

<b>UNIT TITLE:</b> PREPARE STOCK AND SAUCES		<b>NOMINAL HOURS:</b> 30
<b>UNIT NUMBER:</b> D1.HCC.CL2.17		
<b>UNIT DESCRIPTOR:</b> This unit deals with skills and knowledge required by cooks and chefs to prepare a range of high quality stocks and sauces for various cuisines for use in a commercial environment. Note: The application of this unit is critical to all other food production units		
<b>ELEMENTS AND PERFORMANCE CRITERIA</b>	<b>UNIT VARIABLE AND ASSESSMENT GUIDE</b>	
<p><b>Element 1: Prepare stocks as required for dishes on enterprises menus</b></p> <p><b>1.1</b> Identify <i>ingredients</i> required to make stock type from standard recipes</p> <p><b>1.2</b> <i>Prepare</i> ingredients appropriate to stock type</p> <p><b>1.3</b> <i>Produce</i> and <i>strain</i> stocks</p> <p><b>Element 2: Prepare glazes and essences</b></p> <p><b>2.1</b> <i>Prepare</i> glaze and essences</p> <p><b>Element 3: Prepare sauces as required for dishes on enterprises menus</b></p> <p><b>3.1</b> Identify ingredients required to make <i>sauces</i> from standard recipes</p> <p><b>3.2</b> <i>Prepare ingredients</i> appropriate to sauce type</p> <p><b>3.3</b> Produce hot and cold sauces</p>	<p><b>Unit Variables</b></p> <p>The Unit Variables provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. It relates to the unit as a whole and facilitates holistic assessment</p> <p>This unit applies to all industry sectors that prepare and produce stocks and sauces within the labour divisions of the hotel and travel industries and may include:</p> <p>1. Food Production</p> <p><i>Ingredients</i> should include:</p> <ul style="list-style-type: none"> <li>• Meat</li> <li>• Fish</li> <li>• Poultry</li> <li>• Vegetable</li> <li>• Herbs, spices and flavourings</li> <li>• Sugars</li> <li>• Cultural ingredients</li> <li>• Roux and other thickening agents</li> <li>• Use of standard recipes.</li> </ul>	

**Element 4: Store stocks and sauces to enterprise requirements**

- 4.1 Follow enterprise *cooling* procedures for stocks and sauces
- 4.2 *Store* stocks and sauces appropriately in correct containers
- 4.3 *Label* stocks and sauces correctly
- 4.4 Ensure appropriate *storage* equipment conditions are maintained
- 4.5 Prepare and maintain correct *thawing* of frozen stocks and sauces
- 4.6 Ensure correct storage of stocks and sauces *after service*

**Element 5: Reconstitute stocks and sauces for service**

- 5.1 Follow correct *heating* of stocks and sauce to enterprise standards
- 5.2 Ensure quality of *hot holding* of stocks and sauces is to enterprise standards

*Prepare* may be related to:

- Vegetables, bones, herbs, spices, flavouring
- Cleaning, peeling, cutting, blanching, browning of ingredients
- Portioning, measuring
- Usable and non usable wastage
- Use of standard recipes.

*Produce* should include:

- Quantity required
- Quality points of colour, aroma, clarity, fat free
- Relevant cooking times
- Ensuring distinct flavour, colour and consistency as required by various cuisines
- Methods of cookery
- Use of standard recipes.

*Strain* should include

- Straining
- Disposal of wastage.

*Prepare* should include:

- Methods of cookery
- Ensuring distinct flavour, colour, clarity and consistency.

*Produce* sauces will include:

- Ingredients and ratio to sauce type
- Using convenience products

- Classical, contemporary and cultural hot and cold sauces
- Derivatives of base sauces
- Thickening agents, including roux, beurre manié, egg yolk, starch, cream, bread, sabayon
- Various cooking times.

*Cooling* should relate to:

- Enterprise and/or local authorities standards
- Time and temperature
- Clean, sanitised equipment
- Chilling equipment if available in enterprise.

