



Pasta Sauce

Sensory Guide



MARINARA



KEY INGREDIENTS

Tomatoes, garlic, olive oil, basil



AROMA

Fresh & herby



FLAVOUR PROFILE

Tangy, garlic-rich, slightly sweet



BEST PAIRED WITH

Spaghetti, meatballs



ALFREDO



KEY INGREDIENTS

Cream, butter, Parmesan, garlic



AROMA

Rich & creamy



FLAVOUR PROFILE

Mild, cheesy, indulgent



BEST PAIRED WITH

Fettuccine, chicken



PESTO



KEY INGREDIENTS

Basil, pine nuts, Parmesan, olive oil



AROMA

Fresh & aromatic



FLAVOUR PROFILE

Herby, nutty, savoury



BEST PAIRED WITH

Fusilli, gnocchi



CAJUN



KEY INGREDIENTS

Cream, garlic, Cajun spices, Parmesan



AROMA

Spicy & smoky



FLAVOUR PROFILE

Bold, creamy, spicy



BEST PAIRED WITH

Penne, chicken



TOMATO SAUCE



KEY INGREDIENTS

Tomatoes, onion, garlic, basil



AROMA

Light & fresh



FLAVOUR PROFILE

Mild, tangy, herbaceous



BEST PAIRED WITH

Any pasta

Student Sensory Evaluation

Name: _____

SAUCE	APPEARANCE How does it look?	AROMA How does it smell?	FLAVOUR How does it taste?	TEXTURE How does it feel?	OVERALL Overall liking
MARINARA	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
ALFREDO	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
PESTO	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
CAJUN	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
TOMATO SAUCE	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

REFLECTION QUESTIONS

- Which sauce was your favourite and why?

- Which sauce had the best aroma?

- Which sauce had the most balanced flavour?

- If you were creating your own pasta sauce, what ingredients would you include?

RATING GUIDE

1 = Poor 2 = Fair 3 = Good
4 = Very Good 5 = Excellent

