




Back-to-Basics

How to prepare a Velouté

Subject	Details:
<p>1. What is a Velouté?</p> 	<ul style="list-style-type: none"> • • A Velouté is one of the 5 hot mother sauces, a basic sauce. • The term <i>Velouté</i> is from the French adjectival form of <i>velour</i>, meaning velvety. • This Sauce is very similar to the Béchamel Sauce; although instead of adding milk to the roux, any kind of stock such as Chicken, Veal, Fish or Vegetable stock is added. • A Velouté is often made even richer by adding egg yolks or cream.
<p>2. The Roux</p> 	<ul style="list-style-type: none"> • A roux is an equal combination of butter and flour, simmered over low heat until it bubbles • For a Velouté, the desired stock is then added. The flour/butter roux thickens the stock, creating a rich sauce.
<p>3. How to make a Velouté?</p> 	<ol style="list-style-type: none"> 1. Prepare the roux by using an equal amount of butter and flour, simmered over low heat until it bubbles 2. Add <i>cold</i> stock to the roux and stir frequently to avoid clumps 3. Heat up the mixture again on medium heat, keep on stirring 4. The cold stock has the effect that by reheating the mixture the sauce will thicken equally. If you would add a hot stock, it would thicken up immediately and the result will be a clumpy paste and not a smooth, velvety sauce



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: Pot, whisk, stove, listed ingredients
Demonstrate Actions <ul style="list-style-type: none">- 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. Why you should add a cold stock to the roux? A. To avoid clumping</p> <p>Q. What is a Roux? A. An equal mix of Butter and Flour</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

To ensure every guest feels cared for, valued and respected.

