



8795

STOCKS, SOUPS, AND  
SAUCES (12A)

40S/40E/40M

A Culinary Arts Course



# 8795 STOCKS, SOUPS, AND SAUCES (12A)

## 40S/40E/40M

### Course Description

This course focuses on the theory behind, and preparation of, stocks, soups, and the five mother sauces and secondary sauces.

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**Goal 1:** Demonstrate an understanding of, and adherence to, **safety, personal hygiene, sanitation, and food safety procedures.**

**GLO 1.1:** Demonstrate an understanding of, and adherence to, **safety, personal hygiene, and sanitation** practices.

- SLO 12A.1.1.1 Adhere to professional standards of dress, personal hygiene, and grooming.
- SLO 12A.1.1.2 Create and maintain a safe and sanitary work environment.
- SLO 12A.1.1.3 Comply with personal protective equipment (PPE) and procedures.
- SLO 12A.1.1.4 Demonstrate adherence to ergonomic principles.
- SLO 12A.1.1.7 Comply with WHMIS guidelines.

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**GLO 1.2:** Demonstrate an understanding of, and adherence to, **food safety** procedures.

- SLO 12A.1.2.1 Describe the procedures used to disassemble and assemble kitchen tools, equipment, and their accessories for sanitizing purposes. (A3.4)
  - SLO 12A.1.2.2 Demonstrate proper kitchen sanitation, personal hygiene, and food handling and storage practices. (A3.8)
    - cleanliness
    - preventing cross-contamination
    - maintaining foods at safe temperatures
  - SLO 12A.1.2.3 Demonstrate an understanding of food allergies and intolerances.
  - SLO 12A.1.2.4 Demonstrate the knowledge and skills required to identify and eliminate hazards associated with food allergies and intolerances.
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**Goal 2:** Demonstrate an understanding of kitchen **tools** and **equipment**, along with their **use, cleaning,** and **maintenance**.

**GLO 2.1:** Demonstrate an understanding of kitchen **tools** and **equipment**, along with their **use, cleaning,** and **maintenance**.

SLO 12A.2.1.1 Demonstrate the use of kitchen tools and equipment used in stocks, soups, and sauces.

SLO 12A.2.1.2 Demonstrate the use, cleaning, and maintenance of kitchen tools and equipment.

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**Goal 3:** Demonstrate the **receiving, handling, quality assurance,** and **storage** of different types of food and beverages.

**GLO 3.1:** Demonstrate the **receiving, handling, quality assurance,** and **storage** of different types of food and beverages.

SLO 12A.3.1.1 Demonstrate the receiving, handling, quality assurance, and storage of different types of food and beverages.

SLO 12A.3.1.2 Perform the procedures used to receive, inspect, and store goods. (A7.6)

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**Goal 4:** Demonstrate the **pre-preparation** (mise en place), **preparation,** and **presentation** of different types of food and beverage.

**GLO 4.1:** Demonstrate the **pre-preparation** (mise en place), **preparation,** and **presentation** of different types of food and beverage.

SLO 12A.4.1.1 Explain the principles of heat transfer. (A8.2)

- conduction
- convection
- radiation
- induction
- chemical process of cooking

SLO 12A.4.1.2 Describe and demonstrate methods used to cook foods and describe their associated procedures. (A8.3)

- dry
- moist
- combination

- SLO 12A.4.1.3 Describe and demonstrate methods used to check for doneness of foods and describe their associated procedures. (A8.4)
- probe thermometer
  - visual inspection
- SLO 12A.4.1.4 Identify methods of flavour enhancement and their applications. (A8.5)
- seasonings
  - flavourings
- SLO 12A.4.1.5 Identify basic kitchen practices, food quality indicators, and finishing techniques. (A8.6)
- finishing techniques
  - holding foods
  - plating techniques
  - re-thermalization
  - food quality indicators
    - visual inspection
    - tasting
  - finishing techniques
    - plating
    - presentation
- SLO 12A.4.1.6 Demonstrate the skills required to evaluate the doneness of food items.
- SLO 12A.4.1.7 Differentiate between seasoning and flavouring, and determine which to use with particular food items.

#### A14 Stocks, Broths, and Soups I (21 hours)

- SLO 12A.4.1.8 Define terminology associated with stocks, broths, and soups. (A14.1)
- SLO 12A.4.1.9 Identify types of stocks and broths. (A14.2)
- bases
  - characteristics
  - applications
  - procedures for use
  - factors to consider when selecting ingredients
    - types of bones

- SLO 12A.4.1.10 Identify and describe types of soups and their characteristics. (A14.3)
- bases
  - clear
  - thickened
  - serving temperature
  - factors to consider when selecting ingredients
- SLO 12A.4.1.11 Describe and demonstrate the procedures used to prepare stocks. (A14.4)
- selection of ingredients
  - ratios
  - selecting cooking time and temperature
  - skimming
  - straining
  - remouillage
  - reduction
    - glace
- SLO 12A.4.1.12 Describe the procedures used to cool and store stocks, broths, and soups. (A14.5)
- SLO 12A.4.1.13 Perform the procedures used to prepare stocks, broths, and soups. (A15.6)
- ingredient ratios
  - selecting cooking time and temperature
  - skimming
  - straining
  - remouillage
  - reduction
    - glace

#### A15 Thickening and Binding Agents (7 hours)

- SLO 12A.4.1.14 Define terminology associated with thickening and binding agents. (A15.1)

- SLO 12A.4.1.15 Identify and describe types of thickening and binding agents, and factors to consider when selecting ingredients. (A15.2)
- roux
  - other starches
  - liaison
  - beurre manie
  - vegetable purees
  - reductions
- SLO 12A.4.1.16 Describe and demonstrate applications of thickening and binding agents, and procedures for their use. (A15.3)
- preparation
  - ingredients and ratios used to produce
  - finishing (consistency)
- SLO 12A.4.1.17 Identify and describe the mother sauces and their characteristics. (A15.4)
- espagnole
  - béchamel
  - veloute
  - tomato
  - hollandaise
- SLO 12A.4.1.18 Perform the procedures used to prepare thickening and binding agents. (A15.5)
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**Goal 5: Demonstrate an understanding of food, ingredients, recipes, menus, food costing, and nutrition.**

**GLO 5.1:** Demonstrate an understanding of the **characteristics of foods and ingredients**, and how knowledge of these characteristics is taken into consideration in preparing food, and designing recipes and menus.

