



Hospitality and Catering

Producing hot sauces

Lesson 1

Improve your knowledge of hot sauces, learn how to prepare, store and cook various hot sauces.





Learning Objectives

- State how to work safely whilst making hot sauces
- List the different storage requirements of sauces
- Identify the equipment required for preparing and cooking sauces
- Describe how to make a roux correctly
- Recognise what can be added to a roux
- Understand how to make a basic bechamel sauce and what can be added to make other sauces
- Describe how to make a basic espagnole sauce and what can be added to make other sauces





Learning Objectives

- Summarise how to make a basic velouté sauce
- Explain how to make jus de roti
- Define how to make a basic healthy tomato sauce
- Describe how to make sauces to order
- Summarise how to use alcohol in sauces correctly
- Recognise the importance of taste testing sauces
- List the quality points of a well-made sauce





Safety in the kitchen

Making sauces can be a messy business.

Keeping safe and hygienic, can prevent cross contamination.





Hazards create risks

Hazards in the kitchen create
risks.

If you know the risks, you can
plan for them not to happen.





PPE – personal protective equipment

Ensure you wear a clean uniform with apron, hat and safety shoes.





Storage temperatures

To keep food safe there are legal temperatures that must be used for frozen, cold and hot products.





Cold temperatures

Freezers 0 to -18°C

Fridges 1 to 5°C

Daily recording of temperature checks
are required.





Cooking temperature

Boiled at 100°C

Simmered 85 to 96°C to prevent
burning

Kept warm at above 63°C





Cooling sauces for storage

Rapidly cooling in a blast chiller

Bring the temperature down to 1-5°C

Do this in 1.5 hours for safety.





Presenting hot products

Hot sauces should be kept hot
above 63°C.





Washing hands

Washing hands between every task reduces the chance of cross contamination occurring.





Cleaning

Regular cleaning and
spraying with sanitiser reduces
cross contamination on work
surfaces.





Revision Activity 1

**What temperatures
should sauces be boiled,
simmered and held at?**