




Back-to-Basics

How to prepare a Vinaigrette

Actions:	This is how we do it:
<p>1. What is Vinaigrette?</p> 	<ul style="list-style-type: none"> • Vinaigrette is a mixture (emulsion) of olive oil and vinegar, flavored with herbs, spices, and other ingredients. It is used most commonly as a salad dressing, but also as a cold sauce or marinade. • Vinaigrette is the diminutive form of French “vinaigre” which means 'vinegar'.
<p>2. How to make Vinaigrette?</p> 	<ul style="list-style-type: none"> • Vinaigrette generally consists of 3 parts of oil to 1 part of vinegar whisked into an emulsion. Salt, pepper, herbs and shallots are added, especially when it is used as a sauce for salads. Sometimes mustard is used in addition as an emulsifier.
<p>3. Varieties</p> 	<ul style="list-style-type: none"> • Different vinegars, such as raspberry, create different flavorings, and lemon juice or alcohol, such as sherry, may be used instead of vinegar. • Balsamic vinaigrette is made by adding a small amount of balsamic vinegar to simple vinaigrette of olive oil and wine vinegar as shown on the picture on the left.



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, 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. The name Vinaigrette comes from where? A. From the French word "vinaigre" which means vinegar.</p> <p>Q. What are the basic measurements of oil and vinegar? A. 3 parts oil, 1 part vinegar</p> <p>Q. Name 3 examples for different vinaigrettes? A. Raspberry vinegar, Balsamic vinegar and Sherry wine are added instead of vinegar</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