

	Unit ID: 505
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Prepare and cook stocks, sauces and soups in a hospitality establishment
Level: 3	Credits: 5

Purpose

People credited with this unit standard are able to: prepare stocks for menu items; prepare sauces and glazes required for menu items; prepare and cook soups required as menu items; present soups; and store and reconstitute stocks, sauces and soups.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
- Unit 292 *Practice food safety methods in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. Assessment evidence may be collected from a real workplace or simulated workplace in which there is a high degree of realism that replicates a commercial workplace setting. Where a simulated workplace is used, candidates must:

- be placed under realistic time pressures
- use commercial equipment for both training and assessment
- encounter realistic customer/staff ratios.

While the end user in the assessment activity need not be a guest, there must be documented evidence of multiple occasions where the candidate has produced product or similar for guests who have the expectations of a paying guest.

3. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.
4. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.
5. Glossary

- *Stocks and sauces* can be classical or contemporary and be from varying ethnic and cultural origins, but must include a selection from: reduced sauces; thickened sauces; hot, warm and cold emulsion, including Demi-glace; Béchamel; chicken and fish Velouté; Hollandaise and Béarnaise; Mayonnaise; Jus and Coulis.
 - *Soups* may be classical or contemporary, may be served hot or cold, and may be from varying ethnic and cultural origins, but must include a selection from each of: clear; broth; puree; cream; bisque.
 - *Thickening agents* may include but are not limited to white, blond and brown roux; beurre mani; corn flour; arrowroot and potato flour; bread; modified starch; liaison.
 - *Mise en place* means the setting out of ingredients and utensils required for the preparation of food items.
 - The term *establishment requirements* or procedures refers to any policy, procedure, recipe, or agreed requirement, either written or oral, that is made known to the worker in the kitchen for use in their work.
 - *Safe working practices* include day to day observation of safety policies and procedures, legislative requirements and professional requirements.
 - '*Specifications*' refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.
6. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
7. Regulations and legislation relevant to this unit standard include the following:
- Labour Act No 11 2007 as amended
 - Tobacco Products Control Act No 1 of 2010
 - Public Health Amendment Act 45 of 1976
 - The International Health Regulation Act 28 of 1974
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Prepare stocks for menu items

Range

Ingredients and flavouring agents may include but are not limited to meat (beef bones, game meat bones, veal bones, chicken, poultry carcasses, fish bones); vegetables (onion, carrots, leek, celery, tomato); spices (bay leaf, garlic, juniper berries, black and white pepper, cloves, pimento, salt); fresh herbs (parsley, thyme, rosemary, basil, mint).

Stocks may include but are not limited to beef bouillon, game stock, vegetable stock, white veal stock, brown veal stock, chicken stock, fish stock.

Performance Criteria

- 1.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 1.2 Appropriate recipe for stock is identified, where necessary, in line with intended use and establishment requirements.
- 1.3 Food safety and safe food handling practices for rice dish preparation, cooking and storage, are identified and applied in line with standard industry practice and food safety requirements.
- 1.4 *Mise en place* is prepared and ingredients assembled for preparation of rice dish in line with establishment procedures.
- 1.5 Stocks are started with cold water in accordance with standard industry practice.
- 1.6 Ingredients and flavouring agents are used according to standard recipes and establishment requirements.
- 1.7 Any bones to be used are blanched or roasted to achieve the desired effect of the stock.
- 1.8 Portion amounts and yields for stocks are explained in line with recipe and establishment requirements.
- 1.9 Stocks are produced to establishment requirements.
- 1.10 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 2: Prepare sauces and glazes required for menu items

Range

Hot sauces and glazes may include but are not limited to brown (Demi glaze, Veal jus, Game demi glaze); white (veal, chicken and fish Velouté, Béchamel); tomato sauce (Coulis), butter sauces (Hollandaise, Béarnaise), and their variations.

Cold sauces may include but are not limited to oil sauces (Mayonnaise, Vinaigrette); special sauces (Horseradish sauce, Sweet and sour, Cumberland, Mint sauce, Cranberry sauce).

Appropriate variations may include but are not limited to brown (Garlic sauce, Orange sauce, Cream sauce, Madeira sauce, Truffle sauce); white (Veal cream Velouté: White mustard sauce, Tarragon sauce and Horse radish; Chicken cream sauce; White wine sauce: Shrimp or Lobster sauce, Mushroom sauce, Fresh herb sauces; Cream sauce: Mornay/cheese sauce); Tomato (Portuguese or Provencal sauce); butter sauce derivatives (Hollandaise: Muslin sauce, Béarnaise: Choron); oil (salad dressings, Remoulade, Tartare sauce, Cocktail sauce).

