to keep cooking areas and equipment hygienic when cooking hot and cold sauces.
8. What the main contamination threats are when cooking and storing hot and cold sauces.
9. Why time and temperature are important when cooking hot and cold sauces.

10. Why hot sauces not for immediate consumption should be cooled rapidly or maintained at a safe hot temperature after cooking.

Healthy Catering Practices

11. What quality points to look for in hot and cold sauces.

12. What basic preparation methods are suitable for different types of hot and cold sauces.

13. What basic cooking methods are suitable for different types of hot and cold sauces.

14. How to identify when hot and cold sauces are cooked to recipe requirements.

Product Knowledge

15. Which products could be used to substitute high fat ingredients when preparing hot and cold sauces.

16. Which fats/oils can contribute to healthy catering practices.

17. Why reducing the amount of salt added to hot and cold sauces can contribute to healthy catering practices.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

You must provide evidence that shows you have met the performance criteria over a sufficient period of time for your assessor to consider that you are competent.

It is essential that competence be demonstrated in the following aspects:

- Totally through performance evidence in the form of observation
- Performance evidence in the form of observation to cover **performance criteria 1.1, 1.2, 1.4 and 1.5**, and a minimum of:
 - **1 from the range of A**
 - **2 from the range of B**
 - **4 from the range of C**
 - **2 from the range of D**

- Performance evidence in the form of observation to cover **performance criteria 2.1 - 2.5** and a minimum of:
 - **1 from the range of A**
 - **2 from the range of B**
 - **All from the range of F**
 - **2 from the range of G**
 - **2 from the range of D**
- Supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and range.
- Evidence to cover underpinning knowledge must be assessed using questioning which may be oral, written or using visual aids.
- Performance evidence should be demonstrated on at least two (2) occasions.

(2) Method of Assessment

- Observation reports by your assessor of how you:
 - prepare basic hot and cold sauces
 - cook basic hot and cold sauces
- Answers to oral or written questions from your assessor.
- Witness statements from colleagues and/or line managers that provide evidence of how you:
 - prepare basic hot and cold sauces
 - cook basic hot and cold sauces
- A personal statement describing how you:
 - prepare basic hot and cold sauces
 - cook basic hot and cold sauces

(3) Context of Assessment

Evidence for this unit may come from assessment on-the-job or in a realistic working environment.