The aim of this unit is to provide learners with the knowledge and understanding required for preparing complex hot sauces, stocks, gravies, glazes, dressings and cold sauces using a variety of methods. Learners will be able to cook and finish hot and cold sauces and dressings correctly in readiness for service.

Learners will be introduced to a range of hot and cold sauces and dressings, how they are made and finished and the range of ingredients that is used. They will then look at the principles of preparing hot and cold sauces and dressings, their different characteristics and how they are used in contemporary cookery. Learners will understand the culinary techniques needed to complete advanced products and the characteristics and the qualities expected of the finished product.

Learners will finally prepare, cook and finish hot and cold sauces and dressings demonstrating proficiency.

Learning outcomes

On completion of this unit, learners will:

LO1 Know how to prepare hot sauces, cold sauces and dressings
LO2 Know how to cook hot sauces, cold sauces and dressings
LO3 Know how to finish hot sauces, cold sauces and dressings
LO4 Be able to prepare, cook and finish hot sauces, cold sauces and dressings
Assessment requirements

Learners must produce a portfolio of evidence which includes:

1. Service portfolio
2. Summative practical assessment

1. Service portfolio

Learners must produce a service portfolio.

At a minimum the service portfolio for this unit must include 6 sauces covering all of the following:

- Prepared, cooked and finished a minimum of 2 hot sauces
  - Compound butter sauces
  - Roux-based sauces
  - Emulsified sauces
  - Cream thickened sauces
  - Jus lié sauces/derivatives
  - Purées
  - Reductions
  - Miscellaneous sauces

- Prepared, cooked and finished a minimum of 2 cold sauces and 2 dressings
  - Emulsified egg-based sauces
  - Oil-based dressings
  - Cream thickened sauces
  - Sour cream-based
  - Yoghurt-based
  - Fruit sauces and coulis
  - Vegetable thickened sauces

- Used a minimum of 5 preparation methods
  - Weighing and measuring
  - Making roux
  - Chopping
  - Whisking
  - Sieving
  - Liquidising/blending
  - Emulsifying
  - Simmering/boiling/reducing
  - Passing/straining/blending/skimming

Evidence from the one summative practical assessment must also be presented in the service portfolio.

The service portfolio be completed prior to learners undertaking the one summative practical assessment.
2. Summative practical assessment

Learners must carry out a complete service which will be observed and marked by centre assessors. The grade achieved in the graded practical assessment will be the grade awarded for the unit.

The practical assessment must take place in a real or realistic working environment. At a minimum the practical assessment for this unit must cover:

- Preparation of one hot sauce or one cold sauce or one dressing
- Cooking of one hot sauce or one cold sauce or one dressing
- Finishing of one hot sauce or one cold sauce or one dressing

Recorded professional discussion can also be used as an assessment method attached to the practical assessment and is particularly useful for gathering evidence for criteria related to evaluation and reflection. Professional discussions should be planned and recorded.
Unit content

LO1 Know how to prepare hot sauces, cold sauces and dressings

List types of hot sauces, cold sauces and dressings:
- Escoffier's five "mother sauces" – velouté, tomato, Hollandaise, Béchamel and Espagnole
- Hot sauces – compound butter sauces, roux-based sauces, emulsified sauces, cream thickened sauces, white/brown sauce derivatives, bêchamel derivatives, velouté derivatives, jus lié sauces/derivatives, purées, reductions, miscellaneous sauces
  - For example – hollandaise, beurre blanc, bread sauce,
- Cold sauces and dressings – emulsified egg-based sauces, oil-based dressings, cream thickened sauces, sour cream-based, yoghurt-based, fruit sauces and coullis, vegetable thickened sauces
  - Cumberland sauce, tartare sauce, horseradish sauce, onion marmalades, salsa

Identify the equipment used to make hot sauces, cold sauces and dressings:
- For example, saucepans, sauté pans, spatula, spoons, ladles, strainers, colander, sieves, pestle and mortar, whisks, knives, colour coded chopping boards, muslin cloth

Describe the preparation methods used to make hot sauces, cold sauces and dressings:
- Weighing and measuring
- Making roux – white, blond, brown
- Chopping
- Whisking/blending
- Sieving
- Liquidising/blending
- Emulsifying
- Simmering/boiling/reducing
- Passing/straining
- Skimming

Explain reasons for different preparation methods used to make hot sauces, cold sauces and dressings:
- Dish requirements, menu style, service style, cost of ingredients, selling price of dishes, skill levels of staff
LO2 Know how to cook hot sauces, cold sauces and dressings

Describe the cooking methods to make hot sauces, cold sauces and dressings:
- Choosing correct method for the sauce requirements, sweating, frying, mixing, simmering, reducing, skimming, temperature control, straining, whisking

