



Back-to-Basics
How to prepare a Sauce Hollandaise

Actions:	This is how we do it:
<p>1. What is a Béchamel Sauce?</p> 	<p>A Sauce Hollandaise is one of the 5 hot mother sauces, a basic sauce.</p> <p>Butter and Egg yolks as its liaisons. It is served lukewarm with vegetables, fish, and Eggs (like the famous Egg Benedict). It will be a pale lemon color, and with a luster not appearing oily. This basic Sauce and its variations should have a buttery-smooth texture, and an aroma of good butter. Making this emulsified Sauce requires a good deal of practice.</p>
<p>2. How to make a Sauce Hollandaise?</p> 	<ul style="list-style-type: none"> • Add the water to your egg yolks placed in a bowl and whisk • Place bowl on a hot water bath and keep on stirring • Once mix is creamy, incorporate slowly the clarified Butter • In order to avoid a separation of oil and water, keep stirring • A smooth and creamy sauce is the result <p>Derivatives:</p> <p>This basic Sauce has many derivatives Here a list of the most common ones:</p> <ul style="list-style-type: none"> • Béarnaise: Tarragon and Tarragon Vinegar added • Choron: Tarragon Vinegar and Tomato Paste added • Maltaise: Blood Orange Juice and Orange Zest added • Mousseline: Lemon Juice and unsweetened whipped Cream added • Dijon: Dijon Mustard and unsweetened whipped Cream added



Training Notes:

Introduce <ul style="list-style-type: none">- Yourself, the task, what trainee will learn and how testing is conducted
Demonstrate When To Start and Materials <ul style="list-style-type: none">- Getting prepared immediately when the duty starts- Materials: Bowl, whisk, stove, listed ingredients
Demonstrate Actions <ul style="list-style-type: none">- Use job rehearsal to demonstrate steps- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
Demonstrate the Result and Task Standards <ul style="list-style-type: none">- Tools and equipments should be clean before usage
Practice <ul style="list-style-type: none">- trainee explains each step of task during practice. Check for errors and remind trainee to correct them immediately, Task performed independently of trainer and to standard
Test for knowledge <p>Q. What is a sauce Maltaise?</p> <p>A. Blood Orange Juice and Orange Zest is added to the Sauce Hollandaise</p> <p>Q. Why this sauce has to be served lukewarm and not hot?</p> <p>A. The egg yolk would cook and coagulate like in a scrambled egg</p> <p>Q. Why you need to pour the butter slowly into the whisked egg yolks?</p> <p>A. The Water and Oil content will not emulsify</p>
Follow-up <ul style="list-style-type: none">- Task performed to standard in actual job conditions; observed by manager of dept.- Dept. Quiz completed to 100% accuracy