

J8K1 04 - Prepare, cook and finish basic soups

Overview

This standard is about preparing, cooking and finishing basic soups, for example:

- ham hock and minted pea
- cream of mushroom with white truffle oil
- cauliflower velouté
- scotch broth

The standard covers the various preparation methods, several cooking methods and then how to finish a range of basic soups.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish basic soups; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Prepare, cook and finish basic soups

Performance criteria

You must be able to:

1. Select the type and quantity of ingredients required for preparation
2. Check the ingredients meet quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare, cook and finish the soup
4. Use the tools, knives and equipment correctly when preparing, cooking and finishing the soup
5. Prepare the ingredients to meet the requirements of the soup
6. Cook the ingredients to meet the requirements of the soup
7. Check the soup has the correct flavour, colour, consistency and quantity
8. Garnish and present the soup to meet requirements
9. Make sure the soup is at the correct temperature for holding and serving
10. Store any cooked soup not for immediate use in line with food safety regulations

Knowledge and understanding

You need to know and understand:

1. Different types of basic soups and their characteristics
2. How to check that the ingredients meet requirements
3. What quality points to look for in soup ingredients
4. Why and to whom you should report any problems with the ingredients
5. The correct tools, knives and equipment to carry out the required preparation, cooking and finishing methods
6. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
7. Why it is important to use the correct techniques, tools, knives and equipment when preparing, cooking and finishing soups
8. The correct temperatures for cooking soups and why these temperatures are important
9. How to check and adjust a soup to make sure it has the correct flavour, colour, consistency and quantity
10. The correct temperatures for holding and serving soups
11. The correct temperatures and procedures for storing soups not for immediate use
12. Healthy eating options when preparing, cooking and finishing soups

Scope/range

1. Soups
 - 1.1 puree
 - 1.2 broth / potage
 - 1.3 finished with cream
 - 1.4 velouté

2. Preparation methods
 - 2.1 weighing / measuring
 - 2.2 chopping

3. Cooking methods
 - 3.1 sweating vegetable ingredients
 - 3.2 simmering
 - 3.3 boiling
 - 3.4 make a roux
 - 3.5 passing / straining
 - 3.6 blending / liquidising
 - 3.7 skimming

4. Finishing methods
 - 4.1 adding cream
 - 4.2 garnishing

J8K1 04 - Prepare, cook and finish basic soups

Developed by People 1st

Version Number 3

Date Approved 01 Mar 2022

Indicative Review Date 28 Feb 2027

Validity Current

Status Original

Originating Organisation People 1st International Ltd

Original URN PPL2PC17

Relevant Occupations Chef, Cook, Kitchen Assistant

Suite Hospitality - Professional Cookery

Keywords prepare, cook, finish, basic soups
