

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/01/5

Prepare Stocks, Soups and Sauces

July/August 2025



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

PRACTICAL ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
 - i. Prepare white stock
 - ii. Prepare vegetable puree soup.
 - iii. Prepare Hollandaise sauce.

2. You have been provided with the following ingredients and resources for the practical tasks:
 - i. Raw meaty bones
 - ii. Cold water
 - iii. Pepper corns

- iv. Carrots, chopped
- v. Onions chopped
- vi. Celery, chopped
- vii. Leeks
- viii. Stalks of parsley
- ix. Thyme
- x. Bay leaf
- xi. White stock (preserved from task 1)
- xii. Salt
- xiii. Carrots
- xiv. Flour
- xv. Egg yolk
- xvi. White wine vinegar
- xvii. Onions
- xviii. Celery
- xix. Leek
- xx. Butter or oil
- xxi. Turnips
- xxii. Fennel
- xxiii. Cauliflower
- xxiv. Parsnips
- xxv. Pepper
- xxvi. Butcher knife
- xxvii. PPEs

TASK 1: PREPARE WHITE STOCK

| INGREDIENTS | QUANTITY |
|------------------------------|------------|
| Raw meaty bones | 1kilograms |
| Water | 5litres |
| Onions, celery, leek, carrot | 400g |
| Stalks of parsley | 1grams |
| Thyme | 1grams |
| Bay leaves | 1 grams |
| Peppercorns | 8 grams |

Procedure

1. Chop the bones into small pieces and remove any fat or marrow.
2. Place the bones in a large stock pot, cover with cold water and bring to boil
3. Wash off the bones under cold water, then clean the pot.
4. Return the bones to the cleaned pot, add the water and reboil
5. Skim as and when required, wipe round inside the pot and simmer gently
6. After 2 hours, add the washed, peeled whole vegetables, bouquet garni and pepper corns.
7. Simmer for 6-8 hours. Skim, strain and, if to be kept, cool quickly and refrigerate

TASK 2: PREPARE VEGETABLE PUREE SOUP

| INGREDIENTS | QUANTITY |
|---|-----------|
| White stock or water(use the preserved white stock from task 1) | 1 liters |
| Flour | 50 grams |
| Carrots, sliced | 100 grams |
| Onions sliced | 50 grams |
| Celery, sliced | 50 grams |
| Leeks, sliced | 50 grams |
| Butter or oil | 50 grams |

| | |
|---------------------|----------|
| Salt, pepper | 10 grams |
| Cauliflower, sliced | 25 grams |
| Turnips | 25 grams |
| Parsnips | 25 grams |
| Fennel | 25 grams |

Procedure

1. Gently cook all sliced vegetables in fat under a lid, without color.
2. Mix in the flour, cook slowly for a few minutes without color. Cook slightly
3. Gradually mix in the hot stock. Stir to the boil.
4. Add the bouquet garni and season.
5. Simmer for approximately 45 minutes; skim when necessary
6. Remove bouquet garni; liquidize or pass firmly through a sieve and then through a medium strainer.
7. Return to a clean pan, reboil and correct seasoning and consistency.

TASK 3: HOLLANDAISE SAUCE

| INGREDIENTS | QUANTITY |
|-------------------------|-----------------|
| Peppercorns, crushed | 12grams |
| White wine vinegar | 3 table spoon |
| Egg yolks | For 6 eggs |
| Melted butter | 50 grams |
| Salt and cayenne pepper | 1 piece |

Procedure

1. Place the peppercorns and vinegar in a small pan and reduced to one-third.
2. Add 1 tablespoon of cold water and allow to cool.
3. Put on a bain-marie and whisk continuously to a sabayon consistency.
4. Remove from heat and gradually whisk in the butter.
5. Add seasoning and pass through muslin cloth or the chinois
6. Store in appropriate container at room temperature