



Hospitality and Catering

# Producing hot sauces

## Lesson 3

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





# Types of sauces

Sauces are used with almost every main course dish. They enhance the flavours of dishes and add complimentary flavours to a dish.





# Types of sauces

Sauces are based on French cooking and follow traditional methods.





# Follow the recipe

This course only gives an outline of how to produce sauces.

Always follow the recipe.





# Roux – the start of a sauce

Roux's are the thickening agent for basic sauces.





# Roux – the start of a sauce

Equal quantities of flour and butter that are heated together and mixed to form a ‘wet sand’ consistency.





# Adding stock to a roux

Slowly adding hot stock to a hot roux  
and mixing until smooth.

This is done slowly and in small amounts.





# Adding stock to a roux

The roux will thicken the stock.





# Different stocks for different sauces

Using different flavoured stocks for specific flavours:

- Fish
- Chicken
- Beef
- Lamb





# Adding milk to a roux

If we want a white based sauce, we add milk or cream to a light, chicken or fish sauce.





# Adding tomato puree

If we want a dark sauce we add browned vegetables and tomato puree to a dark meat stock.





# Revision Activity 3

How do you make a roux?