



Australian Government

SITHCCC029 Prepare stocks, sauces and soups

Release: 1

SITHCCC029 Prepare stocks, sauces and soups

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.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

Pre-requisite Unit

Unit Code	Unit Title
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SITXFSA005	Use hygienic practices for food safety
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Competency Field

Commercial Cookery and Catering

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
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Elements describe the essential outcomes

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

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| 1. Select ingredients. | 1.1. Confirm food production requirements from 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 agents according to standard recipes.
4.3. Use clarifying techniques according to standard recipes.
4.4. Use thickening agents and convenience products according to standard recipes.
4.5. Make derivations from basic sauces, both hot and cold where required.
4.6. 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, using garnishes according to standard recipes.
5.3. Visually evaluate dish and adjust presentation.
5.4. Store prepared food items in appropriate environmental conditions. |

- 5.5. 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.

Unit Mapping Information

Supersedes and is equivalent to SITHCCC007 Prepare 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>

Assessment Requirements for SITHCCC029 Prepare stocks, sauces and soups

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- follow standard recipes to prepare each of the following stocks:
 - brown beef stock
 - brown chicken stock
 - white chicken stock
 - fish stock
 - vegetable stock
- prepare the above five stocks for use in different recipes:
 - within commercial time constraints and deadlines
 - reflecting required quantities to be produced
 - following procedures for portion control and food safety practices when handling and storing different food types
- follow standard recipes to prepare each of the following sauces at least once:
 - béchamel sauce:
 - mornay
 - stock reduction sauce:
 - demi glace
 - jus
 - Hollandaise sauce
 - Bearnaise sauce
 - cream reduction sauce:
 - pepper
 - mushroom
 - sauce tomate
 - beurre blanc
 - velouté:
 - chicken
 - fish
 - coulis
 - mayonnaise

- follow standard recipes to prepare each of the following soups at least once:
 - consomme
 - broth
 - purée
 - cream
 - bisque
 - chilled soup
- prepare the above sauces and soups:
 - within commercial time constraints and deadlines
 - reflecting required quantities to be produced
 - following procedures for portion control and food safety practices when handling and storing different food types
 - responding to at least one special customer request.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- culinary terms and trade names for ingredients commonly used in the production of different stocks, sauces and soups relating to:
 - convenience products
 - thickening agents
- contents of date codes and rotation labels for stock
- characteristics of sauces and soups listed in the performance evidence:
 - appearance and presentation
 - classical and contemporary variations
 - dishes to which they are matched
 - freshness and other quality indicators
 - preparation methods and techniques
 - production and cooking durations
 - service style
 - taste
 - texture
- characteristics of stocks listed in the performance evidence:
 - classical and contemporary variations
 - recipes in which they are used
 - quality indicators of stock:
 - clear
 - fat-free
 - smell

- taste
- preparation methods and techniques
- production and cooking duration
- derivatives of base stocks and sauces
- clarifying techniques for stocks, sauces and soups, including:
 - use of egg white
- mise en place requirements for stocks, sauces and soups
- appropriate environmental conditions for storing stock, sauces and soups products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce stocks, sauces and soups.

Assessment Conditions

Skills must be demonstrated in an operational commercial kitchen. This can be:

- an industry workplace; or
- a simulated industry environment, such as an industry-realistic training kitchen servicing customers.

Assessment must ensure access to:

- fixtures and large equipment:
 - commercial:
 - blender
 - food processor
 - commercial grade work benches (1.5 m per person)
 - commercial oven and trays (one per two persons):
 - commercial refrigeration facilities:
 - cool room or fridge
 - freezer
 - designated storage areas for dry goods and perishables
 - sink
 - gas, electric or induction stove top (two burners per person)
 - storage facilities:
 - shelving
 - trays
- small equipment:
 - containers for hot and cold food
 - cutting boards
 - grater
 - knife sharpening equipment:

- sharpening steel
- sharpening stone
- knives:
 - chef's knife
 - utility knife
- measures:
 - measuring jugs
 - measuring spoons
 - portion control scoops
- mouli
- muslin cloths
- pots and pans:
 - fry pans
 - stainless steel stock pots
- scales
- scoops, skimmers and spiders
- stainless steel bowls
- service-ware:
 - crockery
 - cutlery and serving utensils
- small utensils:
 - sieve
 - peelers, corers and slicers
 - scraper
 - spatula
 - strainers and chinois
 - tongs and serving utensils
 - whisk
- spoons and ladles
- thermometer
- food safe gloves
- cleaning materials and equipment:
 - cleaning cloths
 - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
 - dustpans and brooms
 - garbage bins and bags
 - hand towel dispenser and hand towels
 - mops and buckets
 - separate hand basin and soap for hand washing

- sponges, brushes and scourers
- tea towels
- organisational specifications:
 - equipment manufacturer instructions
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - food safety plans
 - guidelines relating to food disposal, storage and presentation requirements
 - mise en place lists and standard recipes
 - safety data sheets (SDS) for cleaning agents and chemicals
- diverse and comprehensive range of perishable food supplies for producing stocks, sauces and soups specified in the performance evidence.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors and:

- have achieved the Certificate III or Certificate IV in Commercial Cookery, or Certificate III or IV in Catering Operations, or their successors; or

hold a trade certificate as a cook or chef or equivalent; and

- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

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