



## **National Unit Specification: general information**

**UNIT** Stocks and Sauces (SCQF level 5)

**CODE** F7DX 11

### **SUMMARY**

This Unit is an optional Unit of the National Certificate in Hospitality SCQF level 5 but it can also be taken as a free-standing Unit. The Unit will introduce candidates to the production of a range of stocks and sauces and their extensions. Candidates will learn about health and safety issues, equipment and terminology, while preparing and cooking a range of stocks and sauces.

Candidates will participate in a number of activities which will help them to develop the skills identified within this Unit.

Successful completion of this Unit will ensure that candidates have knowledge of the reasons why faults occur in a range of stocks and sauces and the possible remedies.

### **OUTCOMES**

- 1 Prepare and cook a range of stocks.
- 2 Prepare and cook a jus, a range of sauces and roast gravies.
- 3 Prepare extensions from a range of sauces.
- 4 State the reasons why faults occur in a range of stocks and sauces and describe possible remedies.

### **RECOMMENDED ENTRY**

Entry is at the discretion of the centre.

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#### **Administrative Information**

**Superclass:** NF

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## **National Unit Specification: general information (cont)**

**UNIT**        Stocks and Sauces (SCQF level 5)

### **CREDIT VALUE**

1 credit at SCQF level 5 (6 SCQF credit points at SCQF level 5\*)

*\*SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

### **CORE SKILLS**

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes of this Unit Specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

## **National Unit Specification: statement of standards**

### **UNIT        Stocks and Sauces (SCQF level 5)**

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit Specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

#### **OUTCOME 1**

Prepare and cook a range of stocks.

##### **Performance Criteria**

- (a) Select and prepare ingredients for a range of stocks.
- (b) Prepare and cook a range of stocks according to specification.
- (c) Calculate cooking time and monitor cooking temperature during cooking.
- (d) Strain, cool and store stocks prior to use where appropriate.
- (e) Work safely and hygienically throughout.

#### **OUTCOME 2**

Prepare and cook a jus, a range of sauces and roast gravies.

##### **Performance Criteria**

- (a) Select ingredients for a jus, a range of sauces and roast gravies.
- (b) Prepare a jus, a range of sauces and roast gravies according to specification.
- (c) Identify the thickening agent in a range of sauces and roast gravies.
- (d) Identify a suitable menu example for a range of sauces, jus and roast gravies.
- (e) Work safely and hygienically throughout.

#### **OUTCOME 3**

Prepare extensions from a range of sauces.

##### **Performance Criteria**

- (a) Select ingredients for extensions of a range of sauces.
- (b) Prepare a range of extensions according to specification.
- (c) Work safely and hygienically throughout.

#### **OUTCOME 4**

State the reasons why faults occur in a range of stocks and sauces and describe possible remedies.

##### **Performance Criteria**

- (a) State the reasons why faults occur in a range of stocks and sauces.
- (b) Identify suitable remedies where appropriate.
- (c) Describe cooling and storage procedures for a range of stocks and sauces.

## **National Unit Specification: statement of standards (cont)**

### **UNIT** Stocks and Sauces (SCQF level 5)

#### **EVIDENCE REQUIREMENTS FOR THIS UNIT**

Evidence must be produced to demonstrate that all Outcomes and Performance Criteria have been met.

Performance and written/oral evidence is required for this Unit.

- ◆ Practical activities for this Unit should be carried out under supervision either in a simulated environment, realistic working environment or workplace, and should involve preparing and cooking a range of stocks and sauces
- ◆ Written/oral evidence is required which demonstrates knowledge and understanding of thickening agents, menu examples for a jus, a range of sauces and roast gravies, the faults that can occur and remedies

#### **Outcome 1 — Performance evidence**

Candidates will be required to demonstrate by practical activity that they can:

- ◆ select and prepare ingredients for a range of stocks
- ◆ prepare and cook a range of stocks according to specification
- ◆ calculate cooking time and monitor cooking temperature during cooking
- ◆ strain, cool and store prior to use where appropriate
- ◆ work safely and hygienically throughout

**Stocks:** White meat or poultry, brown meat or poultry, fish, vegetable.

Candidates will be required to prepare and cook each of the stocks on one occasion.

