



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

**FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)**

**KNQF LEVEL: 5**

**ISCED OCCUPATIONAL STANDARD CODE: 1013 454 B**



**TVET CDACC  
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## COOK MEATS AND SAUCES

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

### 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, cook the meats, fish, sea foods, poultry and sauces.

### ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT  <b>These describe the key outcomes which make up workplace function.</b>	PERFORMANCE CRITERIA  <b>These are assessable statements which specify the required level of performance for each of the elements.</b> <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Assemble all the ingredients and equipment	1.1 The hands are cleaned and sanitized as per the SOPs. 1.2 The working area and surfaces cleaned and sanitized as per the HACCP and SOPs. 1.3 Equipment needed are identified and ensured functional as per the SOPs. 1.4 Identify the ingredients, weigh and measure as per the recipe. 1.5 Assemble the equipment and ingredients as per SOPs
2. Cook meats	2.1 Hygiene procedures are observed as per HACCP 2.2 Identify the <b><i>cooking methods</i></b> as per the recipe. 2.3 Determine the quantities of meats to be cooked as per the recipe. 2.4 Establish the <b><i>cooking category</i></b> ((degree of doness) (where applicable). 2.5 Season the meat as per the recipe and customer specifications. 2.6 Carve meats (where necessary) using tools and techniques as per SOPs. 2.7 Where meats are required for cold cuts, cool and store as per recipe. 2.8 Add sauces and garnishes (where applicable) according to recipe. 2.9 Present/dispense meats as per recipe and style of service. 2.10 Maintain the holding temperatures as per the SOPs and HACCP.
3. Cook poultry	3.1 Hygiene procedures are observed as per HACCP

	<p>3.2 Identify the cooking methods as per the recipe.</p> <p>3.3 Determine the quantities of poultry to be cooked as per the recipe.</p> <p>3.4 Establish the cooking category ((degree of doness) (where applicable).</p> <p>3.5 Season the poultry as per the recipe and customer specifications.</p> <p>3.6 Carve poultry (where necessary) using tools and techniques as per SOPs.</p> <p>3.7 Where poultry are required for cold cuts, cool and store as per recipe.</p> <p>3.8 Add sauces and garnishes (where applicable) according to recipe.</p> <p>3.9 Present/dispense poultry as per recipe and style of service.</p> <p>3.10 Maintain the holding temperatures as per the SOPs and HACCP.</p>
4. Cook lamb/mutton	<p>4.1 Hygiene procedures are observed as per HACCP</p> <p>4.2 Identify the cooking methods as per the recipe.</p> <p>4.3 Determine the quantities of lamb/mutton to be cooked as per the recipe.</p> <p>4.4 Establish the cooking category ((degree of doness) (where applicable).</p> <p>4.5 Season the lamb/mutton as per the recipe and customer specifications.</p> <p>4.6 Carve poultry (where necessary) using tools and techniques as per SOPs.</p> <p>4.7 Where lamb/mutton are required for cold cuts, cool and store as per recipe.</p> <p>4.8 Add sauces and garnishes (where applicable) according to recipe.</p> <p>4.9 Present/dispense lamb/mutton as per recipe and style of service.</p> <p>4.10 Maintain the holding temperatures as per the SOPs and HACCP.</p>
5. Cook fish	<p>5.1 Hygiene procedures are observed as per HACCP</p> <p>5.2 Identify the cooking methods as per the recipe.</p> <p>5.3 Determine the quantities of fish to be cooked as per the recipe.</p> <p>5.4 Establish the cooking category ((degree of doness) (where applicable).</p> <p>5.5 Season the fish as per the recipe and customer specifications.</p> <p>5.6 Carve fish (where necessary) using tools and techniques as per SOPs.</p>

