



Australian Government

SITHCCC007 Prepare stocks, sauces and soups

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare various stocks, sauces and soups following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment and cookery and food storage methods.

The unit applies to cooks working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, and event and function caterers.

It applies to individuals who work with very little independence and under close supervision and guidance of more senior chefs. They follow predefined organisational procedures and report any discrepancies to a higher level staff member for action.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

SITXFSA001 Use hygienic practices for food safety

Competency Field

Commercial Cookery and Catering

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Select ingredients.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

1.1. Confirm food production requirements from food preparation list and standard recipes.

1.2. Calculate ingredient amounts according to requirements.

1.3. Identify and select ingredients for stocks, sauces and soups from

- stores according to recipe, quality, freshness and stock rotation requirements.
- 1.4. Check perishable supplies for spoilage or contamination prior to preparation.
2. Select, prepare and use equipment.
- 2.1. Select type and size of equipment suitable to requirements.
- 2.2. Safely assemble and ensure cleanliness of equipment before use.
- 2.3. Use equipment safely and hygienically according to manufacturer instructions.
3. Portion and prepare ingredients.
- 3.1. Sort and assemble ingredients according to food production sequencing.
- 3.2. Weigh and measure ingredients according to recipe.
- 3.3. Clean and cut ingredients as required using basic culinary cuts according to culinary standards.
- 3.4. Minimise waste to maximise profitability of food items prepared.
4. Prepare stocks, sauces and soups.
- 4.1. Follow standard recipes, select and use cookery methods to prepare stocks, sauces and soups.
- 4.2. Use flavouring and clarifying agents according to standard recipes.
- 4.3. Use thickening agents and convenience products appropriately.
- 4.4. Make appropriate derivations from basic sauces, both hot and cold where required.
- 4.5. Make **food quality adjustments** within scope of responsibility.
5. Present and store stocks, sauces and soups.
- 5.1. Reconstitute or re-thermalise stocks, sauces and soups to required consistencies.
- 5.2. Present soups and sauces attractively on appropriate service-ware.
- 5.3. Add garnishes according to standard recipes.
- 5.4. Visually evaluate dish and **adjust presentation**.
- 5.5. Store dishes in appropriate **environmental conditions**.
- 5.6. Clean work area, and dispose of or store surplus and reusable by-products according to organisational procedures, environmental considerations, and cost reduction initiatives.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

Reading skills to:

- locate information in food preparation lists and standard

- recipes to determine food preparation requirements
- locate and read date codes and rotation labels on food products.
- Numeracy skills to:
 - calculate the number of portions
 - determine cooking times and temperatures.
- Problem-solving skills to:
 - evaluate quality of ingredients and finished dishes and make adjustments to ensure a quality product
 - adjust taste, texture and appearance of food products according to identified deficiencies.
- Planning and organising skills to:
 - efficiently sequence the stages of food preparation and production.
- Self-management skills to:
 - manage own speed, timing and productivity.

Range of Conditions

Specifies different work environments and conditions that may affect performance. Essential operating conditions that may be present (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) are included.

Range is restricted to essential operating conditions and any other variables essential to the work environment.

Food quality adjustments must involve consideration of factors relating to:

- taste
- temperature
- texture.

Adjusting presentation must involve consideration of:

- accompaniments and garnishes that maximise visual appeal:
 - balance
 - colour
 - contrast
- plating food for practicality of:
 - customer consumption
 - service
- wiping drips and spills.

Environmental conditions must ensure appropriate:

- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers

- ventilation.

Unit Mapping Information

SITHCCC203 Produce stocks, sauces and soups

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>