

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/01/5/A

Prepare Stocks, Soups and Sauces

Nov/Dec 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

PRACTICAL ASSESSMENT

5 HOURS

INSTRUCTIONS TO THE CANDIDATE:

You have 5 hours to prepare, produce and present *four (4) portions* of each of the following products:

TASK I: Prepare Basic Brown Stock

TASKII: Prepare Cream of Tomato Soup

TASK III: Prepare Robert Sauce

You are provided with the following resources for the practical tasks:

- Fully equipped and safe kitchen
- Timer/ watch
- Basic ingredients for the tasks.
- Recipes

TASK 1: PREPARE BASIC BROWN STOCK

| Ingredients | Quantity |
|-------------|----------|
|-------------|----------|

| | |
|----------------------|----------|
| Bones (veal) | 1 kg |
| Cold water | 4 litres |
| Mirepoix | |
| Onions, chopped | 140 gm |
| Carrots, chopped | 70 gm |
| Celery, chopped | 24 gm |
| Leeks | 1/2kg |
| Tomato paste | 150 gm |
| Bouquet garni | |
| Bay leaf | 2 leaves |
| Thyme | 1 sprig |
| Peppercorns | 2 gm |
| Parsley | ¼ bunch |
| Whole cloves | 4 nos. |

Procedure:

1. Cut bones into pieces about 5 cm in size with meat saw.
2. Place bones in roasting pan in a hot oven (200°C) or carefully browning in a little fat in a frying pan and brown them well.
3. Remove bones from the pan and place in stockpot. Cover with cold water and bring to a simmer.
4. Drain and reserve the fat in the pan. Deglaze the pan with water and add to stock.
5. Toss the mirepoix with some of the reserved fat and brown well in the oven.
6. Add the browned mirepoix, the tomato puree, and the sachet to the stock pot.
7. Add the bouquet garni and peppercorns
8. Continue to simmer for 2 hours, skimming frequently. Add water as needed to cover the bones
9. Strain. Cool in water bath and refrigerate.

TASK 2: PREPARE CREAM OF TOMATO SOUP

| Ingredients | Quantity |
|-------------|----------|
|-------------|----------|

| | |
|------------------------------|----------|
| Oil | 50 ml |
| Onion, diced | 25 gm |
| Carrots, diced | 100 gm |
| Celery, diced | 20 gm |
| Leeks | 20g |
| Wheat flour | 50 gm |
| Fresh, fully ripe tomatoes | ¼ kg |
| Stock (prepared from task 1) | 1 litre |
| <i>Bouquet garni</i> | |
| Bay leaf | 2 leaves |
| Thyme | 1 sprig |
| Peppercorns | 2 gm |
| Parsley | ¼ bunch |
| Salt, pepper | 5g each |
| Croutons | |
| Sliced bread | 1 slice |
| Butter | 50 gm |
| Gastric | |
| White vinegar | 100 ml |
| Caster sugar | 35 gm |

Procedure

1. Melt the butter or heat the oil in a thick-bottomed pan.
2. Add the celery, onion and carrot (mirepoix) and brown lightly.
3. Mix in the flour and cook to a sandy texture.
4. Gradually add the hot stock.
5. Stir to the boil.
6. Remove the eyes from the tomatoes, wash them well, and squeeze them into the soup after it has come to the boil.
7. If colour is lacking, add a little tomato paste soon after the soup comes to the boil.
8. Add the bouquet garni and season lightly.

9. Simmer for approximately 1 hour. Skim when required.
10. Remove the bouquet garni and mirepoix.
11. Liquidise or pass firmly through a sieve, then through a conical strainer.
12. Return to a clean pan, correct the seasoning and consistency. Bring to the boil.

Prepare gastric in a thick bottomed pan.

13. Reduce 100 ml of malt vinegar and 35 g caster sugar until it is a light caramel colour. Mix this into the completed soup.
14. Serve with croutons

TASK 3: PREPARE ROBERT SAUCE

| Ingredients | Quantity |
|--------------------------------|-------------|
| Oil | 20 ml |
| Onions, finely chipped | 10 gm |
| White Vinegar | 60 ml |
| Stock (from task 1) | 350 ml |
| English or continental mustard | 1 level tsp |
| Caster sugar | 1 level tsp |

Procedure

1. Reduce the stock
2. Melt the fat or oil in a small sautéuse.
3. Add the onions. Cook gently without colour.
4. Add the vinegar and reduce completely.
5. Add the stock; simmer for 5–10 minutes.
6. Remove from the heat and add the mustard, diluted with a little water and the sugar; do not boil.
7. Skim and correct the seasoning.

THIS IS THE LAST PRINTED PAGE