



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC006A Prepare rice and noodles for Asian cuisines

Revision Number: 1

SITHASC006A Prepare rice and noodles for Asian cuisines

Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare rice and noodles for national and regional Asian cuisines.

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Application of the Unit

Application of the unit

This unit applies to all enterprises where Asian cuisines are prepared and served. It applies to Indian, Indonesian, Malay, Nonya, Japanese, Thai, Vietnamese and Chinese cuisines. It may be applied to a particular cuisine or across a variety, allowing for different needs and contexts.

The precise application of the unit may vary within particular cuisines and is dependent on specific preparation techniques, ingredients and presentation requirements within enterprises.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Prerequisite units

This unit must be assessed after the following prerequisite units:

SITHASC001A Use basic Asian methods of cookery

SITHCCC001B Organise and prepare food

SITHCCC002A Present food

SITXOHS002A Follow workplace hygiene procedures.

Employability Skills Information

Employability skills

The required outcomes described in this unit of competency contain applicable facets of employability skills. The Employability Skills Summary of the qualification in which this unit is packaged will assist in identifying employability skills requirements.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the required skills and knowledge and/or the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

- | | | | |
|---|--------------------------------|-----|--|
| 1 | Select a range of ingredients. | 1.1 | Identify a range of <i>rice</i> and <i>noodles</i> appropriate to specific national and regional cuisines. |
| | | 1.2 | Select and assemble <i>secondary ingredients</i> required for preparation of rice and noodle dishes. |

ELEMENT	PERFORMANCE CRITERIA
2 Prepare and cook rice and noodles.	<p>2.1 Prepare rice and noodles according to menu specifications.</p> <p>2.2 Use correct equipment for cooking rice and noodles according to cuisine requirements and enterprise practice.</p> <p>2.3 Observe correct cooking procedures and timing, according to cuisine and recipe requirements.</p> <p>2.4 Add required flavourings to rice and noodles, according to cuisine and enterprise requirements.</p> <p>2.5 Follow food hygiene requirements and OHS regulations in completing all tasks.</p>
3 Present cooked rice and noodles.	<p>3.1 Select serviceware appropriate in shape, size and colour to ensure appealing presentation.</p> <p>3.2 Arrange and present rice and noodles attractively on platters or serviceware to achieve maximum customer appeal.</p> <p>3.3 Use garnishes, accompaniments and sauces conforming to acceptable traditional styles and customs, occasion, service specifications and menu requirements.</p> <p>3.4 Present rice and noodles with other dishes and accompaniments according to cuisine and enterprise requirements.</p>
4 Store and reheat rice and noodles.	<p>4.1 Store and reheat rice and noodles according to food hygiene principles, practices and requirements.</p> <p>4.2 Select storage and reheating methods for rice and noodles to maintain quality, freshness, eating characteristics and appearance.</p>

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the essential skills and knowledge and their level, required for this unit.

The following skills must be assessed as part of this unit:

- cooking techniques and procedures
- rice and noodle preparation for particular cuisines, including following recipe and portion control requirements and costings
- use of garnishes for presentation, including consideration of colour and eye appeal
- selecting, using and maintaining specialised equipment, tableware and serviceware for preparing, cooking and serving rice and noodles
- safe work practices, particularly in relation to bending and lifting, and using cutting implements, appliances, heated surfaces and other equipment that carries a risk of burns
- storing (chilling, freezing and defrosting) and reheating rice and noodles
- maintaining a tidy workstation
- planning and organising
- working in teams
- waste minimisation techniques and environmental considerations in relation to rice and noodles
- problem-solving skills to adjust flavourings where rice and noodle dishes, sauces and accompaniments are not balanced as required by a particular cuisine
- literacy skills to read requirements of orders and recipes
- numeracy skills to calculate quantities, control portions against menus and orders, control costs and determine amounts of flavourings required to achieve required strength and flavour characteristics.

