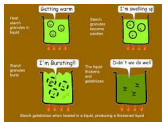




# Y9 | Sauces - Knowledge organiser

Key Terms	Description	
Gelatinisation	<b>Gelatinisation</b> is a process occurring during the cooking of many traditional starchy foods and starch based desserts. It is the way the starch becomes soft and edible.	
Reduction Sauce	<b>Reduction</b> is the process of thickening and intensifying the flavor of a liquid mixture such as a soup, <b>sauce</b> , wine, or juice by simmering or boiling.	
Starch Based Sauce	During cooking the starch granules absorb the liquid until they reach boiling point, burst and completely thicken the sauce.	
Investigation	The action of investigating something; formal or systematic examination or research.	
Cross contamination	When bacteria spreads from raw food onto ready to eat food e.g through hands, utensils or food	
Personal hygiene	Keeping yourself clean and tidy to reduce the spread of bacteria, e.g washing hands	
Sensory characteristics	How food tastes, looks and feels in the mouth	

## Practical food skills

### Rubbing in

Using your fingertips, rub the flour and butter together until the mixture resembles breadcrumbs. Stops gluten from forming to make crumbly pastry



### Use of Pasta Machine

Use of technical equipment to shape a dough



### Dough Making

Making a fresh pasta dough before shaping and finishing before using technical equipment.



### Sauce Making

Creating a sauce through reduction or starch gelatinisation.



### Bridge and Claw

Make a bridge over the vegetable or fruit with your hand. Fingers should be on one side and thumb on the other. Make a claw with your hand by partly curling your fingers together



### Boiling & Simmering

Method of cooking in a saucepan. Boiling has big bubbles breaking the surface on a high heat. Simmering has small bubbles visible on a low heat



### Prepare, Combine and Shape

Using a pasta machine students will roll and shape their pasta into tagliatelle



## Final dishes

Group fresh pasta + Tomato Sauce	Macaroni Cheese	Sweet & Sour Chicken
