



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

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

**KNQF LEVEL: 5**

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



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## PREPARE STOCKS, SOUPS AND SAUCES

UNIT CODE: HOS/OS/FP/CR/01/5/B

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present stocks, soups and sauces. It involves the ability to prepare brown white, chicken and fish stocks. The ability to prepare cream, puree, clear, broth, chowder, national and veloutte soups. The ability to prepare brown and white 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. Prepare brown stock	1.1 Ingredients are prepared as per the recipe specifications 1.2 Hygienic standards and procedures are observed while cleaning. 1.3 Freshness and quality is checked as per the SOPs. 1.4 <b>Prepare ingredients</b> for stocks e.g. chop, cut 1.5 Brown bones, vegetables as per the specifications 1.6 Stock is boiled and simmered in a stock pot as per the SOPs 1.7 stock is strained and used as per the recipe
2. Prepare white stock	2.1 Ingredients are prepared as per the recipe specifications 2.2 Hygienic standards and procedures are observed while cleaning. 2.3 Freshness and quality is checked as per the SOPs. 2.4 Prepare ingredients for stocks e.g. chop, cut 2.5 Stock is simmered in a stock pot as per the SOPs 2.6 stock is skimmed and strained and used as per the recipe
3. Prepare chicken stock	3.1 Ingredients are prepared as per the recipe chicken stock specifications 3.2 Ingredients selected as per the Hygienic standards 3.3 Freshness and quality is checked as per the SOPs. 3.4 Prepare chicken stocks ingredients as per the recipe 3.5 Boil and Simmer the stock according to recipe specifications 3.6 The stock is skimmed and strained as per the recipe 3.7 Store/use as per the specifications

4. Prepare fish stocks	4.1 Ingredients are prepared as per the recipe fish stock specifications 4.2 Ingredients selected as per the hygienic standards 4.3 Freshness and quality is checked as per the SOPs. 4.4 Fish stock ingredients are blanched as per the recipe 4.5 Fish stock is boiled and simmered as per the recipe 4.6 Fish stock is skimmed and strained as per the recipe 4.7 Fish stock is cooled as per the recipe 4.8 Stock is stored/used as per the recipe
5. Prepare cream soups	5.1 Ingredients selected as per the recipe 5.2 Ingredients prepared as per the recipe specifications 5.3 Hygiene standards and procedures observed as per HACCP 5.4 <b>Vegetables prepared</b> (where necessary) as per the recipe 5.5 Stock added as per the recipe 5.6 Soup simmered till cooked 5.7 <b>Thickening agent</b> (where necessary) added as per the recipe 5.8 <b>Seasoning</b> and taste checked as per recipe 5.9 Cream/milk/béchamel added as per the recipe 5.10 <b>Garnish</b> , Present and dispense soup as per recipe and style of service 5.11 Prepare appropriate soup accompaniments as per the type of soup
6. Prepare puree soups	6.1 Ingredients selected as per the recipe 6.2 Ingredients prepared as per the recipe specifications 6.3 Hygiene standards and procedures observed as per HACCP 6.4 Vegetables (where necessary) prepared as per the recipe 6.5 Stock added as per the recipe 6.6 Soup is boiled then simmered till cooked as per the recipe 6.7 Soup is passed blended or strained as per the desired consistency. 6.8 <b>Seasoning</b> and taste checked as per recipe 6.9 Garnish, present and dispense soup as per recipe and style of service 6.10 Prepare appropriate soup accompaniments as per the type of soup
7. Prepare clear soups	7.1 Ingredients selected as per the recipe 7.2 <b>Ice cold Ingredients</b> prepared as per the recipe specifications

