



REPUBLIC OF KENYA

COMPETENCY BASED CURRICULUM

FOR

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS)

KNQF LEVEL: 5

ISCED PROGRAMME CODE: 1013 454 B



**TVET CDACC
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NAIROBI**

STOCKS, SOUPS AND SAUCES

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

Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare stocks soups and sauces**

Duration of Unit: 30 Hours

Unit Description

This unit specifies the competencies required plan, prepare and present stocks soups and sauces. It involves assembling the ingredients, working equipment, preparing vegetables, stocks, starches and soups

Summary of Learning Outcomes

1. Prepare a variety of stocks
2. Prepare various types of soups
3. Prepare a variety of sauces

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Prepare brown stock	<ul style="list-style-type: none">• Define stocks• Types of stocks• use of various stocks• Choice of stocks• Ingredients for making stocks• Methods of preparing stocks• Qualities of a good stock• Procedure of preparing brown stock• Uses of brown stock	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
2. Prepare white stock	<ul style="list-style-type: none">• Procedure of preparing white stock• Uses of white stock	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests• Practical assessments• Supervised exercises• Projects
3. Prepare chicken stock	<ul style="list-style-type: none">• Procedure of preparing chicken stock• Uses of chicken stock	<ul style="list-style-type: none">• Assignments• Oral questions• Written tests

Learning Outcome	Content	Suggested Assessment Methods
		<ul style="list-style-type: none"> • Practical assessments • Supervised exercises • Projects
4. Prepare fish stocks	<ul style="list-style-type: none"> • Procedure of preparing fish stock • Uses of fish stock • Precautions when preparing fish stock 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
5. Prepare cream soups	<ul style="list-style-type: none"> • Define soups • Types of soups • use of soups • Ingredients for making soups • Variations of cream soups • Qualities of a good cream soups • Procedure of preparing cream soup • Accompaniments of cream soup • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
6. Prepare puree soups	<ul style="list-style-type: none"> • Ingredients for making puree soups • Qualities of a good puree soups • Variations of puree soups • Procedure of preparing puree soup • Accompaniments of puree soup • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
7. Prepare clear soups	<ul style="list-style-type: none"> • Ingredients for making clear soups • Qualities of a good clear soups • Variations of clear soups 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Procedure of preparing clear soup • Accompaniments of clear soups • Garnishing 	<ul style="list-style-type: none"> • Supervised exercises • Projects
8. Prepare broth	<ul style="list-style-type: none"> • Ingredients for making broth • Qualities of a good broth • Variations of broth • Procedure of preparing broth • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
9. Prepare veloute'	<ul style="list-style-type: none"> • Ingredients for making veloute' • Qualities of a good veloute' • Variations of veloute' • Procedure of preparing veloute' • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
10. Prepare bisques	<ul style="list-style-type: none"> • Ingredients for making bisques • Qualities of a good bisques • Variations of bisques • Procedure of preparing bisques • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
11. Prepare chawder soups	<ul style="list-style-type: none"> • Ingredients for making chawder soups • Qualities of a good chawder soups • Variations of chawder soups • Procedure of preparing chawder soups • Garnishing 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
12. Prepare national soups	<ul style="list-style-type: none"> • Ingredients for making national soups • Qualities of a good national soups 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Variations of national soups • Procedure of preparing national soups • Garnishing 	<ul style="list-style-type: none"> • Practical assessments • Supervised exercises • Projects
13. Prepare brown sauces	<ul style="list-style-type: none"> • Define sauces • Types of sauces • use of sauces • Ingredients for making brown sauces • Variations of brown sauces • Qualities of a good brown sauces • Procedure of preparing sauces • Method of thickening sauces 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects
14. Prepare white sauces	<ul style="list-style-type: none"> • Ingredients for making white sauces • Variations of white sauces • Qualities of a good white sauces • Procedure of preparing white sauces • Method of thickening sauces • Other sauces e.g. valuate, demiglace, miscellaneous, compound butter sauces, cold sauces, chaud-froid. 	<ul style="list-style-type: none"> • Assignments • Oral questions • Written tests • Practical assessments • Supervised exercises • Projects

Suggested Delivery Methods

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

Recommended Resources

- Class room/individual cooker kitchen/production kitchen fully equipped
- A variety of ingredients