



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

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

**KNQF LEVEL: 4**

**ISCED OCCUPATIONAL STANDARD CODE: 1013 354 B**



**TVET CDACC  
P.O. BOX 15745-00100  
NAIROBI**

## PREPARE SAUCES

**UNIT CODE:** HOS/OS/FP/CR/02/4/B

### UNIT DESCRIPTION

This unit covers the competencies required to prepare sauces. It involves planning for preparation of sauces, controlling cost of sauces, preparing sauces ingredients and preparing sauces. It also entails presentation of sauces and carrying out housekeeping activities.

This standard applies in the hospitality industry.

### ELEMENTS AND PERFORMANCE CRITERIA

<b>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. <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Plan for preparation of sauces	1.1 <i><b>Sauce ingredients</b></i> are identified and selected as per the recipe specifications. 1.2 <i><b>Sauce preparation tools and equipment</b></i> are identified and selected as per the recipe. 1.3 Safety and hygiene standards and procedures are observed as per HCCP and legal requirements.
2. Control cost of sauces	2.1 <i><b>Tools and equipment for portioning</b></i> sauces are identified and used based on manufacturer's instructions. 2.2 Ingredients quantities are determined and measured based on recipe and workplace instructions. 2.3 Production cost is determined based on operational costs. 2.4 Selling price is determined based on production costs and workplace policy. 2.5 Records are maintained as per workplace policy.
3. Prepare sauces ingredients	3.1 Mis-en-scene is conducted as per workplace procedure. 3.2 Ingredients are assembled as per the recipe specifications. 3.3 Ingredients freshness and quality is checked as per the standard procedure. 3.4 Ingredients are prepared as per standard procedure.

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	3.5 Stocks are prepared as per standard procedure. 3.6 <i><b>Sauce garnishes</b></i> are identified, selected and prepared based on sauce type.
4. Prepare sauces	4.1 Recipes are reviewed and interpreted as per standard procedure. 4.2 Stock is measured and used based on recipe. 4.3 <i><b>Sauces</b></i> are prepared according to the recipe as per standard procedure. 4.4 Sauces are <i><b>seasoned</b></i> based on recipe and specifications. 4.5 Sauces are thickened as per standard procedure. 4.6 Sauces are simmered as per standard procedure.
5. Present sauces	5.1 Equipment for presentation of sauces are selected based on type of sauce. 5.2 Sauce is dispensed/served based on the type of sauce. 5.3 Sauces are garnished based on type. 5.4 Sauces are presented based on type and style of service.
6. Carry out housekeeping activities	6.1 Tools and equipment are cleaned and stored as per workplace policy. 6.2 Waste is managed and disposed as per environmental regulations. 6.3 <i><b>Records</b></i> are maintained as per workplace policy. 6.4 Kitchen is cleaned as per standard procedure.

## **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.

<b>Variable</b>	<b>Range</b>
<b>1.</b> Sauce ingredients may include but not limited to:	<ul style="list-style-type: none"><li>• Bones</li><li>• Vegetables</li><li>• Minced beef</li><li>• Herbs</li><li>• Egg white</li><li>• Stock</li><li>• Corn flour</li><li>• Arrowroots</li><li>• Cauliflower</li><li>• Spices</li><li>• Salt</li><li>• Pepper</li></ul>
<b>2.</b> Sauce preparation tools and equipment may include but not limited to:	<ul style="list-style-type: none"><li>• Saucepans</li><li>• Strainers</li><li>• Blenders</li><li>• Colanders</li></ul>
<b>3.</b> Equipment for presentation of sauces may include but not limited to:	<ul style="list-style-type: none"><li>• Pots</li><li>• Sauce boats</li></ul>
<b>4.</b> Sauce garnishes may include but not limited to:	<ul style="list-style-type: none"><li>• Parsley</li><li>• Tomatoes</li><li>• Carrots</li><li>• Eggs</li><li>• Cherries</li><li>• Bread</li></ul>
<b>5.</b> Methods of preparing ingredients may include but not limited to:	<ul style="list-style-type: none"><li>• Peeling</li><li>• Cutting</li><li>• Trimming</li><li>• De-stalking</li></ul>

	<ul style="list-style-type: none"> <li>• Chopping</li> <li>• Shredding</li> <li>• Slicing</li> </ul>
6. Tools and equipment for portioning may include but not limited to:	<ul style="list-style-type: none"> <li>• Sauce boats</li> <li>• Scoops</li> <li>• Soup plates</li> </ul>
7. Sauces may include but not limited to:	<p>Sauces:</p> <ul style="list-style-type: none"> <li>• Sweet sauces</li> <li>• White sauces</li> <li>• Brown sauces</li> </ul>
8. Sauce garnishes may include but not limited to:	<ul style="list-style-type: none"> <li>• Parsley</li> <li>• Tomatoes</li> <li>• Carrots</li> <li>• Eggs</li> <li>• Cherries</li> <li>• Coriander</li> <li>• Lemons</li> <li>• Rosemary</li> <li>• Onions</li> <li>• Bread crumbs</li> <li>• Bacon</li> <li>• Cheese</li> </ul>
9. Sauce seasoning may include but not limited to:	<ul style="list-style-type: none"> <li>• Assorted spices</li> <li>• Assorted salts</li> <li>• Assorted peppers</li> <li>• Assorted herbs</li> </ul>
10. Records may include but not limited to:	<ul style="list-style-type: none"> <li>• Equipment records</li> <li>• Ingredients records</li> <li>• Production cost</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:

- Knife skills
- Equipment handling
- Garnishing
- Communication
- Interpersonal
- First aid
- Time Management
- Numeracy
- Team work
- Problem solving
- Critical thinking
- Negotiation

### **Required Knowledge**

The individual needs to demonstrate knowledge and understanding of:

- Safety and hygiene in the kitchen
- Sauce ingredients
- Waste management
- Kitchen tools and equipment
- Storage
- Product knowledge
- Garnishing of soups and sauces
- Sauces quality control
- Methods of preparing a variety sauces
- Professional ethics
- Emerging trends in sauce preparation

## EVIDENCE GUIDE

1. Critical aspects of Competency	Assessment requires evidences that the candidate: 1.1 Identified appropriate ingredients for preparing sauces 1.2 Weighed/measured ingredients correctly. 1.3 Determined production cost accurately. 1.4 Determined selling price appropriately. 1.5 Prepared various sauces appropriately. 1.6 Observed safety and hygiene when preparing sauces. 1.7 Garnished sauces appropriately. 1.8 Presented the sauces appropriately 1.9 Managed and disposed wastes effectively. 1.10 Maintained production records effectively.
2. Resource Implications	The following resources MUST be provided: 2.1 A functional kitchen 2.2 A working environment meeting the OSHA standards. 2.3 Ingredients and supplies suitable for the task.
3. Method of Assessment	Competency may be assessed through: 3.1 Observation 3.2 Written test 3.3 Oral questioning 3.4 Interview 3.5 Portfolio of evidence 3.6 Third party reports.
4. Context for Assessment	Assessment may be done; <ul style="list-style-type: none"><li>• On-the-job</li><li>• Off-the-job</li><li>• During industrial attachment</li></ul>
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.