

CORE COMEPETENCIES

PREPARE STOCKS AND SOUPS

UNIT CODE: HOS/OS/FP/CR/01/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present stocks, soups and sauces. It involves the ability to prepare prepare brown, white, chicken and ish stocks. The ability to prepare cream,, clear, broth soups.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT	PERFORMANCE CRITERIA
These describe the key outcomes which make up workplace function.	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 brown stock	1.1 Ingredients are prepared as per the recipe specifications 1.2 Hygienic standards and procedures are observed while cleaning. 1.3 Freshness and quality is checked as per the SOPs. 1.4 <i>Prepare ingredients</i> for stocks e.g. chop, cut 1.5 Brown bones, vegetables as per the specifications 1.6 Stock is boiled and simmered in a stock pot as per the SOPs 1.7 stock is strained and used as per the recipe
2. Prepare white stock	2.1 Ingredients are prepared as per the recipe specifications 2.2 Hygienic standards and procedures are observed while cleaning. 2.3 Freshness and quality is checked as per the SOPs. 2.4 Prepare ingredients for stocks e.g. chop, cut 2.5 Stock is simmered in a stock pot as per the SOPs 2.6 stock is skimmed and strained and used as per the recipe
3. Prepare fish stocks	3.1 Ingredients are prepared as per the recipe fish stock specifications 3.2 Ingredients selected as per the hygienic standards 3.3 Freshness and quality is checked as per the SOPs. 3.4 Fish stock ingredients are blanched as per the recipe 3.5 Fish stock is boiled and simmered as per the recipe 3.6 Fish stock is skimmed and strained as per the recipe 3.7 Fish stock is cooled as per the recipe

	3.8 Stock is stored/used as per the recipe
4. Prepare cream soups	<p>4.1 Ingredients selected as per the recipe</p> <p>4.2 Ingredients prepared as per the recipe specifications</p> <p>4.3 Hygiene standards and procedures observed as per HACCP</p> <p>4.4 Vegetables prepared (where necessary) as per the recipe</p> <p>4.5 Stock added as per the recipe</p> <p>4.6 Soup simmered till cooked</p> <p>4.7 Thickening agent (where necessary) added as per the recipe</p> <p>4.8 Seasoning and taste checked as per recipe</p> <p>4.9 Cream/milk/béchamel added as per the recipe</p> <p>4.10 Garnish, Present and dispense soup as per recipe and style of service</p> <p>4.11 Prepare appropriate soup accompaniments as per the type of soup</p>
5. Prepare clear soups	<p>5.1 Ingredients selected as per the recipe</p> <p>5.2 Ice cold Ingredients prepared as per the recipe specifications</p> <p>5.3 Hygiene standards and procedures observed as per HACCP</p> <p>5.4 Vegetables (where necessary) prepared as per the recipe</p> <p>5.5 Egg white is mixed with the ingredients as per the recipe</p> <p>5.6 Clarify with the egg shells as per the specification.</p> <p>5.7 Stock added as per the recipe.</p> <p>5.8 Soup is boiled and simmered till cooked.</p> <p>5.9 Seasoning and taste checked as per recipe</p> <p>5.10 Garnish, present and dispense soup as per recipe and style of service</p>
6. Prepare broth	<p>6.1 Ingredients selected as per the recipe</p> <p>6.2 Ingredients prepared as per the recipe specifications</p> <p>6.3 Hygiene standards and procedures observed as per HACCP</p> <p>6.4 Vegetables/meat prepared as per the recipe</p> <p>6.5 Broth is boiled and simmered till cooked</p> <p>6.6 Broth is seasoned and skimmed as per recipe</p> <p>6.7 Broth is served with the cuts of meat/vegetable used to prepare the broth</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. <i>Ingredients</i> include but not limited to:	<ul style="list-style-type: none">• Bones• Vegetables
2. <i>Ice cold Ingredients</i> include but not limited to:	<ul style="list-style-type: none">• Minced beef• Vegetables• Herbs• Egg white• Stock
3. <i>Garnish</i> include but not limited to:	<ul style="list-style-type: none">• Parsley• Tomatoes• Carrots• Eggs• Pancake• Cheries
4. <i>Vegetables Prepared</i> include but not limited to:	<ul style="list-style-type: none">• Peeling• Cutting• Trimming• De-stocking• Chopping• Turning• Shredding• Slicing
5. <i>Thickening agents</i> include but not limited to:	<ul style="list-style-type: none">• Corn flour• Arrowroots• Egg• Coullis
6. <i>Seasoning</i> include but not limited to:	<ul style="list-style-type: none">• Herbs• Spices• Salt• Pepper

7. Cooking method include but not limited to:	<ul style="list-style-type: none"> • Boiling • Frying • Sauté
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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. boiling, simmering)
- Use of working tools and equipment
- Creativity/Innovation
- Garnishing
- Communication
- Interpersonal relations
- First aid
- Time Management
- Sweating

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Product knowledge
- Stocks and soups ingredients
- Food safety and hygiene
- Quality control
- Waste management
- Proper storage
- Purchase specification
- Processed foods
- Herbs and spices
- Sugar and salt
- Fats and oils

- Allergens (gluten free & nut allergy, milk intolerance)
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

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	<p>Assessment requires evidences that the candidate:</p> <ul style="list-style-type: none"> 1.1 Identified types of stocks and soups 1.2 Identified ingredients for preparing stocks and soups 1.3 Identified equipment used in preparing stocks and soups 1.4 Prepared various stocks and soups using the appropriate methods. 1.5 Observed gastronomic aspects when preparing stocks and soups 1.6 Observed hygiene when preparing the stocks and soups 1.7 Managed waste effectively 1.8 Communicated effectively. 1.9 Garnished stocks and soups 1.10 Used the stocks 1.11 Presented the stocks and soups with accompaniments.
2. Resource Implications	<p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> 2.1 Fully equipped kitchen 2.2 A working environment meeting OSHA standard 2.3 A variety of ingredients
3. Method of Assessment	<p>Competency may be assessed through:</p> <ul style="list-style-type: none"> 3.1 Direct observation using a checklist 3.2 Written or oral questions 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>