



8795

STOCKS, SOUPS, AND SAUCES
(12A)

40S/40E/40M

A Culinary Arts Course

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

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Course Description

This course is intended for students wishing to pursue the Culinary Arts. Curriculum content focuses on the theory behind and preparation of stocks, soups, and the five Mother sauces and secondary sauces.

Goal 1: Describe and apply appropriate **sanitation, health, and safety** practices as they relate to the culinary arts.

GLO 1.1: Demonstrate appropriate **personal hygiene** practices.

- SLO 12A.1.1.1: Demonstrate appropriate sanitation and personal hygiene practices as they apply to stocks, soups, and sauces.
 - SLO 12A.1.1.2: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
 - SLO 12A.1.1.3: Describe the procedures used for handwashing. (A7.10)
 - SLO 12A.1.1.4: Practise personal hygiene and safe health standards.
 - SLO 12A.1.1.5: Adhere to the professional standards of dress, hygiene, and grooming.
 - SLO 12A.1.1.6: Identify and interpret codes, regulations, and federal, provincial/territorial, municipal requirements pertaining to kitchen sanitation and safe food-handling practices. (A7.2)
 - SLO 12A.1.1.7: Define terminology associated with personal hygiene and hygienic practices. (A7.1)
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GLO 1.2: Demonstrate safe **food-handling** practices.

- SLO 12A.1.2.1: Describe safe handling procedures for stocks, soups, and sauces.
- SLO 12A.1.2.2: Identify common food allergies and determine appropriate substitutions.
- SLO 12A.1.2.3: Identify types of food-borne illnesses, their causes, and preventative measures. (A7.11)
- SLO 12A.1.2.4: Identify types of food contamination, their causes, and preventative measures. (A7.12)
- SLO 12A.1.2.5: Identify proper food-handling and storage techniques. (A7.13)
- SLO 12A.1.2.6: Describe the procedures used to ensure personal hygiene and clean apparel. (A7.9)

- SLO 12A.1.2.7: Identify and interpret food health regulations and guidelines associated with the practice of personal hygiene. (A7.7)
- SLO 12A.1.2.8: Identify and interpret regulations and guidelines associated with wearing personal items. (A7.8)
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GLO 1.3: Create and maintain a safe and sanitary work environment.

- SLO 12A.1.3.1: Create and maintain a safe work environment when working with stocks, soups, and sauces.
- SLO 12A.1.3.2: Identify the hazards associated with working in a confined space and the preparation required to work safely in a confined space. (A3.7)(TSA 20)
- SLO 12A.1.3.3: Identify and outline workplace fire safety principles (A3.8) (TSA 19)
- SLO 12A.1.3.4: Describe the principles of the Workplace Hazardous Materials Information System (WHMIS) and identify the safety requirements as they apply to the culinary arts. (A3.9) (TSA 13)
- SLO 12A.1.3.5: Identify the safety principles for working on and around electrical equipment (A3.6) (TSA 18)
- SLO 12A.1.3.6: Describe and use appropriate personal protective equipment (PPE) (e.g., gloves, safety glasses or goggles, hearing protection, respirator mask) and identify PPE and procedures related to PPE. (A3.2) (TSA 16)
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GLO 1.4: Demonstrate knowledge of the Trade Safety Awareness Manual (<www.gov.mb.ca/tce/apprent/apprentice/trade_safety/>).

- SLO 12A.1.4.1: Explain the importance of trade safety and health in reducing injuries and fatalities to young employees in Manitoba. (TSA 1)
- SLO 12A.1.4.2: Describe the rights and responsibilities of employees, employers, and supervisors under the Workplace Safety and Health Act. (TSA 2)
- SLO 12A.1.4.3: Describe the steps to use in the Right to Refuse process. (TSA 3)
- SLO 12A.1.4.4: Explain how and where to find information on workplace safety and health. (TSA 4)
- SLO 12A.1.4.5: Demonstrate how to handle a potentially dangerous work situation. (TSA 5)
- SLO 12A.1.4.6: Explain the S.A.F.E. acronym. (TSA 6)
- SLO 12A.1.4.7: Define workplace safety and health hazards. (TSA 7)