List the correct temperatures for cooking hot sauces, cold sauces and dressings:
- Boiling 100°C
- Simmer 90-97°C
- Ensuring food safety such as above 75°C and hot holding above 63°C
- Current food safety legislation

Describe common quality problems and corrective actions when cooking hot sauces, cold sauces and dressings:
- Quality problems that can arise
  - Over whisking, over mixing, lack of flavour, splitting
- Corrective actions for quality problems
  - Seeking advice from appropriate person
  - Adjusting consistency and/or adjusting flavour
  - Adding seasoning
  - Bringing back (re-emulsifying)
  - Substituting ingredients
  - Ensure correct disposal of unusable products

Identify healthy eating considerations when cooking hot sauces, cold sauces and dressings:
- Controlled portion sizes, reducing salt, serve dressings separately from main dishes, use unsaturated fats, use semi-skimmed milk, substitute saturated fats for lower fat ingredients such as natural yoghurt, fromage frais, skimmed milk, olive oil, polyunsaturated fats
LO3 Know how to finish hot sauces, cold sauces and dressings

**Explain the importance of correctly finishing hot sauces, cold sauces and dressings for service:**
- Achieving a quality end product
- Ensuring a consistent product
- Meeting the dish requirements
- Ensuring customer satisfaction
- Excellent business reputation

**Describe the finishing methods for hot sauces, cold sauces and dressings:**
- Check colour, check consistency, check flavour, adjust accordingly, adjust seasoning, adding herbs, present according to dish requirements, presentation, flavour, enriching, creating derivatives

**Identify the finishing requirements for hot sauces, cold sauces and dressings:**
- Dish specification, dish specification photograph, seeking advice from line manager/head chef, check flavour, check consistency, check colour

**List how to adjust the taste and flavour of hot sauces, cold sauces and dressings:**
- Reducing, adding stock, seasoning, salt and pepper, adding herbs, adding wine, cream, butter, spices

**Describe how to minimise and correct common faults in hot sauces, cold sauces and dressings:**
- Cook and hold at correct temperature
- Emulsify and add liaison at correct temperature
- Use fresh ingredients
- Cover to prevent skin forming
- Use correct equipment
- Do not allow to boil rapidly and burn
- Stir continuously
- Taste the sauce for flavour

**Describe the methods used to balance the flavour, texture, colour, consistency and quality of the final dish with the hot sauce:**
- Adding of additional liquid such as cream, milk, stock, wine, brandy, Madeira, port
- Adding of additional seasoning (salt, pepper, sugar), monte au beurre,
- Passing through muslin

**Describe the methods for adjusting the flavour of cold sauces and dressings:**
- Adding additional seasoning, salt, pepper, spices, herbs, adding additional liquid, cream, vinegar, honey, fruit juice (lemon, lime, orange), adding sugar

**List the correct temperature for holding and serving hot sauces, cold sauces and dressings:**
- Ensuring food safety currently above 75°C, hot holding above 63°C
- Current food safety legislation
LO4 Be able to prepare, cook and finish hot sauces, cold sauces and dressings

Comply with uniform and personal appearance standards:
- Wear the correct uniform to comply with health and safety, food safety, Personal Protective Equipment (PPE) regulations. The uniform must be clean, hair must be tied back and put under a hat or hair net, beards or facial hair must be covered with a net and a clean apron must be used to prevent cross-contamination. Nails must be short, clean and unpolished, to prevent cross-contamination no jewellery should be worn - lost jewellery will contaminate food items. Strong smelling perfume or body spray should be avoided as this will affect the flavour of delicate food items.
- Comply with uniform and personal appearance standards:
- Uniform must be clean, hair must be tied back and put under a hat or hair net, beards or facial hair must be covered with a net and a clean apron must be used to prevent cross-contamination. Nails must be short, clean and unpolished, to prevent cross-contamination no jewellery should be worn - lost jewellery will contaminate food items. Strong smelling perfume or body spray should be avoided as this will affect the flavour of delicate food items.

