

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare stocks
Code	108397L1
Range	This unit of competency is applicable to all catering food production practitioners. This UoC concerns competences in preparing stocks ready for cooking.
Level	1
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing stocks</p> <ul style="list-style-type: none"> • Possess basic knowledge of different types of stocks and how to identify them, such as: <ul style="list-style-type: none"> ○ White stock: A clear, pale liquid made by simmering poultry, beef, or fish bones ○ Brown stock: An amber liquid made by browning/roasting before making stock with poultry, beef, veal, or game bones ○ Fumet: A highly flavored stock made with fish bones. ○ Bouillon: The liquid that results from simmering meats or vegetables; also referred as broth ○ Glace: A reduced stock with a jelly-like consistency, made from brown stock, chicken stock, or fish stock • Possess basic knowledge of the equipment to be used in making stocks, such as: <ul style="list-style-type: none"> ○ Liquidizer ○ Stockpots ○ Saucepans ○ Spoons • Understand the appropriate temperature (above 63°C) for holding and serving stocks in accordance with food safety • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Prepare stocks:</p> <ul style="list-style-type: none"> • Select, weight, and prepare all necessary ingredients for the making stock., such as: <ul style="list-style-type: none"> ○ meat; fish; bones; ○ mirepoix (onion, carrots, celery, other vegetables); ○ herbs and spices; ○ liquid (water, wine) • Cut the bones and place into a stockpot for browning. For brown stock, the bones need to be roasted in oven with mirepoix added later until browned, then placed into stockpot • Cover bones with cold water and add mirepoix • Cover the pot, bring water to boil, then turn down heat to simmer stock for 4-6 hours, skimming impurities from the surface when deem necessary • Strain the finished stock through a cheesecloth-lined mesh strainer • If not for immediate use, cool the finished stock to 70°F within one hour to prevent the growth of bacteria. Either filling a sink with ice water and lowering the entire pot of hot stock into the ice bath or stirring the stock to speed up cooling can be considered. Once it reaches 70°F, transfer the stock to...MORE refrigerator where it will can be kept for 2 to 3 days. <p>3. Exhibit professionalism</p>

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	<ul style="list-style-type: none">• Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment• Follow industry best practices to produce good quality stocks
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none">• Select suitable ingredients to produce the stock of appropriate flavor and, color and texture• Use an appropriate method to cool the finished stock product to the appropriate temperature for later use and follow food safety procedures for handling and storing stocks
Remark	