Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_

**Five Mother Sauces Assessment**

Strand 7.2

I can identify the five mother sauces (béchamel, tomato, hollandaise, Espagnole and Velouté) and how they are made.

Define the following and give ratio’s where applicable:

|  |
| --- |
| Mire poix: |
| Roux: |
| Stock: |

**Total Points:\_\_\_\_\_/3**

Complete the chart.

|  |  |
| --- | --- |
| **Five Mother Sauces** | |
| **Mother Sauce** | **Key Ingredients** |
| Béchamel | 1.  2. |
| Velouté | 1.  2. |
|  | 1. Brown Roux  2. Brown Stock |
|  | 1. Roux  2. Tomato product |
| Hollandaise | 1.  2.  3. Lemon Juice |

**Total Points:\_\_\_\_\_/8**

Give an example of each soup.

|  |  |  |
| --- | --- | --- |
| **Type of Soup** | **Thick or Thin (circle)** | **Example of that soup** |
| Cream  Soup | Thick or Thin |  |
| Chowder Soup | Thick or Thin |  |
| Puree  Soup | Thick or Thin |  |
| Bisque  Soup | Thick or Thin |  |
| Stock  Soup | Thick or Thin |  |

**Total Points:\_\_\_\_\_/10**

Make white roux using 1 Tablespoon butter. After grading, place roux in your group container for future use.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 point | 2 point | 3 point | 4 point |
| Ratio of fat to flour | Most ingredients not measured accurately; mistakes such as confusing ounces for cups; tablespoons for teaspoons; weight for volume measures may have occurred | Almost all correctly measured, perhaps only one or two measurements there were not correct | Little miss-measurement so as to have little impact on the final result | All product measured/scaled without any errors |
| No lumps or clumps of flour | Lots of lumps or unmixed flour | A few lumps or unmixed flour | Relatively no lumps and unmixed flour | Perfectly done with no lumps and flour in it. |
| Roux color | Too pale/too dark | A little too plate/or too dark | Good color | Excellent color |
| Making roux | Poor technique; not cooked enough; too oily; too dry | Fair technique for making the roux | Good technique | Perfect technique; didn't make too much or make too little |
| **Total Points\_\_\_\_\_/16** | | | | |

Name \_\_\_KEY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_\_

**Five Mother Sauces Assessment**

Strand 7.2

I can identify the five mother sauces (béchamel, tomato, hollandaise, Espagnole and Velouté) and how they are made.

Define the following:

|  |
| --- |
| Mire poix: A vegetable based seasoning made of 50% onion, 25% carrots, 25% celery. |
| Roux: A starch based thickener made up of equal parts fat and flour. |
| Stock: A flavored liquid made from simmering bone and/or vegetables in water. |

**Total Points:\_\_\_\_\_/3**

Complete the chart.

|  |  |
| --- | --- |
| **Five Mother Sauces** | |
| **Mother Sauce** | **Key Ingredients** |
| Béchamel | 1. White Roux  2. Cream/Milk |
| Veloute | 1. White/Blond Roux  2. Veal, chicken, or fish stock |
| Espagnole | 1. Brown Roux  2. Brown Stock |
| Tomato | 1. Roux  2. Tomato product |
| Hollandaise | 1. Egg yolks  2. Clarified Butter  3. Lemon Juice |

**Total Points:\_\_\_\_\_/8**

Give an example of each soup.

|  |  |  |
| --- | --- | --- |
| **Type of Soup** | **Thick or Thin (circle)** | **Example of that soup** |
| Cream  Soup | Thick or Thin | Cream of Mushroom, Cream of Chicken, Cream of Potato, Cream of Broccoli, Cream of Celery |
| Chowder Soup | Thick or Thin | Clam Chowder, Corn Chowder, Potato Chowder |
| Puree  Soup | Thick or Thin | Butternut Squash, Cauliflower |
| Bisque  Soup | Thick or Thin | Tomato Bisque, Lobster Bisque, Shrimp Bisque, Crayfish Bisque |
| Stock  Soup | Thick or Thin | Chicken Noodle, Vegetable Beef, Minestrone |

**Total Points:\_\_\_\_\_/10**

Make white roux. After grading, place roux in your group container for future use.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 1 point | 2 point | 3 point | 4 point |
| Ratio of fat to flour | Most ingredients not measured accurately; mistakes such as confusing ounces for cups; tablespoons for teaspoons; weight for volume measures may have occurred | Almost all correctly measured, perhaps only one or two measurements there were not correct | Little miss-measurement so as to have little impact on the final result | All product measured/scaled without any errors |
| No lumps or clumps of flour | Lots of lumps or unmixed flour | A few lumps or unmixed flour | Relatively no lumps and unmixed flour | Perfectly done with no lumps and flour in it. |
| Roux color | Too pale/too dark | A little too plate/or too dark | Good color | Excellent color |
| Making roux | Poor technique; not cooked enough; too oily; too dry | Fair technique for making the roux | Good technique | Perfect technique; didn't make too much or make too little |
| **Total Points\_\_\_\_\_/16** | | | | |