An assessor observation checklist must be retained as evidence of performance.

#### **Outcome 2 — Performance evidence**

Candidates will be required to demonstrate by practical activity that they can:

- ◆ select ingredients for a jus, a range of sauces and roast gravies
- ◆ prepare and cook a jus, a range of sauces and roast gravies according to specification
- ◆ work safely and hygienically throughout

**Sauces:** Bechamel, veloute, espagnole, tomato, warm emulsion, mayonnaise, apple, bread.

**Jus:** Chicken.

**Roast Gravies:** Thickened, unthickened.

Candidates will be required to produce the jus and each of the sauces and roast gravies on one occasion.

The practical activities must be carried out supervised and in a professional kitchen, realistic working environment or workplace. An assessor observation checklist must be retained as evidence of performance.

## National Unit Specification: statement of standards (cont)

### UNIT Stocks and Sauces (SCQF level 5)

#### Outcome 2 — Written/oral evidence

Candidates are required to demonstrate that they can:

- ◆ identify the thickening agent in a range of sauces and roast gravies
- ◆ identify a suitable menu example for a range of sauces, jus and roast gravies

**Sauces:** Bechamel, veloute, espagnole, tomato, warm emulsion, mayonnaise.

**Roast Gravy:** Thickened.

**Thickening agents:** White roux, blond roux, brown roux, eggs, cornflour, arrowroot, beurre manie.

Candidates are required to match one thickening agent to each sauce and roast gravy and suggest one menu example for each sauce and roast gravy.

This assessment could be completed by the use of a pro forma and should be conducted in open-book supervised conditions.

#### Outcome 3 — Performance evidence

Candidates will be required to demonstrate by practical activity that they can:

- ◆ select ingredients for extensions of a range of sauces
- ◆ prepare a range of extensions according to specification
- ◆ work safely and hygienically throughout

**Sauces:** Bechamel, veloute, demi-glace, warm emulsion, mayonnaise.

Candidates are required to produce one extension from each sauce on one occasion.

The practical activities must be carried out in a professional kitchen, realistic working environment or workplace, in supervised conditions, and an assessor observation checklist must be retained as evidence of performance.

#### Outcome 4 — Written/oral evidence

Candidates are required to demonstrate that they can:

- ◆ state the reasons why faults occur in a range of stocks, sauces, jus and roast gravies
- ◆ identify suitable remedies where appropriate
- ◆ describe cooling and storage procedures for a range of stocks, sauces, jus and roast gravies

**Stocks:** White meat or poultry, fish.

**Sauces:** Bechamel, veloute, espagnole, warm emulsion, mayonnaise.

**Jus:** Chicken.

**Roast Gravies:** Thickened, unthickened.

## **National Unit Specification: statement of standards (cont)**

### **UNIT**      Stocks and Sauces (SCQF level 5)

This assessment could take the form of restricted response questions and 30 minutes should be allowed to complete the questions. It should be undertaken in closed-book supervised conditions and the completed assessment retained as evidence of performance.

## **National Unit Specification: support notes**

### **UNIT        Stocks and Sauces (SCQF level 5)**

This part of the Unit Specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

#### **GUIDANCE ON THE CONTENT AND CONTEXT FOR THIS UNIT**

This Unit is an optional Unit of the National Certificate Hospitality Course, but can be taken as a free-standing Unit.

Practical activities should be carried out either in a professional kitchen, realistic working environment or real workplace, which involves working with others in a team to develop good working practice.

The focus of this Unit is practical vocational training. The Unit will develop the skills required to carry out a range of preparation techniques and methods of cookery for a range of stocks, sauces jus and gravy, and to extend their knowledge by producing extensions of a range of sauces. Candidates will also learn about the reasons why faults occur in a range of stocks and sauces and possible ways of rectifying these faults. Additional thickening agents other than roux will also be used, and the use of potato starch, butter and cream in addition to those listed should be demonstrated. Suitable uses for each of these stocks, sauces, jus and gravies should be identified.

The teacher/lecturer should demonstrate the production of demi-glace and its use discussed. Candidates will not be required to produce demi-glace but they will be required to produce an extension of demi-glace.

