

# UV21136

## Prepare and cook stocks, soups and sauces

The aim of this unit is to develop your knowledge, understanding and practical skills in preparing and cooking stocks, soups and sauces. You will study their quality points and storage requirements.

You will demonstrate how to make a range of different soups which are always a popular menu item, so it is important that they are prepared to a high standard.

You will also be preparing and cooking stocks and sauces which are important in the kitchen because of the way they enhance and complement the flavour of foods.

Level

**2**

Credit value

**6**

GLH

**40**

Observation(s)

**2**

External paper(s)

**0**



# Prepare and cook stocks, soups and sauces

## Learning outcomes

On completion of this unit you will:

1. Be able to prepare and cook stocks
2. Be able to prepare and cook soups
3. Be able to prepare and cook sauces

## Evidence requirements

1. *Environment*  
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*  
Simulation may be used in this unit, where no naturally occurring evidence is available.
3. *Observation outcomes*  
Competent performance of Observation outcomes must be demonstrated on **at least two occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*  
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*  
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*  
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*  
There is no external paper requirement for this unit.

# Achieving observations and range

## Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

## Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



# Observations

## Learning outcome 1

### Be able to prepare and cook stocks

You can:

- a. Demonstrate the correct use of equipment to prepare, cook and store stocks
- b. Prepare ingredients for making stocks
- c. Cook different types of stocks (fresh)
- d. Apply quality points to each stage of the process
- e. Demonstrate safe and hygienic practices\*

\*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



## Learning outcome 2

### Be able to prepare and cook soups

You can:

- a. Demonstrate the correct use of equipment to prepare, cook and store soups
- b. Prepare ingredients for making soup, according to recipe or dish requirements
- c. Cook different types of soup
- d. Demonstrate finishing methods and present with appropriate accompaniments
- e. Apply quality points to each stage of the process
- f. Demonstrate safe and hygienic practices\*

\*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



### Learning outcome 3

## Be able to prepare and cook sauces

You can:

- a. Demonstrate the correct use of equipment to prepare, cook and store sauces
- b. Prepare ingredients for making sauces, according to recipe and dish requirements
- c. Produce different types of sauces
- d. Demonstrate finishing methods
- e. Apply quality points to each stage of the process
- f. Demonstrate safe and hygienic practices\*

\*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				

# Range



You must practically demonstrate that you have:

Prepared a <b>minimum of 2</b> types of stock	Portfolio reference
White	
Brown	
Fish	
Vegetable	
Prepared and cooked a <b>minimum of 4</b> types of soup	Portfolio reference
Consommé	
Potage	
Purée	
Cream	
Velouté	
Bisque	
Chilled	
Used a <b>minimum of 4</b> finishing accompaniments	Portfolio reference
Cream	
Garnish	
Herbs	
Butter	
Liaison	
Croutons or flutes	
Cheese	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Prepared and cooked a <b>minimum of 4</b> types of sauces	Portfolio reference
Roast gravy	
Béchamel (including derivatives)	
Jus lié (including derivatives)	
Purée	
Reduction	
Tomato	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

# Developing knowledge

## Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below\*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

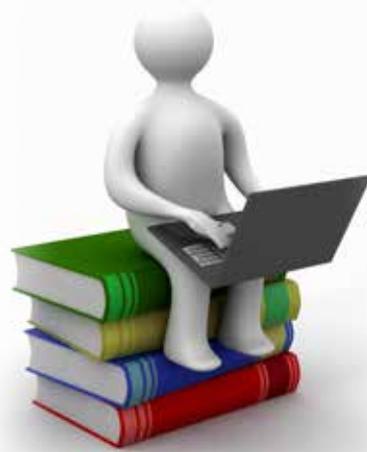
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*\*This is not an exhaustive list.*

# Knowledge



## Learning outcome 1

### Be able to prepare and cook stocks

You can:	Portfolio reference
f. Evaluate the finished product	
g. Identify different types of stock	
h. State the uses of stock	
i. Explain the quality points in preparing and cooking stocks	
j. Identify the preparation principles for stocks	
k. Explain why different stocks require different cooking times	
l. State the cooking times of different stocks	
m. Identify the cooking and chilling principles for stocks	
n. Identify correct storage procedures for stocks	



