

Unit DR7D 04 (2FPC3) Make basic stock

This Unit has the following element:

Element 1 (2FPC3.1) Make basic stock

Candidate Name:

Assessment Centre:

I have completed the requirements of this Unit.

Candidate signature: _____ **Date:** _____

I can confirm the candidate has completed all requirements of this Unit.

Assessor signature: _____ **Date:** _____

Assessor counter signature:
(where applicable) _____ **Date:** _____

IV signature: _____ **Date:** _____

IV counter signature:
(where applicable) _____ **Date:** _____

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Unit Summary

This Unit is about preparing and cooking basic stocks, for example:

- ◆ vegetable
- ◆ chicken
- ◆ fish
- ◆ game
- ◆ beef

The preparation and cooking techniques covered include:

- ◆ weighing/measuring
- ◆ browning/roasting
- ◆ simmering
- ◆ boiling
- ◆ skimming
- ◆ straining

The typical day-to-day activities you might carry out for this Unit include:

- ◆ checking the ingredients meet dish requirements
- ◆ selecting tools and equipment for preparation and cooking
- ◆ preparing and cooking the stock
- ◆ making sure the stock meets dish requirements such as flavour, colour and quantity
- ◆ making sure the stock is held at the correct temperature
- ◆ storing cooked stocks not for immediate use

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Element 1 (2FPC3.1)

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What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony		
①	Check the ingredients meets requirements	
②	Choose and use tools and equipment correctly	
③	Prepare and cook the stock to meet requirements	
④	Make sure the stock has the correct flavour, colour and quantity	
⑤	Present the stock to meet requirements	
⑥	Make sure the stock is at the correct temperature for holding	
7	Safely store any cooked stock not for immediate use	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Preparation and cooking methods, at least five required from the following:</i>						
weighing/measuring						
browning/roasting						
simmering						
boiling						
skimming						
straining						
<i>Candidates must demonstrate through performance that they can make three of the following stocks, the remaining may be assessed through questioning or witness testimony:</i>						
vegetable						
chicken						
fish						
game						
beef						

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Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

What you must know for the Unit	
For the whole Unit	
K1	How to check the ingredients to meet requirements
K2	What quality points to look for in stock ingredients
K3	What you should do if there are problems with the ingredients
K4	The correct techniques, tools and equipment to carry out the following preparation and cooking methods: <ul style="list-style-type: none"> ◆ weighing/measuring ◆ browning/roasting ◆ boiling ◆ simmering ◆ skimming ◆ straining
K5	How to carry out the following preparation and cooking methods according to requirements: <ul style="list-style-type: none"> ◆ weighing/measuring ◆ browning/roasting ◆ boiling ◆ simmering ◆ skimming ◆ straining
K6	Why it is important to use the correct tools, equipment and techniques
K7	The correct temperatures for cooking stocks
K8	How to identify when stocks have the correct colour, flavour and quantity
K9	The correct temperatures for holding and storing stock
K10	Healthy eating options when making stock

Knowledge evidence retained

Assessor signature: _____

Date: _____

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Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback