

## Back-to-Basics

### How to prepare a Vinaigrette

Actions:	This is how we do it:
<b>1. What is Vinaigrette?</b> 	<ul style="list-style-type: none"> <li>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.</li> <li>Vinaigrette is the diminutive form of French “vinaigre” which means 'vinegar'.</li> </ul>
<b>2. How to make Vinaigrette?</b> 	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>3. Varieties</b> 	<ul style="list-style-type: none"> <li>Different vinegars, such as raspberry, create different flavorings, and lemon juice or alcohol, such as sherry, may be used instead of vinegar.</li> <li>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.</li> </ul>



## Training Notes:

<b>Introduce</b> <ul style="list-style-type: none"><li>- Yourself, the task, what Trainee will learn and how testing is conducted</li></ul>
<b>Demonstrate When To Start and Materials</b> <ul style="list-style-type: none"><li>- Getting prepared immediately when the duty starts</li><li>- Materials: Bowl, whisk, listed ingredients</li></ul>
<b>Demonstrate Actions</b> <ul style="list-style-type: none"><li>- Explain why each step is performed in a certain way.</li><li>- Explain what team members should notice when doing each step and any safety precautions</li></ul>
<b>Demonstrate the Result and Task Standards</b> <ul style="list-style-type: none"><li>- Tools and equipments should be clean before usage</li></ul>
<b>Practice</b> <ul style="list-style-type: none"><li>- 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</li></ul>
<b>Test for knowledge</b> <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>
<b>Follow-up</b> <ul style="list-style-type: none"><li>- Task performed to standard in actual job conditions; observed by manager of dept.</li><li>- Dept. Quiz completed to 100% accuracy</li></ul>