



Australian Government

SITHASC006 Prepare Asian rice and noodles

Release: 1

SITHASC006 Prepare Asian rice and noodles

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare rice and noodles for national and regional Asian cuisines. It requires the ability to select and prepare ingredients, and to use relevant equipment and cookery methods.

The unit applies to hospitality and catering organisations that offer Asian cuisine and to cooks who usually work under the guidance of more senior chefs. The unit may be applied to one or more Asian cuisines.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

SITXFSA001 Use hygienic practices for food safety

Competency Field

Asian Cookery

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Select ingredients.
2. Select, prepare and

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Confirm food production requirements from food preparation list and standard recipes.
- 1.2. Calculate ingredient amounts according to requirements.
- 1.3. Identify and select ingredients for rice and noodle dishes from stores according to recipe, quality, freshness and stock rotation requirements.
- 1.4. Check perishable supplies for spoilage or contamination prior to preparation.
- 2.1. Select type and size of equipment suitable to requirements.

- | | |
|---|--|
| use equipment. | 2.2.Safely assemble and ensure cleanliness of equipment before use. |
| | 2.3.Use equipment safely and hygienically according to manufacturer instructions. |
| 3. Portion and prepare ingredients. | 3.1.Sort and assemble ingredients according to food production sequencing. |
| | 3.2.Measure, weigh and blend herbs, spices and other ingredients according to recipe requirements. |
| | 3.3.Soak, wash and marinate ingredients as required. |
| | 3.4.Minimise waste to maximise profitability of food items prepared. |
| 4. Cook rice and noodle dishes. | 4.1.Select and use cookery methods for rice and noodle dishes according to recipe. |
| | 4.2.Prepare accompaniments, marinades, flavourings and sauce mixtures and store at correct temperature until required. |
| | 4.3.Follow standard recipes and make <i>food quality adjustments</i> within scope of responsibility. |
| | 4.4.Select appropriate re-heating methods for rice and noodles as required, maintaining quality, freshness, eating characteristics and appearance. |
| 5. Present and store cooked rice and noodle dishes. | 5.1.Present rice and noodle dishes on appropriate service-ware. |
| | 5.2.Add accompaniments, garnishes and sauces as required. |
| | 5.3.Visually evaluate dish and <i>adjust presentation</i> . |
| | 5.4.Ensure food safety, quality and shelf life by storing food in appropriate <i>environmental conditions</i> . |
| | 5.5.Clean work area and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations and cost-reduction initiatives. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS

DESCRIPTION

Reading skills to:

- locate information in food preparation lists and standard recipes to determine food preparation requirements
- interpret manufacturer instructions for equipment
- locate and read date codes and rotation labels on food products.

- Writing skills to:
- record notes on recipe requirements.
- Numeracy skills to:
- calculate the number of portions
 - determine cooking times and temperatures
 - measure familiar quantities of ingredients using simple measuring instruments.
- Problem-solving skills to:
- evaluate quality of ingredients and finished dishes and make adjustments to ensure a quality product
 - adjust taste, texture and appearance of food products according to identified deficiencies.
- Planning and organising skills to:
- efficiently sequence the stages of food preparation and production.
- Self-management skills to:
- manage own speed, timing and productivity.

Range of Conditions

Specifies different work environments and conditions that may affect performance. Essential operating conditions that may be present (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) are included.

Range is restricted to essential operating conditions and any other variables essential to the work environment.

Food quality adjustments must involve consideration of factors relating to:

- taste
- temperature
- texture.

Adjusting presentation must involve consideration of:

- accompaniments and garnishes to maximise visual appeal:
 - balance
 - colour
 - contrast
- plating food for practicality of:
 - customer consumption
 - service
- wiping drips and spills.

Environmental conditions must ensure appropriate:

- atmosphere
- humidity
- light
- packaging
- temperature

- use of containers
- ventilation.

Unit Mapping Information

SITHASC206 Produce Asian rice and noodles

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>