



Australian Government

SITHASC031 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.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

Pre-requisite Unit

Unit Code	Unit Title
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SITXFSA005	Use hygienic practices for food safety
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Competency Field

Asian Cookery

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

1. Select ingredients.
 - 1.1. Confirm food production requirements from 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 and cook rice and test for correct PH level.
 - 3.4. Minimise waste to maximise profitability of food items prepared.

4. Prepare sushi.
 - 4.1. Create sushi items using required tools.
 - 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:	<ul style="list-style-type: none">• locate information in 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:	<ul style="list-style-type: none">• record notes on recipe requirements.
Numeracy skills to:	<ul style="list-style-type: none">• calculate the number of portions• determine cooking times and temperatures• measure quantities of ingredients using simple measuring instruments.
Problem-solving skills to:	<ul style="list-style-type: none">• 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:	<ul style="list-style-type: none">• efficiently sequence the stages of food preparation and production.
Self-management skills to:	<ul style="list-style-type: none">• manage own speed, timing and productivity.

Unit Mapping Information

Supersedes and is equivalent to SITHASC012 Prepare sushi.

Links

Companion Volume implementation guides are found in VETNet - <https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>