

Make basic stocks

Overview

This standard is about making basic stocks, for example:

- brown
- fish
- white
- vegetable

This standard covers the stages required to make a range of basic stocks.

This standard focuses on the technical knowledge and skills required to make basic stocks; 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 basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- 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:

- Make basic stocks

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Performance criteria

You must be able to:

1. Select the type and quantity of ingredients required for preparation
2. Check the ingredients meet quality and other requirements
3. Choose the correct tools, knives and equipment required to make the stock
4. Use the tools, knives and equipment correctly when making the stock
5. Prepare the ingredients to meet the requirements of the stock
6. Cook the ingredients to meet the requirements of the stock
7. Ensure the stock has the correct flavour, colour, consistency and quantity
8. Store any cooked stock 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 basic stocks and their characteristics
2. How to check that the ingredients meet requirements
3. What quality points to look for in stock ingredients
4. Why and to whom you should report any problems with the ingredients for stocks
5. The correct tools, knives and equipment to carry out the required preparation and cooking methods
6. How to carry out each of the preparation and cooking methods according to requirements
7. Why it is important to use the correct techniques, tools, knives and equipment when making basic stocks
8. The correct temperatures for making basic stocks and why these temperatures are important
9. How to check and adjust a stock to make sure it has the correct flavour, colour, consistency and quantity
10. The correct temperatures for holding stocks
11. The correct temperatures and procedures for storing stocks not for immediate use
12. Healthy eating options when making stocks

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Scope/range

1. Stocks

- 1.1 brown
- 1.2 fish
- 1.3 vegetable
- 1.4 white

2. Preparation and cooking methods

- 2.1 weighing / measuring
- 2.2 browning / roasting
- 2.3 simmering
- 2.4 boiling
- 2.5 reducing
- 2.6 skimming
- 2.7 straining



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