



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SITHASC018A Prepare and produce Japanese rice cookery**

**Revision Number: 1**

## **SITHASC018A Prepare and produce Japanese rice cookery**

### **Modification History**

Not applicable.

### **Unit Descriptor**

#### **Unit descriptor**

This unit describes the performance outcomes, skills and knowledge required to prepare types of rice for Japanese cuisine.

Japanese rice cookery includes the preparation of rice (gohanmono) and its use in sushi (zushi - plural).

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

### **Application of the Unit**

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This unit applies to all enterprises where Japanese cuisine is prepared and served. It applies to cooks who would usually work as part of a team under supervision.

### **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 rice, zushi and accompaniments. | 1.1 | Assemble <b><i>equipment</i></b> for cooking rice and making zushi according to hygiene and safety standards. |
|   |   | 1.2 | Select, measure and prepare short grain white rice according to recipe specifications.                        |

<b>ELEMENT</b>	<b>PERFORMANCE CRITERIA</b>
	1.3 Select <i>sushi types</i> and <i>ingredients</i> and prepare to enterprise standards.
	1.4 Prepare dashi stocks according to recipe specifications.
2 Prepare and produce zushi.	2.1 Select and <i>prepare</i> appropriate seaweed.
	2.2 Use the sushi mat to prepare seasonal varieties such as maki zushi, nagiri zushi, charashi zushi and oshi zushi.
	2.3 Follow food hygiene requirements and OHS regulations and apply them strictly to all tasks.
3 Present zushi.	3.1 Present zushi with required sauces, dips and <i>accompaniments</i> .
	3.2 Select and use traditional tableware, shape, sizes and colour according to enterprise requirements.
	3.3 Prepare <i>garnishes</i> and sauces consistent with acceptable traditional style and custom, occasions, service specifications and menu requirements.

## 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:

- preparation for Japanese rice cuisine, including following recipe requirements
- precision cutting techniques and implements for zushi
- evaluating quality of ingredients, dishes and food items, including blending and balancing flavours and aromatics, correct flavour structure, texture and consistency, correct acid and sweetness balance, correct colour and plate presentation
- selecting, using and maintaining specialised equipment, tableware and serviceware for preparing, cooking, serving and presenting zushi
- identifying, selecting, storing and using typical commodities, condiments, flavouring agents and seasonal delicacies used in zushi, and appropriate preparation methods
- use of garnishes for presentation, including consideration of colour and eye appeal
- 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
- maintaining a tidy workstation
- planning and organising
- working in teams
- problem-solving skills to adjust flavourings where zushi, sauces and accompaniments are not balanced as required
- literacy skills to read recipes and orders
- numeracy skills to calculate quantities of commodities and ingredients required for particular recipes, and for portion control and uniformity.

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

- cuisine characteristics, and cultural and religious practices related to zushi and sashimi preparation, presentation and consumption, typical menu items, order of service, typical accompaniments and garnishes
- kitchen and service culture, including kitchen organisation
- rice types and characteristics
- culinary terms related to zushi, including regional variations
- 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

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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 zushi, sauces, dips and accompaniments within realistic time constraints using a range of cookery methods appropriate to the Asian cuisine
- knowledge of zushi and sashimi styles, including cultural considerations, commodities, culinary terminology and equipment
- safe occupational health and food hygiene practices for preparing, cooking, presenting and storing Japanese rice.

### **Context of and specific resources for assessment**

Assessment must ensure:

- preparation of a range of zushi, including sauces, dips and accompaniments using authentic and appropriate ingredients
- 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 zushi, sauces, dips and accompaniments
- sampling of dishes prepared by the candidate
- written or oral questions to test knowledge of zushi, 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. **Italicised wording** in the performance criteria is detailed below.

## RANGE STATEMENT

**Equipment** may include:

- sushi mat
- wooden sushi bowl
- wooden mixing spoon
- special knives and slicers
- platters for presentation
- bowls for sauces and accompaniments
- eating utensils such as chopsticks
- bowls and plates for serving
- rice cooker.

A wide variety of rice and zushi must be produced. **Sushi types** include:

- oshi zushi
- maki zushi
- chirashi zushi
- nagiri zushi.

**Ingredients** for zushi may include prepared:

- fresh fish and other seafood, including sashimi
- vegetables, including carrot, radish and spring onion
- omelette (tamago yaki)
- fungi
- preserved ginger (gari)
- wasabi.

**Preparation** of nori may include:

- washing
- soaking.

Toppings, **accompaniments** and **garnishes** may include:

- salad items such as herbs and pungent mustard sprouts
- sauces for dipping (nikiri joyu and nitsume joyu)
- pickled vegetables
- aromatics.

## Unit Sector(s)

**Sector**

Hospitality



## **Competency field**

**Competency field**            Asian Cookery