## Learning outcome 2

### Be able to prepare and cook soups

You can:	Portfolio reference
g. Evaluate the finished product	
h. Identify the different types of soup	
i. Explain the quality points in preparing and cooking soups	
j. Identify preparation and cooking principles for soups	
k. Identify appropriate finishing methods and accompaniments for soups	



### Learning outcome 3

## Be able to prepare and cook sauces

You can:	Portfolio reference
g. Evaluate the finished product	
h. Identify different types of sauces	
i. Identify sauce and dish combinations	
j. Explain the purpose of sauces	
k. Explain the quality points in preparing and cooking sauces	
l. Identify the preparation/cooking principles for sauces	
m. Describe the skills needed to check and finish sauces	
n. Identify correct storage procedures for sauces	

# Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

## Outcome 1: Be able to prepare and cook stocks

**Equipment:** Coloured coded boards, knives, stock pot, strainers, pans, storage containers, refrigerator, stove.

**Types of stock:** White (beef, chicken), brown (beef, chicken, veal), fish, vegetable.

**Prepare ingredients:** Blanching, browning, bones, vegetables (mirepoix), herbs.

**Quality points:** Freshness, colour, clarity, free from fat, taste, aroma.

**Safe and hygienic practices:** Appropriate protective clothing, wash hands regularly, clean and clear working area and tools.

**Evaluate the finished product:** Colour, clarity, flavour, aroma, seasoning.

**Uses of stock:** Soups, sauces, cooking liquor.

**Preparation principles:** Blanching, browning.

**Reasons for different cooking times:** Flavour, collagen content, bones used.

**Cooking times for different stocks:** Fish 30-40 minutes, chicken 3-4 hours, meat 5-8 hours, vegetables 30 minutes.

**Cooking and chilling principles:** Simmering, skimming, reducing, blast chilling to below 5°C.

**Storage procedures:** Below 5°C, label with date, stock rotation.



## Outcome 2: Be able to prepare and cook soups

**Equipment:** Pans, stove, spoons, knives, coloured coded boards, strainers, ladles.

**Prepare ingredients:** Cutting (meat, vegetables), adding stock.

**Different types of soup:** Consommé, potage (broth), purée, cream, velouté, bisque, chilled.

**Finishing methods and accompaniments:** Cream, garnish, herbs, butter, liaison, croutons, flutes, cheese.

**Quality points:** Freshness, colour, consistency, temperature, appearance, taste, aroma.

**Safe and hygienic practices:** Appropriate protective clothing, wash hands regularly, clean and clear working area and tools.

**Evaluate the finished product:** Colour, clarity, flavour, aroma, seasoning.

**Preparation and cooking principles:** Cutting (meat, vegetables), sweating, simmering, skimming, blending, straining.



### Outcome 3: Be able to prepare and cook sauces

**Equipment:** Pans, stove, spoons, knives, coloured coded boards, strainers, ladles.

**Prepare ingredients:** Cutting (meat, vegetables), adding stock.

**Types of sauces:** Roast gravy, béchamel derivatives, jus lié derivatives, purée, reductions, tomato.

**Finishing methods:** Skimming, correct seasoning, check flavour.

**Quality points:** Freshness, colour, consistency, appearance, taste, aroma, shine.

**Safe and hygienic practices:** Appropriate protective clothing, wash hands regularly, clean and clear working area and tools.

**Evaluate the finished product:** Colour, flavour, aroma, seasoning, shine.

**Sauce and dish combinations:** Roast meats (roast gravy), fish (reductions, batter, tartar, tomato), eggs (béchamel derivatives).

**Purpose of sauces:** Enhance flavour, complement taste, improve digestion, customer expectations.

**Preparation and cooking principles:** Cutting (meat, vegetables), adding stock, reducing, thickening (roux, liaison, cream, butter), simmering, skimming.

**Skills needed to check and finish sauces:** Adjust consistency (thickening), adjust flavouring, correct seasoning, check temperature.

**Storage procedures for sauces:** Below 5°C, label with date, stock rotation.