The following knowledge must be assessed as part of this unit:

- varieties of rice for Asian cuisines
- varieties of fresh and dried noodles for Asian cuisines
- principles of cooking rice and noodles
- cuisine characteristics, and cultural and religious practices related to rice and noodle preparation, presentation and consumption, typical menu items, order of service, typical accompaniments and garnishes
- kitchen and service culture, including kitchen organisation
- equipment and utensils used in particular cuisines, including terminology such as wok (kuali)
- temperature and timing required for cooking particular Asian rice and noodle dishes
- accompaniments, sauces and condiments suited to rice and noodles
- culinary terms for rice and noodles related to particular Asian cuisines, including regional

REQUIRED SKILLS AND KNOWLEDGE

variations

- principles and practices of personal and professional hygiene related to working in a kitchen, including appropriate uniform and other personal protective equipment.
- hygiene, safety and storage requirements.

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, the range statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate competency

Evidence of the following is essential:

- recognising the variety and quality of rice and noodles
- applying the correct procedures and techniques in cooking to achieve desired outcomes
- preparing and tasting a range of dishes using rice, noodles, accompaniments and sauces, appropriate to the particular Asian cuisine, using authentic and appropriate ingredients
- safe occupational health and food hygiene practices for preparing, cooking, presenting and storing rice and noodles.

Context of and specific resources for assessment

Assessment must ensure:

- demonstration of skills within a fully equipped, operational commercial kitchen suitable for Asian cooking, including industry-current equipment, as defined in the Assessment Guidelines
- industry-realistic ratios of kitchen staff to customers
- preparation of dishes for real customers within typical workplace time constraints.

EVIDENCE GUIDE

Methods of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of practical demonstration of preparing rice, noodles, accompaniments and sauces
- tasting samples of dishes prepared by the candidate
- written or oral questions to test knowledge of Asian cuisine styles, cultural aspects, use and importance of typical commodities and flavourings, safety issues and food quality indicators
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate, such as menus and photographs.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

Assessing employability skills

Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.

Employability skills embedded in this unit should be assessed holistically with other relevant units that make up the skill set or qualification and in the context of the job role.

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording in the performance criteria is detailed below.

Rice and rice dishes are varied and include those made from short and long grain rice as used

- Chinese: plain boiled rice
- Indian: patna, basmati, biriani and pilau
- Thai: plain steamed rice

RANGE STATEMENT

in:

- Indonesian: nasi uduk, nasi kunyi and nasi goreng
- Vietnamese: rice porridge
- Japanese: gohanmono
- Malay and Nonya: nasi lemak and nasi kunyit.

Noodles and noodle dishes may be fresh or dried and be made from wheat, buckwheat, rice and eggs, and may include:

- Chinese: glass and egg noodles
- Thai: pad and khanom
- Indonesian: mee goreng and mee soto
- Vietnamese: egg and rice noodles
- Japanese: udon, buckwheat and white wheat, egg noodles (fresh and dried) and soba (mori soba and kake soba)
- Malay and Nonya: nasi goreng, mee goreng and mee siam.

Secondary ingredients may include:

- fruits and nuts, including raisins and almonds
- herbs, spices, flavourings and aromatics, including cloves, cinnamon, cardamom, saffron, turmeric, ginger, galangal, green tea and squid ink
- vegetables
- fats and oils, including ghee and coconut oil
- meat, including pork, chicken and beef
- seafood, including prawns and fish cakes
- seaweed, including nori and wakame.

Preparation for rice and noodles may include:

- washing
- soaking
- marinating.

Equipment may include:

- traditional steamers
- electric rice cookers and steamers
- deep and shallow pots and pans.

RANGE STATEMENT

Other dishes and accompaniments served with rice and noodles may include:

- main dishes based on meat, seafood or vegetables
- salads
- stocks and sauces, both hot and cold
- condiments, including prepared sauces such as chilli, kecap, fish sauce and oyster sauce.

Unit Sector(s)

Sector Hospitality

Competency field

Competency field Asian Cookery