

Unit 307: Produce and present advanced starters using standardised recipes

Worksheet 12: Prepare dressings, sauces, chutneys and relishes to accompany starters (Tutor)

List five pieces of **equipment** which can be used in the preparation of dressings, sauces, chutneys and relishes:

Any of the following:

- Temperature probe
- Blender
- Chopping boards
- Food processor
- Mandolin
- Measuring jug
- Mixers
- Blast chillers and blast freezers
- Hobs

Explain the following terms in relation to **preparation methods**:

Emulsifying

Mixing egg yolks with oil or butter e.g. mayonnaise or hollandaise sauces.

Infusing

Adding ingredients to gain flavor but removing before serving e.g. herbs.

Pureeing

To incorporate a puree, e.g. fresh tomato, garlic, spinach to concentrate flavor or give colour.

Explain the following term in relation to **Dressings** and give a menu example using the dressing

- Regional dressings

A dressing originating in a particular place, or region.

Research the recipe for salsa verde and give a menu example:

Grilled sardines with salsa verde

What is tapenade?

This is a Provençale dish containing black olives capers, anchovies and olive oil. Comes from the Provençale word for capers: 'tapeno'.