

CORE COMPETENCIES

REPARE STOCKS

UNIT CODE: HOS/OS/FP/CR/01/3

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present stock. It involves prepare vegetable stock, prepare chicken stocks, prepare beef/lamb stock, prepare fish stocks.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Prepare vegetable stock	1.1 Ingredients are assembled as per the recipe specifications 1.2 Freshness and quality is checked as per the SOPs. 1.3 Hygienic standards and procedures are observed while cleaning. 1.4 <i>Prepare vegetable</i> stocks e.g. chop, cut 1.5 <i>Cooking method</i> is applied to vegetable stock according to recipe specifications 1.6 Vegetable stock is strained as per the recipe 1.7 Vegetable stock is cooled as per the recipe 1.8 Store/use as per the specifications
2. Prepare chicken stocks	2.1 Ingredients are assembled as per the recipe chicken stock specifications 2.2 Freshness and quality is checked as per the SOPs. 2.3 Ingredients are selected as per the Hygienic standards 2.4 Prepare chicken stocks ingredients as per the recipe 2.5 Cook the stock according to recipe specifications 2.6 Boil ingredients with vegetables and simmer 2.7 The stock is strained as per the recipe 2.8 Chicken stock is cooled 2.9 Store/use as per the specifications
3. Prepare beef/lamb Stock	3.1 Ingredients are assembled as per the recipe

	<p>3.2 Ingredients are selected as per the hygienic standards.</p> <p>3.3 Freshness and quality is checked as per the SOPs.</p> <p>3.4 Lamb/beef bones are prepared as per the specifications</p> <p>3.5 Cook the stock according to recipe specifications</p> <p>3.6 Beef stock is strained as per the recipe</p> <p>3.7 Beef stock is cooled</p> <p>3.8 Store/use beef sock as per the specifications</p>
4. Prepare fish stocks	<p>4.1 Ingredients are assembled as per the recipe fish stock specifications</p> <p>4.2 Freshness and quality is checked as per the SOPs</p> <p>4.3 Ingredients are selected as per the hygienic standards</p> <p>4.4 Fish stock ingredients are blanched as per the recipe</p> <p>4.5 Boil fish stock ingredients and simmer</p> <p>4.6 Fish stock is strained as per the recipe</p> <p>4.7 Fish stock is cooled</p> <p>4.8 Store/use fish sock as per the specifications</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. Prepared vegetables include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • De-stocking • Chopping • Turning • Shredding • Slicing
2. Cooking method include but not limited to:	<ul style="list-style-type: none"> • Boiling • Frying • Sauté

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Consistency
- Knife skills
- Vegetable cuts
- Cooking methods (e.g. steaming, grilling, baking)
- Cleaning methods
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Communication
- Interpersonal relations
- Creativity/innovations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

1.1	HACCP- Hazard Analysis of Critical Control Points
1.2	SOPs - Standard Operating Procedures
1.3	OHS-Occupational Health and Safety
1.4	Product knowledge
1.5	Meat and vegetables varieties
1.6	Food safety and hygiene
1.8	Quality and control and waste management
1.9	Proper storage
1.10	Purchase specification
1.12	Processed foods
1.14	Herbs and spices
1.15	Fats and oils
1.15	Sugar and salt
1.16	Allergens (gluten free & nut allergy, milk intolerance)
1.17	Special needs
1.18	Garnishes
1.19	Professional ethics

FOUNDATION SKILLS

<i>The individual needs to demonstrate the following fundamental skills</i>	
Communication Numeracy Interpersonal relations	Computer literacy First aid Time Management

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	Assessment requires evidences that the candidate: 1.1 Demonstrated the ability to manage time effectively. 1.2 Demonstrated ability to adhere to the recipe. 1.3 Demonstrated expertise in using various cooking methods in preparing vegetables and stocks 1.4 Demonstrated ability to manage waste and control. 1.5 Demonstrated ability to handle equipment. 1.6 Demonstrated ability to communicate effectively. 1.7 Demonstrated positive attitude.
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped safe kitchen 2.2 Proper working equipment 2.3 A working environment meeting the OSHA standards 2.4 A variety of ingredients
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist 3.2 Written or oral questions to test knowledge 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.