

SAUCES

UNIT CODE: HOS/CU/FP/CR/04/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare sauces**

Duration of Unit: 80 hours

Unit Description

This unit specifies the competencies required to plan, prepare and present various sauces. It requires the ability to select and prepare sauces but not limited to: brown, white, butter and mayonnaise sauces

Summary of Learning Outcomes

1. Preparing brown sauces
2. Preparing white sauces
3. Preparing butter sauces
4. Preparing mayonnaise sauces

Learning Outcomes, Content and Methods of Assessment

| Learning Outcome | Content | Methods of Assessment |
|---------------------------|--|---|
| 1. Preparing brown sauces | <ul style="list-style-type: none">• Define a sauce• Uses of sauce• Characteristics of brown sauce• Brown sauce ingredients• Cleaning and cutting ingredients• Equipment used in sauce preparation• Culinary cuts for vegetables• Thickening ingredients for sauces• Preparation of roux• Seasoning sauces• Garnishing sauces• Storage of sauces | <ul style="list-style-type: none">• Observation• Written• Oral• Assignments• Supervised exercises |

| Learning Outcome | Content | Methods of Assessment |
|--------------------------------|---|---|
| | <ul style="list-style-type: none"> • Presentation | |
| 2. Preparing white sauces | <ul style="list-style-type: none"> • Uses of white sauce • Characteristics of white sauce • White sauce ingredients • Cleaning and cutting ingredients • Equipment used in sauce preparation • Culinary cuts for vegetables • Thickening ingredients for sauces • Preparation of roux • Seasoning sauces • Garnishing sauces • Storage of sauces • Presentation | <ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises |
| 3. Preparing butter sauces | <ul style="list-style-type: none"> • Uses of sauce • Characteristics of butter sauce • Butter sauce ingredients • Cleaning and cutting ingredients • Equipment used in sauce preparation • Culinary cuts for vegetables • Seasoning sauces • Garnishing sauces • Storage of sauces • Presentation | <ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises |
| 4. Preparing mayonnaise sauces | <ul style="list-style-type: none"> • Uses of sauce • Characteristics of mayonnaise sauce • Mayonnaise sauce ingredients • Cleaning and cutting ingredients • Equipment used in sauce preparation • Seasoning sauces • Garnishing sauces | <ul style="list-style-type: none"> • Observation • Written • Oral • Assignments • Supervised exercises |

| Learning Outcome | Content | Methods of Assessment |
|------------------|---|-----------------------|
| | <ul style="list-style-type: none"> • Storage of sauces • Presentation | |

Suggested Methods of Instruction

- Group discussions
- Demonstration by trainer
- Practical work by trainee
- Exercises

Recommended Resources

- Classroom/individual stove kitchen/production kitchen
- A variety of ingredients
- Projector
- White board
- Laptop

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