



REPUBLIC OF KENYA

COMPETENCY BASED CURRICULUM

FOR

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS)

LEVEL 6

PROGRAMME CODE: 0721 0654 B



TVET CDACC
P.O. BOX 15745-00100
NAIROBI

STOCKS

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

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare stocks**

Duration of Unit: 80 hours

Unit Description

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

Summary of Learning Outcomes

1. Preparing vegetable stock
2. Preparing chicken stock
3. Preparing meat/lamb stock
4. Preparing fish and seafood stock

Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Preparing vegetable stock	<ul style="list-style-type: none">• Define stocks• Uses of stocks• Vegetable stock ingredients• Methods of preparing vegetables• Knife skills and vegetable cuts• Methods of cooking stock• Procedure of straining stock• Qualities of a good stock• Storage• Food costing/budgeting• Cooling and storing stock	<ul style="list-style-type: none">• Observation• Written• Assignments• Supervised exercises
2. Preparing chicken stock	<ul style="list-style-type: none">• Chicken stock ingredients• Methods of preparing of stock ingredients• Methods of cooking chicken stock• Procedure of straining stock	<ul style="list-style-type: none">• Written• Oral• Assignments• Supervised exercises

Learning Outcome	Content	Methods of Assessment
	<ul style="list-style-type: none"> • Storage of stock • Food costing/budgeting 	
3. Preparing meat/lamb stock	<ul style="list-style-type: none"> • Meat/lamb stock ingredients • Methods of preparing stock ingredients • Preparing glazes and essences • Methods of cooking meat/lamb stock • Procedure of straining stock • Storage of stock • Food costing/budgeting 	<ul style="list-style-type: none"> • Written • Practical • Observation • Oral
4. Preparing fish stock	<ul style="list-style-type: none"> • Fish stock ingredients • Methods of preparing of stock ingredients • Methods of cooking fish stock • Procedure of straining stock • Storage of stock • Food costing/budgeting 	<ul style="list-style-type: none"> • Practical • Written • Oral • Assignments • Supervised exercises

Suggested Methods of Instruction

- Group discussions
- Demonstration by trainer
- Practical work by trainee
- Exercises

Recommended Resources

- Fully equipped operational commercial kitchen including industry-current tools, utensils and equipment
- A variety of ingredients
- Table linen
- Serving utensils