Comply with food safety and food hygiene standards:
- Make sure food is safe to eat, make sure you don’t add, remove or treat food in a way that makes it harmful to eat, make sure the food is the same quality that you say it is, make sure you don’t mislead people by the way food is labelled, advertised or marketed, keep records on where you got food from and show this information on demand - known as ‘traceability’, withdraw unsafe food and complete an incident report, tell people why food has been withdrawn or recalled, e.g. a leaflet or poster, display your food hygiene rating (if you sell food direct to the public)
- Food additives – only use an approved additive, only use it if it is approved for use in that food, ensure the food additive doesn’t exceed the maximum permitted level
- Materials and packaging that can be reasonably expected to come into contact with food are called ‘food contact materials’. These can include packaging, food processing equipment, cookware, work surfaces
- Make sure food contact materials don’t transfer anything to food they touch
- Make sure food contact materials don’t change the food they touch
- When inspected, be able to show where the food contact materials came from
- To keep food safe from bacteria, you should follow HAACP. Bacteria that cause serious health problems are:
  - E.coli O157 and campylobacter
  - Salmonella, especially with the storage and handling of eggs

Apply hazard analysis and critical control points (HACCP):
- To avoid hazards. This keeps your food safe from biological, chemical and physical safety hazards

Follow mise en place work plan:
- Plan work to timescales and follow work plan to ensure mise en place is prepared on time and correctly; the work plan should be realistic and adjusted when necessary. Work plans help to ensure that food items and dishes are ready for service
- Work with accuracy (reduced waste, maximum yield)
- Work with speed
- Work with proficiency

Prepare and cook hot sauces, cold sauces and dressings in line with dish requirements:
- The correct ingredients
- Weighing and measuring
- Making roux – white, blonde, brown
- Chopping
- Whisking/blending
- Sieving
- Liquidising/blending
- Emulsifying
- Simmering/boiling/reducing
- Passing/straining
- Skimming
- Use the correct cooking methods for the chosen sauces
  - Sweating, frying, mixing, simmering, reducing, skimming, temperature control, straining, whisking
- Use the correct temperatures for the chosen sauces
  - Boiling 100°C, simmer 90-97°C, ensuring food safety, above 75°C, hot holding above 63°C, current food safety legislation

Finish hot sauces, cold sauces and dressings in line with dish requirements:
- Check colour
- Check consistency
- Check flavour and adjust accordingly
- Adjust seasoning
- Present according to dish requirements
- Implement correct storage procedures
  - Refrigerated/frozen at correct temperature in line with current regulations, covered/labelled/dated, recording important labelling information in line with current regulations (allergen information)

Review the finished dish identifying strengths and areas for improvement:
- Taste, texture, appearance, flavour combinations, suitability for dish
- Appropriate selection of:
  - Preparation methods
  - Cooking methods
  - Finishing methods
- Recommendations for improvements
  - To preparation, cooking and finishing the hot sauce, cold sauce or dressing
  - To the finished hot sauce, cold sauce or dressing (texture, appearance, seasoning, flavour combination, temperature)
  - To their own performance during the practical session
Employability skills to be demonstrated throughout the practical assessment

**Communication:**
- Talking to the Head Chef and other sections to coordinate finishing dishes to arrive at the pass on time

**Commercial and environmental awareness:**
- Eco-friendly and cost-efficient use of resources (cleaning products and consumables), disposal of waste
## Assessment criteria

In order to pass this unit, learners must achieve all pass criteria. The pass criteria relate to the proficient demonstration of skills and knowledge.

<table>
<thead>
<tr>
<th>Learning outcome</th>
<th>Assessment criteria</th>
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<tbody>
<tr>
<td><strong>P1</strong> List types of hot sauces, cold sauces and dressings</td>
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<td><strong>P2</strong> Identify the equipment used to make hot sauces, cold sauces and dressings</td>
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<td><strong>P3</strong> Describe the preparation methods used to make hot sauces, cold sauces and dressings</td>
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<tr>
<td><strong>P4</strong> Explain reasons for different preparation methods used to make hot sauces, cold sauces and dressings</td>
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| **LO1** Know how to prepare hot sauces, cold sauces and dressings |
| **P5** Describe the cooking methods to make hot sauces, cold sauces and dressings |
| **P6** List the correct temperatures for cooking dressings and cold sauces |
| **P7** Describe common quality problems and corrective actions when cooking hot sauces, cold sauces and dressings |
| **P8** Identify healthy eating considerations when cooking hot sauces, cold sauces and dressings |

| **LO2** Know how to cook hot sauces, cold sauces and dressings |
| **P9** Explain the importance of correctly finishing hot sauces, cold sauces and dressings for service |
| **P10** Describe the finishing methods for hot sauces, cold sauces and dressings |
| **P11** Identify the finishing requirements for hot sauces, cold sauces and dressings |
| **P12** List how to adjust the taste and flavour of hot sauces, cold sauces and dressings |
| **P13** Describe how to minimise and correct common faults in hot sauces, cold sauces and dressings |
| **P14** Describe the methods used to balance the flavour, texture, colour, consistency and quality of the final dish with the hot sauce |
| **P15** Describe the methods for adjusting the flavour of cold sauces and dressings |
| **P16** List the correct temperature for holding and serving hot sauces, cold sauces and dressings |

| **LO3** Know how to finish hot sauces, cold sauces and dressings |
| **P17** Comply with uniform and personal appearance standards |
| **P18** Comply with food safety and food hygiene standards |
| **P19** Apply hazard analysis and critical points (HACCP) |
| **P20** Follow mise en place work plan |
| **P21** Prepare and cook hot sauces, cold sauces and dressings in line with dish requirements |
| **P22** Finish hot sauces, cold sauces and dressings in line with dish requirements |
| **P23** Review the finished dish identifying strengths and areas for improvement |
Assessment guidance

Assessors must use the amplified assessment guidance in this section to judge whether assessment criteria have been achieved in the practical assessment.