- SLO 12A.1.4.8: Give examples of trade-specific workplace safety and health hazards. (TSA 8)
 - SLO 1.12A.4.9: Give examples of five types of safety and health hazards. (TSA 9)
 - SLO 12A.1.4.10: Define workplace safety and health risks. (TSA 10)
 - SLO 12A.1.4.11: Give examples of trade-specific workplace safety and health risks. (TSA 11)
 - SLO 12A.1.4.12: Explain the principles of hazard recognition and control as they apply to the specific trade. (TSA 12)
 - SLO 12A.1.4.13: Match the WHMIS hazardous materials symbols and their meanings. (TSA 14)
 - SLO 12A.1.4.14: Describe the importance of the Material Safety Data Sheets (MSDS). (TSA 15)
 - SLO 12A.1.4.15: Demonstrate proper selection and use of a variety of personal protective equipment and fall-protection systems. (TSA 17)
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Goal 2: Demonstrate the safe and appropriate **operation, cleaning, and maintenance of kitchen equipment and cooking utensils.**

GLO 2.1: Demonstrate the safe and appropriate **operation, cleaning, and maintenance of kitchen equipment and cooking utensils.**

- SLO 12A.2.1.1: Demonstrate the safe and proper use and/or operation of the kitchen equipment and cooking utensils used in the preparation of stocks, soups, and sauces.
 - SLO 12A.2.1.2: Demonstrate the safe and appropriate cleaning and maintenance of the equipment and utensils used in the preparation of stocks, soups, and sauces.
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Goal 3: Demonstrate the appropriate **receiving, handling, quality assurance, storage, pre-preparation, preparation, and presentation** of different types of food and beverage.

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

- SLO 12A.3.1.1: Describe receiving, storing, and handling procedures for stocks, soups, and sauces.
 - SLO 12A.3.1.2: Demonstrate appropriate quality assurance of stocks, soups, and sauces.
 - SLO 12A.3.1.3: Identify purchasing criteria for the ingredients for preparing stocks, soups, and sauces.
 - SLO 12A.3.1.4: Discuss safe food preparation and handling procedures for the ingredients used in preparing stocks, soups, and sauces.
 - SLO 12A.3.1.5: Describe the procedures used to cool and store sauces, stocks, and soups. (B1.12, B3.9)
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GLO 3.2: Demonstrate the appropriate **pre-preparation (mise en place), preparation, and presentation** of different types of food and beverage.

- SLO 12A.3.2.1: Describe the procedures used to prepare stocks. (B1.8)
 - SLO 12A.3.2.2: Describe the procedures used to prepare soups. (B1.9)
 - SLO 12A.3.2.3: Describe the procedures used to reconstitute soups. (B1.10)
 - SLO 12A.3.2.4: Describe plating and finishing techniques. (B1.11)
 - SLO 12A.3.2.5: Demonstrate the procedures used to prepare stocks and soups. (B.13)
 - SLO 12A.3.2.6: Describe the procedures used to prepare thickening and binding agents. (B2.5)
 - SLO 12A.3.2.7: Demonstrate the procedures used to prepare thickening and binding agents. (B2.6)
 - SLO 12A.3.2.8: Describe the procedures used to prepare hot and cold sauces, including mother sauces. (B3.7)
 - SLO 12A.3.2.9: Describe finishing techniques for sauces and their associated procedures. (B3.8)
 - SLO 12A.3.2.10: Demonstrate the procedures used to prepare sauces. (B3.10)
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Goal 4: Demonstrate an understanding of **food, ingredients, recipes, menus, food costing, and nutrition.**

GLO 4.1: Demonstrate an understanding of **the characteristics of foods and ingredients**, and how these characteristics are used to prepare food, and design recipes and menus.

- SLO 12A.4.1.1: Define terminology associated with stocks and soups. (B1.1)
 - SLO 12A.4.1.2: Identify types of soups and describe their characteristics and serving temperatures. (B1.3)
 - SLO 12A.4.1.3: Describe types of convenience products and their applications. (B1.4)
 - SLO 12A.4.1.4: Identify the factors to consider when selecting ingredients for stocks. (B1.5)
 - SLO 12A.4.1.5: Identify the factors to consider when selecting ingredients for soups. (B1.6)
 - SLO 12A.4.1.6: Identify types of stocks and describe their characteristics, applications, and procedures for use. (B1.2)
 - SLO 12A.4.1.7: Define terminology associated with thickening and binding agents. (B2.1)
 - SLO 12A.4.1.8: Identify types of thickening and binding agents, and describe their applications and procedures for use. (B2.2)
 - SLO 12A.4.1.9: Identify the factors to consider when selecting ingredients for thickening and binding agents. (B2.3)
 - SLO 12A.4.1.10: Identify ingredients used to process thickening and binding agents. (B2.4)
 - SLO 12A.4.1.11: Define terminology associated with sauces. (B3.1)
 - SLO 12A.4.1.12: Identify the mother sauces and their derivatives, and describe their characteristics and applications. (B3.2)
 - SLO 12A.4.1.13: Identify types of non-traditional sauces, and describe their characteristics and applications. (B3.3)
 - SLO 12A.4.1.14: Identify types of hot and cold butter sauces, and describe their characteristics and applications. (B3.4)
 - SLO 12A.4.1.15: Identify types of pan gravies, jus lie, and fond, and describe their characteristics and applications. (B3.5)
 - SLO 12A.4.1.16: Identify the factors to consider when selecting ingredients for sauces. (B3.6)
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GLO 4.2: Demonstrate an understanding of **recipes, menus, and food costing**.

