



Australian Government

SITHASC012 Prepare sushi

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to produce sushi. 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 Japanese cuisine, and to cooks who usually work under the guidance of more senior chefs.

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

PERFORMANCE CRITERIA

Elements describe the essential outcomes

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

1. Select ingredients.

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 sushi ingredients from stores according to recipe, quality, freshness and stock rotation requirements.

1.4. Check perishable supplies for spoilage or contamination prior to preparation.

2. Select, prepare and use equipment.

2.1. Select type and size of equipment suitable to requirements.

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 portion ingredients according to recipe requirements.
 - 3.3. Prepare stock according to recipe and cook rice.
 - 3.4. Minimise waste to maximise profitability of food items prepared.
4. Prepare sushi.
 - 4.1. Create sushi items using sushi mat.
 - 4.2. Prepare accompaniments and garnishes, according to required style and recipe.
 - 4.3. Follow standard recipes and make adjustments within scope of responsibility.
5. Present and store sushi.
 - 5.1. Serve sushi on service-ware of appropriate shape, size and colour.
 - 5.2. Present sushi with required garnishes, sauces, dips and accompaniments.
 - 5.3. Visually evaluate dish and *adjust presentation*.
 - 5.4. Ensure food safety, quality and shelf life by storing food in appropriate *environmental conditions*.
 - 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 flavourings where sushi, sauces and accompaniments are not balanced.
- 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.

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 or spills.

Environmental conditions must ensure appropriate:

- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

Unit Mapping Information

SITHASC305 Produce sushi

Links

Companion Volume implementation guides are found in VETNet -

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