- SLO 12A.5.1.1 Demonstrate an understanding of the characteristics of various stocks, soups, and sauces and their ingredients.
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**GLO 5.2:** Demonstrate an understanding of **recipes, menus, and food costing**.

- SLO 12A.5.2.1 Demonstrate the ability to follow a recipe.
- SLO 12A.5.2.2 Demonstrate an understanding of the costs of the ingredients used in various recipes, including any related supplies.
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**GLO 5.3:** Demonstrate an understanding of **nutrition**.

SLO 12A.5.3.1 Demonstrate an understanding of the nutritional components of stocks, soups, and sauces.

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**Goal 6:** Apply the transferable, **cross-curricular** knowledge and skills, as they relate to the culinary arts (literacy, numeracy, the arts, the sciences, etc.).

**GLO 6.1:** Apply the transferrable **literacy** cross-curricular knowledge and skills to the culinary arts.

SLO 12A.6.1.1 Demonstrate knowledge and skills in literacy by reading, interpreting, communicating, and applying information.

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**GLO 6.2:** Apply the transferrable **numeracy** cross-curricular knowledge and skills to the culinary arts.

SLO 12A.6.2.1 Demonstrate numeracy knowledge and skills by solving mathematical problems.

SLO 12A.6.2.2 Demonstrate the ability to work with fractions, ratios, decimals, and percentages, and to convert between units of measurement [such as metric and standard (imperial)].

SLO 12A.6.2.3 Describe and demonstrate the procedures used to read and follow recipes. (Adjust recipe yields; Recipe conversions; Calculations and formulas) (A6.3)

- adjust recipe yields
  - recipe conversions
  - calculations and formulas
  - cost control implications
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**GLO 6.3:** Apply the transferrable cross-curricular knowledge and skills from **the arts** to the culinary arts.

SLO 12A.6.3.1 Demonstrate creativity while applying a variety of presentation techniques.

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**Goal 7:** Demonstrate an awareness of **sustainability** as it pertains to the culinary arts.

**GLO 7.1:** Demonstrate an awareness of **sustainability** as it pertains to the culinary arts.

- SLO 12A.7.1.1 Demonstrate the ability to identify opportunities to minimize waste.
- SLO 12A.7.1.2 Demonstrate an understanding of, and compliance to, the disposal and recycling of waste.
- SLO 12A.7.1.3 Demonstrate the ability to rotate stock in a way to minimize waste (e.g., FIFO—the first one in is the first one out).

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**Goal 8:** Demonstrate an awareness of the **ethical and legal standards** that pertain to the culinary arts.

**GLO 8.1:** Identify and follow the **ethical and legal standards** that pertain to the culinary arts.

- SLO 12A.8.1.1 Demonstrate an awareness of some of the ethical issues related to stocks, soups, and sauces.

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**Goal 9:** Demonstrate the **employability skills** required in the culinary arts.

**GLO 9.1:** Demonstrate fundamental **employability skills**.

- SLO 12A.9.1.1 Demonstrate employability skills (e.g., being prepared for work on time, setting up workstations, staying on task, accepting responsibility for one's actions, and so on).
- SLO 12A.9.1.2 Demonstrate adherence to a professional dress code.
- SLO 12A.9.1.3 Demonstrate the skills required to work as a member of a team.
- SLO 12A.9.1.4 Demonstrate initiative in performing tasks.
- SLO 12A.9.1.5 Demonstrate the ability to adapt to different situations.

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**GLO 9.2:** Demonstrate an understanding of the **business operation** of a culinary establishment.

No applicable SLOs.

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**GLO 9.3:** Demonstrate the knowledge, skills, and attitudes required to **think critically** in order to solve complex problems.

SLO 12A.9.3.1 Demonstrate the ability to solve problems by focusing only on the facts, and not allowing any biases to interfere with that process.

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**GLO 9.4:** Demonstrate an awareness of **culture** and **diversity**, and its importance in the workplace.

SLO 12A.9.4.1 Demonstrate an awareness of workplace culture.

SLO 12A.9.4.2 Demonstrate an awareness of some of the cultural perspectives surrounding stocks, soups, and sauces.

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**Goal 10:** Demonstrate an understanding of the **scope** of the culinary arts (along with associated professions), including **working conditions**, and **training** and **career opportunities**.

**GLO 10.1:** Demonstrate an understanding of the **scope** of the culinary arts (along with associated professions), including **working conditions**.

No applicable SLOs.

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**GLO 10.2:** Demonstrate an understanding of **career** and **training opportunities** in the culinary arts and associated professions.

No applicable SLOs.

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**Goal 11:** Demonstrate an understanding of the **evolution** of, and the **innovations and new trends** in, the culinary arts.

**GLO 11.1:** Demonstrate an understanding of the **evolution** of, and the **innovations and new trends** in, the culinary arts.

SLO 12A.11.1.1 Demonstrate an understanding of the evolution of, and the innovations and new trends in, stocks, soups, and sauces.

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