Performance Criteria

- 2.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 2.2 Hot and cold sauces and glazes are produced from classical and contemporary recipes as required.
- 2.3 Food safety and safe food handling practices for sauce and/or glaze preparation, cooking and storage, are identified and applied in line with standard industry practice and food safety requirements.
- 2.4 *Mise en place* is prepared and ingredients assembled for preparation of dish in line with establishment procedures.
- 2.5 Sauces and glazes are prepared and cooked according to recipes and standard industry practice.
- 2.6 Quality of sauces and glazes meet establishment requirements.
- 2.7 Appropriate derivations from basic sauces are used in line with establishment requirements.
- 2.8 Thickening agents and convenience products are used in line with establishment requirements.
- 2.9 Sauces and glazes are evaluated for flavour, colour and consistency and any problems are rectified in line with establishment requirements.
- 2.10 Portion amounts and yields for sauces and glazes are explained in line with recipe and establishment requirements.

- 2.11 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 3: Prepare and cook soups required as menu items

Range

Soups may include but are not limited to: clear (Beef bouillon, Consommés of game, Fish and Poultry); thickened (chicken, vegetable, asparagus, and broccoli Cream soups); puree (potato, pea, pumpkin, and carrot, Vegetable soups, thickened Vegetable soup); national soups such as traditional Minestrone [Italy], traditional fish soup (Bouillabaisse) [France], clear Oxtail soup [England], Gazpacho [Spain]); cold (jellied Consommés, Avocado, Tomato); lentil soups; Caldo Verde.

Ingredients for soups include but are not limited to different types of stocks, vegetables, meat (carcasses, bones and fats), seasoning, thickening agents, garnishes.

Garnishes may include but are not limited to cream, croutons, chopped herbs, pancake, vegetable julienne, tomato Concassé.

Clarifying agents may include but are not limited to egg white, minced meat.

Convenience products may include but are not limited to stocks; boosters; bouillons; flavour enhancers, packet soups.

Performance Criteria

- 3.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 3.2 Appropriate recipe for dish is identified in line with guest and establishment requirements.
- 3.3 Ingredients required for soups, including stocks, are selected and assembled in line with establishment requirements.
- 3.4 Food safety and safe food handling practices for dish preparation, cooking and storage, are identified and applied in line with standard industry practice and food safety requirements.
- 3.5 *Mise en place* is prepared and ingredients assembled for preparation of the dish in line with establishment procedures.
- 3.6 Garnishes are prepared in line with establishment requirements.
- 3.7 Soups are prepared to establishment standards.
- 3.8 Clarifying, thickening agents and convenience products are used where appropriate in line with establishment requirements.
- 3.9 Soups are evaluated for flavour, colour, consistency and temperature and any problems rectified in line with establishment requirements.

- 3.10 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 4: Present soup dishes

Range

Portion refers to the allocation of an amount of food or beverage to each person.

Plate refers to the placement and arrangement of food for a person on their plate or in their bowl.

Serve refers to the offering or display of food to guests in accordance with their requests where relevant, or putting of food before guests.

Performance Criteria

- 4.1 Any sauces and garnishes are arranged in line with establishment procedures.
- 4.2 Sufficient supplies of clean, undamaged crockery are made available at temperatures appropriate for food service in line with establishment procedures.
- 4.3 Soups are portioned in line with establishment procedures.
- 4.4 Soups are plated without drips or spills and are presented in line with requirements for specified dishes and establishment procedures.
- 4.5 Effective teamwork is implemented with kitchen and food service staff to ensure timely and quality service of food in line with establishment procedures.
- 4.6 Soup is served to guests or displayed in public areas as required, at the correct temperature in line with requirements for specified dish and establishment procedures.
- 4.7 Personal hygiene practices are maintained in line with food safety and establishment procedures.
- 4.8 Soups are kept covered until service and are served within acceptable timeframes or kept at acceptable temperatures for service in line with guest and establishment requirements.

Element 5: Store and reconstitute stocks, sauces and soups

Performance Criteria

- 5.1 Stocks, sauces and soups are packaged, labeled, dated and stored in line with legislative and establishment procedures.

- 5.2 Stocks, sauces and soups are reconstituted in line with establishment procedures.
- 5.3 Re-heating of stored items is undertaken in accordance with food safety requirements and establishment procedures.

Registration Data

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