

## Back-to-Basics

### How to prepare a Velouté

Subject	Details:
<b>1. What is a Velouté?</b> 	<ul style="list-style-type: none"> <li>• A Velouté is one of the 5 hot mother sauces, a basic sauce.</li> <li>• The term <i>Velouté</i> is from the French adjectival form of <i>velour</i>, meaning velvety.</li> <li>• 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.</li> <li>• A Velouté is often made even richer by adding egg yolks or cream.</li> </ul>
<b>2. The Roux</b> 	<ul style="list-style-type: none"> <li>• A roux is an equal combination of butter and flour, simmered over low heat until it bubbles</li> <li>• For a Velouté, the desired stock is then added. The flour/butter roux thickens the stock, creating a rich sauce.</li> </ul>
<b>3. How to make a Velouté?</b> 	<ol style="list-style-type: none"> <li>1. Prepare the roux by using an equal amount of butter and flour, simmered over low heat until it bubbles</li> <li>2. Add <i>cold</i> stock to the roux and stir frequently to avoid clumps</li> <li>3. Heat up the mixture again on medium heat, keep on stirring</li> <li>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</li> </ol>



## Training Notes:

### Introduce

- Yourself, the task, what Trainee will learn and how testing is conducted

### Demonstrate When To Start and Materials

- Getting prepared immediately when the duty starts
- Materials: Pot, whisk, stove, listed ingredients

### Demonstrate Actions

- 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

- Tools and equipments should be clean before usage

### Practice

- 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

Q. Why you should add a cold stock to the roux?

A. To avoid clumping

Q. What is a Roux?

A. An equal mix of Butter and Flour

### Follow-up

- 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.

