



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

LEVEL 6

PROGRAMME CODE: 0721 0654 B



TVET CDACC
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NAIROBI

PREPARE STOCKS

UNIT CODE: HOS/OS/FP/CR/02/6/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present stock. It involves preparing of: vegetable stock, chicken stocks, beef/lamb stock, prepare fish and sea food stocks.

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 vegetable stock	1.1 Ingredients selected as per the recipe 1.2 Ingredients are prepared as per the recipe 1.3 Hygiene standards and procedures are observed as per HACCP 1.4 <i>Prepare vegetable</i> for stocks e.g. chop, cut 1.5 <i>Cooking method</i> applied to vegetable stock according to recipe 1.6 Vegetable stock is strained as per the recipe 1.7 Vegetable stock is cooled the as per the recipe 1.8 Store/use as per the specifications
2. Prepare chicken stocks	2.1 Ingredients selected as per the recipe 2.2 Ingredients are prepared as per the recipe 2.3 Hygiene standards and procedures are observed as per HACCP 2.4 Prepare chicken stocks ingredients as per the recipe 2.5 Cook the stock according to recipe 2.6 Boil and simmer ingredients as per the recipe 2.7 The stock is strained as per the recipe 2.8 Chicken stock is cooled per the recipe 2.9 Store/use as per the specifications
3. Prepare beef/lamb Stock	3.1 Ingredients selected as per the recipe 3.2 Ingredients are prepared as per the recipe 3.3 Prepare beef/lamb stocks ingredients as per the recipe

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>
	3.4 Hygiene standards and procedures are observed as per HACCP 3.5 Cook the stock according to recipe 3.6 Boil and simmer ingredients as per the recipe 3.7 The stock is strained as per the recipe 3.8 Beef/lamb stock is cooled per the recipe 3.9 Store/use as per the specifications
4. Prepare fish and sea food stocks	4.1 Ingredients selected as per the recipe 4.2 Ingredients are prepared as per the recipe 4.3 Hygiene standards and procedures are observed as per HACCP 4.4 Prepare fish and sea food stocks ingredients as per the recipe 4.5 Cook the stock according to recipe 4.6 Boil and simmer ingredients as per the recipe 4.7 The stock is strained as per the recipe 4.8 Fish and sea food stock is cooled per the recipe 4.9 Store/use as per the specifications

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. <i>Prepare vegetables</i> may include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • De-stocking • Chopping • Turning • Shredding • Slicing • Mashing

Variable	Range
	<ul style="list-style-type: none"> • Grating • Piping
2. <i>Cooking method</i> may include but not limited to:	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Pan frying • Basting • Poaching • Baking • Sauté

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
- 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
- Soup straining

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 (OSH)

- Work place procedures
- Time management
- Efficient workflow
- Nutrition and dietetics
- Culture and religion (kosher, halal, vegan)
- Special needs
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free and nut allergy, milk intolerance)
- Professional ethics
- Costing and cost control

Foundation Skills

The individual needs to demonstrate the following fundamental skills:

- Communication
- Accounting (basic)
- Inter-personal 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 select ingredients for preparing stocks as per recipe 1.2 Demonstrated ability to prepare various stocks 1.3 Demonstrated ability to brown/deglaze ingredients where necessary 1.4 Demonstrated ability to observe hygiene in the kitchen 1.5 Demonstrated ability to dispense and store stocks
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment 2.2 A variety of ingredients for preparing stocks
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist of the learners preparing various stocks 3.2 Written or oral questions to test knowledge 3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
4. 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.