

Prepare, cook and finish complex soups

Overview

This standard is about preparing, cooking and finishing complex soups, for example:

- consommé
- bisque
- chowder
- velouté
- cold soups

The standard covers a range of preparation, cooking and finishing methods associated with complex soups.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish complex soups; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain food safety in a kitchen environment
- Apply and monitor food safety management procedures in hospitality
- Manage food safety in a professional kitchen
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Prepare, cook and finish complex soups

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Performance criteria

You must be able to:

1. Select the type and quantity of ingredients needed for the soup
2. Check the ingredients to make sure they meet quality standards and other requirements
3. Choose the correct tools, knives and equipment to prepare, cook and finish the soup
4. Use the tools, knives and equipment correctly when preparing, cooking and finishing the soup
5. Combine the ingredients ready for cooking
6. Prepare and cook the soup to meet requirements
7. Ensure the soup has the correct flavour, colour, consistency and quantity
8. Finish and present the soup to meet requirements
9. Ensure the dish is at the correct temperature for holding and serving
10. Store any cooked soup not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. Different types of complex soup and their characteristics
2. How to select the correct type, quality and quantity of ingredients to meet dish requirements
3. What quality points to look for in soup ingredients
4. What you should do if there are problems with the ingredients
5. What the correct tools, knives and equipment are when carrying out the required preparation, cooking and finishing methods
6. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
7. Why it is important to use the correct tools, knives, equipment and techniques when preparing, cooking and finishing complex soups
8. The correct temperatures for cooking complex soups and why these temperatures are important
9. Common faults in complex soups and how to minimise and correct them
10. How to identify when soups have the correct colour, flavour, consistency, quantity and finish
11. How to adjust the taste and flavour of complex soups
12. How to balance the flavour, texture, colour, consistency and quality of the soup
13. The appropriate accompaniments and garnishes for different complex soups
14. Current trends in relation to complex soups
15. What quality points relate to complex soups
16. The correct temperatures for holding and serving soups
17. How to store cooked soups not for immediate use
18. Healthy eating options when preparing, cooking and finishing complex soups

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Scope/range

1. Preparation, cooking and finishing methods

- 1.1 weighing / measuring
- 1.2 chopping
- 1.3 simmering
- 1.4 clarifying
- 1.5 boiling
- 1.6 whisking
- 1.7 passing/straining
- 1.8 skimming
- 1.9 chilling
- 1.10 liaison
- 1.11 accompaniment / garnish

2. Soups

- 2.1 consommé
- 2.2 bisque
- 2.3 chowder
- 2.4 velouté
- 2.5 complex cream soups
- 2.6 cold soups

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Suite Hospitality - Professional Cookery

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