

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Apply sauce and dressing
Code	108405L1
Range	This unit of competency is applicable to all catering food production practitioners. Sauce and dressing are essential elements of a dish. It is a flavorful liquid adhering to the food if chosen appropriately; it enhances the overall flavoring, without overpowering or obscuring the flavors of the food itself. This UoC concentrates on competences in applying dressing to salads.
Level	1
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for applying sauce and dressing</p> <ul style="list-style-type: none"> • Possess basic knowledge of the difference between sauce and dressing, For example: <ul style="list-style-type: none"> ○ Dressing: applied to salads ○ Sauces: can be hot or cold <ul style="list-style-type: none"> ▪ Can be served as a condiment or cooked with the dish • Possess knowledge of main types of sauce/dressing that can be applied to salad. For example: <ul style="list-style-type: none"> ○ Creamy dressings ○ Vinaigrette dressings • Possess knowledge of main ingredients of making dressing, such as: <ul style="list-style-type: none"> ○ Vinegar or acidic liquid (lemon, lime or orange juice) ○ Oil ○ Salt • Possess knowledge of different techniques to apply dressing. For example: <ul style="list-style-type: none"> ○ Mix the salad first then toss with the salad ○ Apply the main dressing ingredients separately to the salad • Possess basic knowledge of when to apply the sauce/dressing to the salad. Such as: <ul style="list-style-type: none"> ○ Lighter ingredients such as leafy green salad: dressed just before serving to avoid water being removed and to maintain crispy texture ○ Salad consists mainly of vegetables and thicker, more dense ingredients: dressed an hour or longer prior to serving to allow ingredients to marinate and absorb the flavors in the dressing • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Apply sauce and dressing:</p> <ul style="list-style-type: none"> • Comprehend the salad recipe • Acquire the ingredients for dressing such as (oil, vinegar, salt, pepper, etc.) • Acquire, wash, cut and dry the vegetable of the salad • Assemble the necessary utensils, such as: salad bowl, salad spinner, mixing spoon and/or fork, etc. • Apply the sauce/dressing, take into account of the type of salad ingredient and serving time • Wash, clean and store the used equipment according to the establishment procedures <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment

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	<ul style="list-style-type: none">• Respect the food, ingredients, co-workers and guests
Assessment Criteria	The integrated outcome requirements of this UoC are the abilities to: <ul style="list-style-type: none">• Use the appropriate ratio of main dressing ingredients.• Ensure vegetables are sufficiently dry before applying dressing to ensure the dressing can adhere to the vegetable when dressing is applied• Apply the sauces/dressing at the appropriate time
Remark	