



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC011A Prepare vegetarian dishes for Asian cuisines

Revision Number: 1

SITHASC011A Prepare vegetarian dishes for Asian cuisines

Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare vegetarian dishes 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 specialised Asian cuisines are prepared and served. It applies to Indonesian, Indian, 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.

The unit relates to advanced specialist skills and usually applies to cooks who supervise in an Asian kitchen.

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 Prepare vegetables and lentils. | 1.1 Identify and select a range of fresh, dried and preserved <i>commodities</i> , including herbs and spices according to regional recipe specifications. |
| | 1.2 Prepare a selection of fresh and dried leafy and root |

ELEMENT	PERFORMANCE CRITERIA
	<p>vegetables using precision cutting techniques, according to recipe specifications and cuisine requirements.</p> <p>1.3 Select, measure, weigh and blend a variety of fresh, dried and preserved herbs and spices, using correct quantities and other <i>ingredients</i> according to cuisine and recipe requirements.</p> <p>1.4 Where required, select, soak and cook lentils and split peas, according to recipe requirements and enterprise practices.</p>
<p>2 Produce vegetable and lentil/split pea dishes.</p>	<p>2.1 Follow standard recipes accurately, according to cuisine requirements and enterprise practice.</p> <p>2.2 Produce <i>vegetarian menu items</i>, according to enterprise practice and quantity requirements.</p> <p>2.3 Produce marinades, flavourings and sauce mixtures and store them at correct temperatures until required.</p> <p>2.4 Use appropriate cooking procedures and methods and add curry powders and pastes at the correct time.</p> <p>2.5 Use equipment safely and clean and store it after preparation of ingredients, avoiding flavour contamination and transfer.</p> <p>2.6 Follow food hygiene requirements and OHS regulations at all times and within all tasks.</p>
<p>3 Present vegetarian menu items.</p>	<p>3.1 Select <i>crockery</i> and other <i>serviceware</i> according to size, shape and colour, to ensure appealing presentation.</p> <p>3.2 Arrange vegetarian menu items attractively to achieve maximum customer appeal.</p> <p>3.3 Use <i>accompaniments</i> and garnishes consistent with acceptable traditional style of the region and specifications.</p>
<p>4 Store and reconstitute cooked menu items.</p>	<p>4.1 Select <i>storage</i> methods and conditions to retain taste, appearance, eating characteristics, shelf life and customer appeal.</p> <p>4.2 Follow requirements under food hygiene and safety principles.</p>

ELEMENT

PERFORMANCE CRITERIA

- 4.3 Reconstitute and reheat pre-prepared menu items under correct conditions, and at the temperature and for the time required.

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:

- preparing vegetarian food for particular Asian cuisines, including following recipe requirements
- precision cutting techniques and implements for the particular style of Asian cuisine
- evaluating quality of ingredients, dishes and food items, including blending and balancing flavours and aromatics, correct flavour structure, texture and consistency, correct acid balance, correct colour and plate presentation
- selecting, using and maintaining specialised equipment, tableware and serveware for preparing, cooking and serving food
- identifying, selecting, storing and using typical commodities, herbs and spices, condiments, thickening and flavouring agents, and seasonal delicacies relevant to the particular Asian cuisine and appropriate cookery methods
- using garnishes for presentation, including consideration of colour and eye appeal
- maintaining a tidy workstation
- planning and organising, and working in teams
- 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
- problem-solving skills to adjust flavourings where sauces, dips 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 of commodities and ingredients required for particular recipes.

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

- cuisine characteristics, and cultural and religious practices related to vegetarian food preparation, presentation and consumption, typical menu items, order of service, typical accompaniments and garnishes
- kitchen and service culture, including kitchen organisation
- culinary terms related to particular Asian cuisines, including regional variations
- effects of cooking techniques on nutrition, taste, texture and appearance
- principles and practices of personal and professional hygiene related to working in a kitchen, including appropriate uniform and other personal protective equipment.

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:

- ability to prepare vegetarian dishes within realistic time constraints using a range of cookery methods appropriate to the Asian cuisine
- knowledge of cuisine style, including cultural considerations, commodities, culinary terminology and equipment
- ability to prepare a wide variety of vegetarian dishes relevant to the particular Asian cuisine, including main menu items, snacks, appetisers and accompaniments, using authentic and appropriate ingredients
- safe occupational health and food hygiene practices for preparing, cooking, presenting and storing vegetarian menu items.

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 and presenting vegetarian dishes
- sampling of dishes prepared by the candidate
- written or oral questions to test knowledge of vegetarian 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.

RANGE STATEMENT

Commodities and ingredients may include:

- fresh and dried root and leafy vegetables such as okra, aubergine, aloo, onion, garlic and spring onion
- lentils such as urad dhal and channa dhal
- rice
- noodles
- types of bean curd
- egg
- particular spices such as cumin, asfoetida, fenugreek, fennel seeds and cayenne pepper
- fresh herbs and aromatics such as coriander, lemongrass and lime leaves.

Vegetarian menu items may include:

- Chinese: stir-fry vegetables and noodles
- Indian: dhal, potato and green papaya curry, spiced split peas and spiced okra
- Thai: vegetables in coconut milk
- Indonesian: vegetables with peanut sauce
- Vietnamese: stir-fry vegetables
- Japanese: tofu and fresh vegetables in miso soup
- Malay and Nonya: vegetable curry.

Crockery and serviceware may include:

- thali and katori
- platters and bowls.

Accompaniments may include breads, dips, sauces and other menu items used as flavouring and relishes, such as:

- parathas, puris and chapatis
- bhajis
- raw vegetables cut into required shapes, such as onion rings, spring onions and carrots
- pickles, relishes and chutneys
- chillies
- prepared dipping and pouring sauces.

Correct **storage** may include:

- covering and sealing prepared food items
- chilling
- freezing.

Unit Sector(s)

Sector Hospitality

Competency field

Competency field Asian Cookery