	<p>5.7 Where fish are required for cold cuts, cool and store as per recipe.</p> <p>5.8 Add sauces and garnishes (where applicable) according to recipe.</p> <p>5.9 Present/dispense fish as per recipe and style of service.</p> <p>5.10 Maintain the holding temperatures as per the SOPs and HACCP.</p>
6. Cook sea food	<p>6.1 Hygiene procedures are observed as per HACCP</p> <p>6.2 Identify the cooking methods as per the recipe.</p> <p>6.3 Determine the quantities of sea food to be cooked as per the recipe.</p> <p>6.4 Establish the cooking category ((degree of doness) (where applicable).</p> <p>6.5 Season the sea food as per the recipe and customer specifications.</p> <p>6.6 Carve sea food (where necessary) using tools and techniques as per SOPs.</p> <p>6.7 Where sea food are required for cold cuts, cool and store as per recipe.</p> <p>6.8 Add sauces and garnishes (where applicable) according to recipe.</p> <p>6.9 Present/dispense sea food as per recipe and style of service.</p> <p>6.10 Maintain the holding temperatures as per the SOPs and HACCP.</p>
7. Cook game meats	<p>7.1 Hygiene procedures are observed as per HACCP</p> <p>7.2 Identify the cooking methods as per the recipe.</p> <p>7.3 Determine the quantities of game meats to be cooked as per the recipe.</p> <p>7.4 Establish the cooking category ((degree of doness) (where applicable).</p> <p>7.5 Season the game meats as per the recipe and customer specifications.</p> <p>7.6 Carve game meats (where necessary) using tools and techniques as per SOPs.</p> <p>7.7 Where game meats are required for cold cuts, cool and store as per recipe.</p> <p>7.8 Add sauces and garnishes (where applicable) according to recipe.</p> <p>7.9 Present/dispense game meats as per recipe and style of service.</p> <p>7.10 Maintain the holding temperatures as per the SOPs and HACCP.</p>

8. Prepare sauces	<p>8.1 Ingredients identified and selected as per the recipe.</p> <p>8.2 Weigh and measure ingredients according to recipe</p> <p>8.3 Hygiene and procedures are observed as per HACCP</p> <p>8.4 Select type and size of equipment suitable to prepare the brown sauce</p> <p>8.5 <b>Type of sauce</b> to be prepared is identified as per the recipe</p> <p>8.6 Clean and cut ingredients as per the recipe</p> <p>8.7 Brown, deglaze (where necessary), add stock and cook as per recipe</p> <p>8.8 Reconstitute sauces as per the recipe</p> <p>8.9 Simmer, strain and season sauce as per the recipe</p> <p>8.10 Garnish, present/dispense sauces as per recipe and style of service</p>
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## 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. Cooking method include but not limited to:	<ul style="list-style-type: none"> <li>• Boiling</li> <li>• Grilling</li> <li>• Roasting</li> <li>• Braising</li> <li>• Deep frying</li> <li>• Poaching</li> <li>• Smoking</li> <li>• Pan Frying</li> <li>• Baking</li> <li>• Steaming</li> </ul>
2. Cooking category (degree) include but not limited to:	<ul style="list-style-type: none"> <li>• Rare</li> <li>• Medium</li> <li>• Medium to well</li> <li>• Well done</li> </ul>
3. Type of sauce include but not limited to:	<ul style="list-style-type: none"> <li>• White sauces</li> <li>• Brown sauces</li> </ul>

	<ul style="list-style-type: none"> <li>• Clear sauces</li> <li>• Tomato sauce (concasse)</li> </ul>
4. Thickening agents include but not limited to:	<ul style="list-style-type: none"> <li>• Roux</li> <li>• Potatoes</li> <li>• Rice</li> <li>• Corn starch</li> <li>• Pasta</li> <li>• Arrowroots</li> <li>• Corn flour</li> </ul>

## 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:

- Kitchen equipment selection and placement
- Knife skills
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use of tools and equipment
- Methods of cooking meats
- Garnishing
- Tenderizing meats
- Carving and portioning
- Seasoning
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

### 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
- Food safety and hygiene e.g. contamination
- Quality control
- Waste management

- Food storage
- Marinating
- Tenderizing
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends
- Garnishes

## EVIDENCE GUIDE

1. Critical aspects of Competency	<p>Assessment requires evidence that the candidate:</p> <p>1.1 Identified tools and equipment for cooking meats.  1.2 Identified ingredients for cooking meats.  1.3 Sanitise the working area and surfaces as they worked.  1.4 Checked the quality of the meats by using quality standards ie. colour, smell, texture and freshness.  1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces.  1.6 Tenderized the meat as required before cooking.  1.7 Marinated the meats before cooking.  1.8 Cooked the meats using various methods.  1.9 Seasoned the meat as per the recipe.  1.10 Garnished the meat dishes and presented appropriately.  1.11 Prepare sauces as per the specifications.  1.12 Portioned meats as per the specifications.  1.13 Managed waste effectively.  1.14 Communicated effectively.  1.15 Demonstrated positive attitude.  1.16 Managed time effectively.</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped kitchen  2.2 Kitchen tools and equipment  2.3 A working environment meeting the OSHA standards</p>

	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 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.