It may be beneficial to introduce convenience stocks and sauces to allow candidates to compare preparation time, taste, appearance and cost with the freshly made products. There is no requirement for candidates to produce finished dishes from the stocks, sauces, jus and gravies; therefore it is recommended that this Unit is integrated with other food production Units.

As stocks and sauces are the foundation upon which many dishes are built in the kitchen, the importance of correct preparation and storage must be stressed.

#### **GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT**

The requirements for the Unit should be discussed with candidates as part of the induction to the Unit. The main approach to learning and teaching should be practical and experiential. Candidates should be encouraged to learn through a variety of activities which are designed to enhance their awareness of the work that goes on in the professional kitchen. Candidates should be encouraged to perform tasks and conduct themselves in a manner appropriate to the workplace.

Each part of the teaching/learning should incorporate both theory and practice to facilitate learning, and all Outcomes should be integrated where possible. It would also be appropriate to integrate this Unit with other food production Units.

## National Unit Specification: support notes (cont)

### UNIT Stocks and Sauces (SCQF level 5)

Opportunities should be taken to integrate the required knowledge of food hygiene and health and safety while participating in practical activities. In this way, food hygiene and health and safety procedures will not only be more relevant but will be more easily understood and remembered. Candidates should always be made aware of hazards and risks when working in the professional kitchen and the controls that are in place to minimise these risks. The emphasis should always be on the practice of working safely and hygienically.

All new techniques and equipment should be demonstrated by the teacher/lecturer prior to the candidates undertaking the preparation of stocks and sauces. The development of correct working practices must be emphasised.

Candidates should be given clear instructions for each task to ensure that they are fully aware of what is expected of them and candidates should be encouraged to follow standard recipes when carrying out the practical tasks. The use of poultry carcasses and game/veal bones is recommended for the production of the stocks. Candidates should be encouraged to research menu examples for the use of jus. Pasteurised egg should be used in the manufacture of mayonnaise if the sauce is to be served.

Culinary terms commonly associated with stocks and sauces such as: blanching, simmering, skimming, straining, reduction should be explained and candidates should be encouraged to use them appropriately during practical activities. The use of the correct equipment should be emphasised with regard to the size of the pots for the amount being prepared. The range of extensions should not be limited to the sauces listed and candidates should be encouraged to research additional sauces that can be prepared from the base product.

The teacher/lecturer should encourage candidates to monitor the cookery process, where appropriate, with regard to temperature and time. Following the production of stocks candidates should analyse the stock regarding colour, taste and appearance and for sauces the analysis should be on colour, texture, consistency and taste. This will develop the candidate's understanding of acceptable quality. The reasons that faults occur in the production of stocks and sauces should be a part of every practical session and should include greasy stock, curdled mayonnaise, bitter taste, etc. Possible remedies should also be given.

It is strongly recommended that candidates should complete structured worksheets to track the practical activities in which they have participated. This would encourage candidates to reflect on their performance.

The Unit, therefore, should incorporate a variety of approaches to teaching and learning, including:

- ◆ Teacher/lecturer demonstrations
- ◆ Practical activities
- ◆ A variety of resources
- ◆ Reflection and evaluation
- ◆ Structured worksheets



## **National Unit Specification: support notes (cont)**

### **UNIT**      Stocks and Sauces (SCQF level 5)

#### **OPPORTUNITIES FOR CORE SKILL DEVELOPMENT**

In this Unit candidates will be weighing and measuring. Therefore, there will be opportunities to develop aspects of the following Core Skill:

- ◆ *Numeracy*

#### **GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT**

The Evidence Requirements are fully expressed in the mandatory section of this Unit Specification. Assessor observation checklists and other assessment records should be maintained and kept up-to-date to keep track of candidate progress and provide evidence for internal and external verification purposes.

The ASP pack provided for this Unit illustrates the standard that should be applied. It includes assessor observation checklists and an example of a pro forma for Outcome 2 and restricted response questions for Outcome 4. If a centre wishes to design its own assessments for this Unit, they should be of a comparable standard.

#### **Opportunities for the use of e-assessment**

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

#### **DISABLED CANDIDATES AND/OR THOSE WITH ADDITIONAL SUPPORT NEEDS**

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website [www.sqa.org.uk/assessmentarrangements](http://www.sqa.org.uk/assessmentarrangements)