



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

LEVEL 6

PROGRAMME CODE: 0721 0654 B



TVET CDACC
P.O. BOX 15745-00100
NAIROBI

PREPARE SAUCES

UNIT CODE: HOS/OS/FP/CR/04/6/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present various sauces. It requires the ability to select and prepare sauces but not limited to: brown, white, butter and mayonnaise sauces

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA 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 sauces	1.1 Ingredients identified and selected as per the recipe. 1.2 Weigh and measure ingredients according to recipe 1.3 Hygiene and procedures are observed as per HACCP 1.4 Select type and size of equipment suitable to prepare the brown sauce 1.5 Clean and cut ingredients as per the recipe 1.6 Brown, deglaze (where necessary), add stock and cook as per recipe 1.7 Reconstitute sauces as per the recipe 1.8 Simmer, strain and season sauce as per the recipe 1.9 Garnish, present/dispense sauces as per recipe and style of service
2. Prepare white sauces	2.1 Ingredients identified and selected as per the recipe. 2.2 Weigh and measure ingredients according to recipe 2.3 Hygiene and procedures are observed as per HACCP 2.4 Select type and size of equipment suitable to prepare the sauce 2.5 Clean and cut ingredients as per the recipe 2.6 Sauté the ingredients 2.7 Add stock/milk (as necessary) and cook as per recipe 2.8 Reconstitute sauces as per the recipe 2.9 Simmer, strain and season sauce as per the recipe

	2.10 Garnish, present/dispense sauces as per recipe and style of service
3. Prepare butter sauces	3.1 Ingredients identified and selected as per the recipe. 3.2 Weigh and measure ingredients according to recipe 3.3 Hygiene and procedures are observed as per HACCP 3.4 Select type and size of equipment suitable to prepare the sauce 3.5 Clean and cut ingredients as per the recipe 3.6 Clarify butter, add other ingredients and cook as per recipe 3.7 Reconstitute sauces as per the recipe 3.8 Simmer, strain and season sauce as per the recipe 3.9 Garnish, present/dispense sauces as per recipe and style of service.
4. Prepare mayonnaise sauces	4.1 Ingredients identified and selected as per the recipe. 4.2 Weigh and measure ingredients according to recipe 4.3 Hygiene and procedures are observed as per HACCP 4.4 Select type and size of equipment suitable to prepare the sauce 4.5 Ingredients whisked as per the recipe 4.6 Reconstitute sauces as per the recipe 4.7 For variations, add ingredients as per recipe

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. White sauces may include but not limited to:	<ul style="list-style-type: none"> • Hollandaise • Velouté • Béchamel • Béarnaise
2. Brown sauces may include but not limited to:	<ul style="list-style-type: none"> • Barbecue • Gravy • Pepper sauce • Demi-glace

Variable	Range
	<ul style="list-style-type: none"> • Espagnole
3. <i>Thickening agent</i> may include but not limited to:	<ul style="list-style-type: none"> • Roux • Flour • Milk • Corn starch • Potatoes • Tomatoes • Rice • Bread • Egg yolk
4. <i>Sweet/desserts</i> may include but not limited to:	<ul style="list-style-type: none"> • Custard • Chocolate • Fruit

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 use
- Food presentation techniques
- Thickening sauces
- Knife skills
- Vegetable cuts
- cooking methods
- Cleaning methods (scrubbing, wiping, dusting)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Personal grooming
- Seasonings

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- Hazard Analysis of Critical Control Points (HACCP)
- Standard Operating Procedure (SOP)
- Occupational Safety and Health (OHS)
- Work place procedures
- Thickening agents
- Seasoning sauces
- Various types of sauces and their differences
- Time management
- Thickening sauces
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- Costing and cost control
- Herbs and spices
- Communication
- Accounting (basic)
- Interpersonal relations
- Management (supplies, human resource)
- ICT
- First Aid

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	Assessment requires evidences that the candidate: 1.1 Demonstrated the ability to select ingredients for preparing various sauces 1.2 Demonstrated ability to prepare various sauces 1.3 Demonstrated expertise in preparing various sauces cooking methods in preparing food accompaniments 1.4 Demonstrated ability to observe hygiene in the kitchen
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped operational commercial/institution kitchen including industry-current tools, utensils and equipment 2.2 Ingredients for preparing soups
3. Method of Assessment	Competency may be assessed through: 1.1 Direct observation using a checklist of the learners preparing various stocks 1.2 Written or oral questions to test knowledge 1.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
2. Context of Assessment	Competency may be assessed: 4.1 On-the-job 4.2 Off-the –job 4.3 During Industrial attachment
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.