*Store* in containers may include:

- Size to enable safe handling
- Type to suit product, including stainless steel, plastic, glass
- Long storage, such as cryovac, buckets
- Position in cool storage
- Enterprise and local authorities requirements.

*Label* should relate to:

- Date of production and/or use by date
- Item being stored
- Date defrosted if applicable
- Reheated, cooled dates
- Date of opening product.

*Storage* may include:

- Cool room temperature
- Cool room placement
- Length of time in cool storage
- Freezer temperature
- Length of time in freezer storage.

*Thawing* may relate to:

- Enterprise and local authority requirements
- Handling and cool room placement
- Changing containers.

*After service* may relate to:

- Cooling time temperature
- Storage containers
- Labelling, including fresh, reheated
- Cross contamination, including old stocks of soups versus freshly made soups.

*Heating* should relate to:

- Reheating time and temperature
- Consistency, temperature, flavour, colour.

*Hot holding* of stocks and sauces may include:

- Correct temperature control
- Maintaining consistency, temperature, flavour and colour.

### **Assessment Guide**

The following skills and knowledge must be assessed as part of this unit:

- Knowledge of correct cookery method is demonstrated for each stock and sauce
- Ability to identify food products by sight, taste and consistency
- Ability to match ingredient quality to intended final product/use
- Ability to clean and maintain food working and storage areas
- General occupational health and safety procedures in the workplace
- Ability to demonstrate practical skills in safe equipment/utensil use
- Overview of the relevant legislation in relation to food handling, food storage, chemical storage and general premises food safety.

### **Linkages To Other Units**

- Comply with workplace hygiene procedures
- Implement occupational health and safety procedures
- Prepare and store food
- Work effectively with colleagues and customers
- Maintain strategies for safe food
- Present and display food products
- Apply basic techniques of commercial cookery.

### **Critical Aspects of Assessment**

Evidence of the following is essential:

- Knowledge of the classifications and characteristics of stocks and sauces and the terminology used
- Ability to demonstrate safe and hygienic handling of products

- Ability to demonstrate appropriate portion control
- Ability to demonstrate complementary presentation using garnishes and techniques
- Ability to prepare a variety of stocks, sauces, essences and glazes from different recipes, inclusive of various different cultural cuisines and using various cooking methods, within realistic timeframes and constraints
- Ability to demonstrate correct knife skills, use of equipment and utensils.

#### **Context of Assessment**

Assessment must ensure:

- Access to a range of real food ingredients
- Commercial food preparation area with relevant equipment
- Service and presentation equipment
- Demonstration of skills on more than one occasion.

#### **Resource Implications**

Training and assessment must include access and use to a fully equipped commercial kitchen, use of real ingredients and service equipment; and access to workplace standards, procedures, policies, guidelines, tools and equipment.

#### **Assessment Methods**

The following methods may be used to assess competency for this unit:

- Observation of practical candidate performance
- Oral and written questions
- Third party reports completed by a supervisor
- Project and assignment work
- Sampling of dishes prepared by the student.

<b>Key Competencies in this Unit</b>		
<i>Level 1 = competence to undertake tasks effectively</i>		
<i>Level 2 = competence to manage tasks</i>		
<i>Level 3 = competence to use concepts for evaluating</i>		
<b>Key Competencies</b>	<b>Level</b>	<b>Examples</b>
Collecting, organising and analysing information	1	Determine requirements of standard recipes and/or menu requirements; collect equipment, commodities and ingredients
Communicating ideas and information	1	Share information with other staff, including kitchen and floor service staff; provide information to customers
Planning and organising activities	1	Complete preparation <i>mise-en-place</i> and organise for the production of stock and sauces; work within time constraints in a logical sequence
Working with others and in teams	1	Work with others cooperatively, including kitchen and floor service staff
Using mathematical ideas and techniques	1	Calculate quantities and portions against standard recipes and/or menu requirements
Solving problems	1	Identify and correct problems in the preparation, production and service of stock and sauces
Using technology	1	Use mechanical kitchen equipment