



REPUBLIC OF KENYA

COMPETENCY BASED CURRICULUM

FOR

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS)

KNQF LEVEL: 5

ISCED PROGRAMME CODE: 1013 454 B



TVET CDACC
P.O. BOX 15745-00100
NAIROBI

COOKING MEATS AND SAUCES

UNIT CODE: HOS/CU/FP /CR/06/5/B

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare meats and sauces**

Duration of Unit: 100 Hours

Unit Description

This unit specifies the competencies required to plan, prepare and present various meats and sauces. It requires the ability to assemble all the ingredients, cooking meats, poultry, mutton/lamb, fish game meat and preparing sauces.

Summary of Learning Outcomes

1. Assembling all the ingredients and equipment
2. Cooking meats
3. Cook poultry
4. Cook lamb/mutton
5. Cook fish
6. Cook sea food
7. Cook game meats
8. Preparing sauces

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Assembling all the ingredients and equipment	<ul style="list-style-type: none">• Kitchen equipment and tools (Identification, use, accessibility care and safety)• Correct use of Operating, equipment and service.• Factors to consider when selecting Kitchen tools and equipment• Kitchen safety	<ul style="list-style-type: none">• Observation• Written tests• Oral questioning• Assignments• Supervised exercises
2. Cooking meats	<ul style="list-style-type: none">• Cooking methods• Methods of cooking meats• Grilling• Roasting• Sauté• Boiling• Frying	<ul style="list-style-type: none">• Observation• Written tests• Oral questioning• Assignments• Supervised exercises

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Poaching • Pan Frying • Baking • Pot roasting • Cooking categories • Seasoning • Carving • Garnishing • Presentation • Preservation • Freezing • Refrigeration • Holding temperatures • Contamination 	
3. Cook poultry	<ul style="list-style-type: none"> • Methods of cooking poultry • Factors to consider when selecting a cooking method • Seasoning • Carving • Garnishing • Presentation • Preservation • Contamination 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
4. Cook lamb/mutton	<ul style="list-style-type: none"> • Methods of cooking meats <ul style="list-style-type: none"> • Grilling • Roasting • Sauté • Boiling • Frying • Poaching • Pan Frying • Baking • Pot roasting • Cooking categories • Seasoning • Carving • Garnishing • Presentation • Preservation • Freezing 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Refrigeration • Holding temperatures • Contamination 	
5. Cook fish	<ul style="list-style-type: none"> • Methods of cooking fish • Factors to consider when selecting a cooking method • Seasoning • Garnishing • Presentation • Preservation • Contamination of fish 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
6. Cook sea food	<ul style="list-style-type: none"> • Methods of cooking sea food • Factors to consider when selecting a cooking method • Seasoning • Garnishing • Presentation • Preservation • Contamination of sea food 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
7. Cook game meats	<ul style="list-style-type: none"> • Methods of cooking game meat • Factors to consider when selecting a cooking method • Seasoning • Garnishing • Presentation • Preservation • Contamination of game meats 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises
8. Preparing sauces	<ul style="list-style-type: none"> • Define a sauce • Choice of sauces • Uses of sauces • Identification of commercial sauces • Characteristics of sauces • Sauce ingredients • Variations of sauces • Cleaning and cutting ingredients • Equipment used in sauce preparation 	<ul style="list-style-type: none"> • Observation • Written tests • Oral questioning • Assignments • Supervised exercises

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Thickening ingredients • Seasoning • Storage • Presentation (garnishes and displays) 	

Suggested Delivery Methods

- Instructor led facilitation of theory
- Demonstration by instructor
- Practice by trainee
- Group discussions

Recommended Resources

- Fully equipped operational commercial/institutional kitchen including industry-current tools and equipment
- A variety of ingredients
- Table linen