	<p>7.3 Hygiene standards and procedures observed as per HACCP</p> <p>7.4 Vegetables (where necessary) prepared as per the recipe</p> <p>7.5 Egg white is mixed with the ingredients as per the recipe</p> <p>7.6 Clarify with the egg shells as per the specification.</p> <p>7.7 Stock added as per the recipe.</p> <p>7.8 Soup is boiled and simmered till cooked.</p> <p>7.9 <b>Seasoning</b> and taste checked as per recipe</p> <p>7.10 Garnish, present and dispense soup as per recipe and style of service</p>
8. Prepare broth	<p>8.1 Ingredients selected as per the recipe</p> <p>8.2 Ingredients prepared as per the recipe specifications</p> <p>8.3 Hygiene standards and procedures observed as per HACCP</p> <p>8.4 Vegetables/meat prepared as per the recipe</p> <p>8.5 Broth is boiled and simmered till cooked</p> <p>8.6 Broth is seasoned and skimmed as per recipe</p> <p>8.7 Broth is served with the cuts of meat/vegetable used to prepare the broth</p>
9. Prepare veloute'	<p>9.1 Ingredients selected as per the recipe</p> <p>9.2 Ingredients prepared as per the recipe specifications</p> <p>9.3 Hygiene standards and procedures observed as per HACCP</p> <p>9.4 Prepare blond roux as per the recipe</p> <p>9.5 Add appropriate stock as per the recipe</p> <p>9.6 Soup is boiled and simmered as per the recipe</p> <p>9.7 Soup is strained, seasoned and garnished as per the recipe</p> <p>9.8 Soup is served as per the recipe</p>
10. Prepare bisques	<p>10.1 Ingredients selected as per the recipe</p> <p>10.2 Ingredients prepared as per the recipe specifications</p> <p>10.3 Hygiene standards and procedures observed as per HACCP</p> <p>10.4 Vegetables (where necessary) prepared as per the recipe</p> <p>10.5 Sauté ingredients as per the recipe</p> <p>10.6 Fish stock added as per the recipe</p> <p>10.7 Soup is boiled and simmered till cooked</p> <p>10.8 Soup is liquidised(blended) and served as per the recipe</p>

	<p>10.9 Double cream is added to make it creamy and thicker as per the recipe</p> <p>10.10 Seasoning and taste checked as per recipe</p> <p>10.11 Garnish, present and dispense soup as per recipe and style of service</p>
11. Prepare chawder soups	<p>11.1 Ingredients selected as per the recipe</p> <p>11.2 Ingredients prepared as per the recipe</p> <p>11.3 Hygiene standards and procedures observed as per HACCP</p> <p>11.4 Vegetables (where necessary) prepared as per the recipe</p> <p>11.5 Sauté ingredients as per the recipe</p> <p>11.6 Fish stock added as per the recipe</p> <p>11.7 Soup is boiled and simmered till cooked</p> <p>11.8 Potatoes and bacon added, and soup is simmered further till cooked</p> <p>11.9 Double cream is added to make it creamy and thicker as per the recipe</p> <p>11.10 Seasoning and taste checked as per recipe</p> <p>11.11 Garnish, present and dispense soup as per recipe and style of service</p>
12. Prepare national soups	<p>12.1 Ingredients selected as per the recipe (specific to nationality)</p> <p>12.2 Ingredients prepared as per the recipe specifications</p> <p>12.3 Hygiene standards and procedures observed as per HACCP</p> <p>12.4 Vegetables (where necessary) prepared as per the recipe</p> <p>12.5 Stock added as per the recipe</p> <p>12.6 Soup is boiled and simmered till cooked as per the recipe</p> <p>12.7 Seasoning and taste checked as per recipe</p> <p>12.8 Garnish, present and dispense soup as per recipe and style of service</p> <p>12.9 Prepare appropriate soup accompaniments as per the type of soup</p>
13. Prepare brown sauces	<p>13.1 Ingredients identified and selected as per the recipe.</p> <p>13.2 Weigh and measure ingredients according to recipe</p> <p>13.3 Hygiene and procedures are observed as per HACCP</p> <p>13.4 Select type and size of equipment suitable to prepare the brown sauce</p> <p>13.5 Clean and cut ingredients as per the recipe</p>