<table>
<thead>
<tr>
<th>P17 Comply with uniform and personal appearance standards</th>
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<tbody>
<tr>
<td>Learners must be professionally presented for practical sessions. They need to wear the correct uniform and PPE. The uniform must be clean. Hair must be tied back and under their hat and beard nets must be worn if appropriate. The learner must have: minimum make up, no jewellery, no strong smelling perfume/body spray, short, clean unpainted nails.</td>
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<thead>
<tr>
<th>P18 Comply with food safety and food hygiene standards</th>
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<tbody>
<tr>
<td>Learners must show that they can work within the current food safety regulations throughout the assessment. Their methods and behaviour must minimise the risk of cross-contamination and follow routines to avoid potentially severe health hazards.</td>
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<thead>
<tr>
<th>P19 Apply hazard analysis and critical control points (HACCP)</th>
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<tr>
<td>Learners must follow the HACCP procedures throughout the practical assessment.</td>
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<tr>
<th>P20 Follow mise en place work plan</th>
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<td>Learners must be able to follow their work plan which needs to include the recourses needed, the required ingredients to cook and finish the dish and tasks with time allocations. The work plan must be realistic and the learner needs to follow the plan during mise en place. At a pass level the plan may need to be adjusted during the mise en place or the plan may in general lack detail.</td>
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<tr>
<th>P21 Prepare and cook hot sauces, cold sauces and dressings in line with dish requirements</th>
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<tr>
<td>Learners must be able to show they have the skills to prepare hot sauces, cold sauces and dressings in line with dish requirements. Learners will not need any guidance when preparing hot sauces, cold sauces and dressings. Learners will use the correct equipment and method to prepare each sauce to meet the desired outcome. For example when making Béchamel a roux with milk is made, when making a velouté sauce stock is added to a roux, when making a hollandaise sauce make a reduction of vinegar and water and strain and use a whisk, when making Caesar salad dressing the flavours complement each other and one flavour is not overpowering – for example the salty flavour of anchovies.</td>
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<tr>
<th>P22 Finish hot sauces, cold sauces and dressings in line with dish requirements</th>
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<tr>
<td>Learners will check that the hot sauces, cold sauces and dressings are in line with dish requirements. The sauce/dressing is the correct colour and consistency, the seasoning has been checked and adjustments made as necessary. For example a mornay sauce is smooth and all the cheese has been combined in with the sauce, a red wine and mushroom sauce should be glossy, full of flavour and of pouring consistency without being thin or lacking depth of flavour.</td>
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</table>
Both the assessor and learners review their own hot sauces, cold sauces and dressings. Learners are able to identify the main strengths of their sauces and these are in line with the assessor’s feedback. Through the evaluation process learners can recognise the areas for improvement based on taste, flavour balance, flavour combinations and the overall look of the sauces.
Resources

The special resources required for this unit are access to a real or realistic working environment which supports the provision of producing sauces and dressings.

Delivery guidance

Teachers are encouraged to use innovative, practical and engaging delivery methods to enhance the learning experience. Learners may benefit from:

- Meaningful employer engagement so they relate what is being learned to the real world of work and understand commercial competency and the use of products, tools and equipment for the production of sauces and dressings
- Work experience within a professional kitchen so they can practise to hone their skills in a real environment
- Using interactive information and technology, systems and hardware so they can learn about concepts and theories, research current trends, research product knowledge and produce visual aids

Links with other units

This unit is closely linked with the following units:

UHC12M Advanced meat and offal
Sauces can be used to accompany meat and offal dishes and assessors and learners should consider holistically the assessment of UHC12M and UHC22X.

UHC13M Advanced poultry and game
Sauces can be used to accompany meat and offal dishes and assessors and learners should consider holistically the assessment of UHC13M and UHC22X.

UHC14M Advanced fish and shellfish
Sauces can be used to accompany meat and offal dishes and assessors and learners should consider holistically the assessment of UHC13M and UHC22X.

UHC15M Advanced vegetable and vegetarian dishes
Sauces can be used to accompany meat and offal dishes and assessors and learners should consider holistically the assessment of UHC13M and UHC22X.