



Hospitality and Catering

## Producing hot sauces

#### Lesson 1

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

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#### 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  $-18^{\circ}C$ 

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.

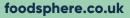




## Presenting hot products

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?