	13.6 Brown, deglaze (where necessary), add stock and cook as per recipe 13.7 Reconstitute sauces as per the recipe 13.8 Simmer, strain and season sauce as per the recipe 13.9 Garnish, present/dispense sauces as per recipe and style of service
14. Prepare white sauces	14.1 Ingredients identified and selected as per the recipe 14.2 Weigh and measure ingredients according to recipe 14.3 Hygiene and procedures are observed as per HACCP 14.4 Select type and size of equipment suitable to prepare the sauce 14.5 Clean and cut ingredients as per the recipe 14.6 Sauté the ingredients 14.7 Roux is added as per the recipe 14.8 Add stock/milk (as necessary) and cook as per recipe 14.9 Reconstitute sauces as per the recipe 14.10 Simmer, strain and season sauce as per the recipe 14.11 Garnish, present/dispense sauces as per recipe and style of service

## 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. Ingredients include but not limited to:	<ul style="list-style-type: none"> <li>• Bones</li> <li>• Vegetables</li> </ul>
2. Ice cold Ingredients include but not limited to:	<ul style="list-style-type: none"> <li>• Minced beef</li> <li>• Vegetables</li> <li>• Herbs</li> <li>• Egg white</li> <li>• Stock</li> </ul>
3. Garnish include but not limited to:	<ul style="list-style-type: none"> <li>• Parsley</li> <li>• Tomatoes</li> <li>• Carrots</li> <li>• Eggs</li> </ul>

	<ul style="list-style-type: none"> <li>• Pancake</li> <li>• Cherries</li> </ul>
4. Vegetables Prepared include but not limited to:	<ul style="list-style-type: none"> <li>• Peeling</li> <li>• Cutting</li> <li>• Trimming</li> <li>• De-stocking</li> <li>• Chopping</li> <li>• Turning</li> <li>• Shredding</li> <li>• Slicing</li> </ul>
5. Thickening agents include but not limited to:	<ul style="list-style-type: none"> <li>• Corn flour</li> <li>• Arrowroots</li> <li>• Wheat flour</li> <li>• Egg</li> <li>• Blood</li> <li>• Coullis</li> </ul>
6. Seasoning include but not limited to:	<ul style="list-style-type: none"> <li>• Herbs</li> <li>• Spices</li> <li>• Salt</li> <li>• Pepper</li> </ul>
7. Cooking method include but not limited to:	<ul style="list-style-type: none"> <li>• Boiling</li> <li>• Frying</li> <li>• Sauté</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:

- Consistency
- Knife skills
- Vegetable cuts
- Cooking methods (e.g. boiling, simmering sweating, steaming, seasoning,)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Communication

- Interpersonal relations
- First aid
- Time Management

### **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
- Stocks, soups and sauces ingredients
- Food safety and hygiene
- Quality and control and waste management
- Proper storage
- Purchase specification
- Processed foods
- Herbs and spices
- Fats and oils
- Sugar and salt
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

### **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: <ul style="list-style-type: none"> <li>1.1 Identified types of stocks, soups and sauces</li> <li>1.2 Identified ingredients for preparing stocks, soups and sauces</li> <li>1.3 Identified equipment used in preparing stocks, soups and sauces</li> <li>1.4 Prepared various stocks, soups and sauces using the appropriate methods.</li> <li>1.5 Observed hygiene when preparing the stocks, soups and sauces</li> <li>1.6 Managed waste effectively</li> <li>1.7 Communicated effectively.</li> <li>1.8 Garnished stocks, soups and sauces</li> </ul>
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	<p>1.9 Used the stocks, soups and sauces</p> <p>1.10 Presented the stocks, soups and sauces with appropriate accompaniments</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped kitchen</p> <p>2.2 Kitchen tools and equipment</p> <p>2.3 A working environment meeting the OSHA standards</p> <p>2.4 A variety of ingredients</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Direct observation using a checklist</p> <p>3.2 Written or oral questions</p> <p>3.3 Review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.</p>
4. Context for Assessment	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>