SLO 12A.4.2.1: Demonstrate how to follow a recipe for stocks, soups, and sauces.

GLO 4.3: Demonstrate an understanding of **nutrition**.

SLO 12A.4.3.1: Describe the nutrient components of stocks, soups, and bases.

Goal 5: Apply the transferable, **cross-curricular** knowledge and skills, as they relate to the culinary arts (chemistry, English language arts, food science, French, nutrition, mathematics, etc.).

GLO 5.1: Read, interpret, and communicate information.

SLO 12A.5.1.1: Read and follow manufacturers' directions and recipes related to the preparation of soups, stocks, and sauces.

GLO 5.2: Apply **mathematics** knowledge and skills relevant to the culinary arts.

SLO 12A.5.2.1: Convert total yield/ratio and portion sizes of recipes for stocks, soups, and sauces.

SLO 12A.5.2.2: Demonstrate the proficient use of fractions, ratios, decimals, and percentages.

SLO 12A.5.2.3: Demonstrate the proficient conversion between the metric and standard (or imperial) systems of measurement.

SLO 12A.5.2.4: Identify ingredients and calculate ratios used in stocks. (B1.7)

SLO 12A.5.2.5: Calculate ratios used to process thickening and binding agents. (B2.4)

GLO 5.3: Apply **chemistry** knowledge and skills relevant to the culinary arts.

No applicable SLOs.

Goal 6: Demonstrate awareness of **sustainability** as it pertains to the culinary arts.

GLO 6.1: Describe the culinary arts industry's **sustainability** practices and impact on the environment.

- SLO 12A.6.1.1: Convert total yield/ratio and portion sizes of recipes for stocks, soups, and sauces.
- SLO 12A.6.1.2: Demonstrate the reduction of the usage of energy, waste, and water.
- SLO 12A.6.1.3: Rotate stock in a way to minimize waste (e.g., FIFO—the first one in is the first one out).
- SLO 12A.6.1.4: Discuss the use of sustainable food containers.
- SLO 12A.6.1.5: Identify and locate facilities for recycling and waste disposal.

Goal 7: Demonstrate awareness of the **ethical and legal standards** that pertain to the culinary arts.

GLO 7.1: Identify and follow the **ethical and legal standards** that pertain to the culinary arts.

No applicable SLOs.

Goal 8: Demonstrate the **employability skills** required in the culinary arts.

GLO 8.1: Demonstrate fundamental **employability skills**.

- SLO 12A.8.1.1: Demonstrate employability skills (e.g., being prepared for work on time, setting up workstations, staying on task, accepting responsibility for one's actions, etc.).
 - SLO 12A.8.1.2: Demonstrate professional dress code.
 - SLO 12A.8.1.3: Demonstrate the skills required to work as a member of a team.
 - SLO 12A.8.1.4: Demonstrate initiative in performing tasks.
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Goal 9: Demonstrate an understanding of **working conditions and career opportunities** in the culinary arts.

GLO 9.1: Demonstrate an understanding of **working conditions and career opportunities** in the culinary arts.

- SLO 12A.9.1.1: Identify the apprenticeship, post-secondary, and employment opportunities in the culinary arts industry.
- SLO 12A.9.1.2: Identify professional development opportunities in the culinary arts industry.
- SLO 12A.9.1.3: Examine the roles and responsibilities of chefs.
- SLO 12A.9.1.4: Discuss working conditions and employment standards in the culinary arts.

Goal 10: Demonstrate an understanding of the **evolution and technological progression of, and the emerging trends in** the culinary arts.

GLO 10.1: Demonstrate an understanding of the **evolution and technical progression of, and the emerging trends in** the culinary arts.

- SLO 12A.10.1.1: Discuss the evolution and technical progression of, and the emerging trends in stocks, soups, and sauces.
 - SLO 12A.10.1.2: Identify the technological progression of and the emerging trends in the culinary arts.
 - SLO 12A.10.1.3: Demonstrate an understanding of local food, slow food, genetically modified food, organic food, and other agricultural practices.
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