



Australian Government

SITHCCC006 Prepare appetisers and salads

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare appetisers and salads following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment and cookery and food storage methods.

The unit applies to cooks working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in flight and other transport caterers, and event and function caterers.

It applies to individuals who work with very little independence and under close supervision and guidance of more senior chefs. They follow predefined organisational procedures and report discrepancies to a higher level staff member for action.

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

Commercial Cookery and Catering

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 appetiser and salad 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. Weigh and measure ingredients and create portions according to recipe.
 - 3.3. Clean and cut salad ingredients using basic culinary cuts according to quality standards.
 - 3.4. Minimise waste to maximise profitability of food items prepared.
 4. Prepare appetisers and salads.
 - 4.1. Select and use relevant cookery methods for salads and appetisers.
 - 4.2. Prepare sauces and dressings according to recipe.
 - 4.3. Follow standard recipes and make *food quality adjustments* within scope of responsibility.
 5. Present and store appetisers and salads.
 - 5.1. Present dishes on appropriate service-ware.
 - 5.2. Add dips, sauces and garnishes according to standard recipes and regional variations.
 - 5.3. Visually evaluate dish and *adjust presentation*.
 - 5.4. Store dishes 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
- locate and read date codes and rotation labels on food products.

Numeracy skills to:

- calculate the number of portions
- determine cooking times and temperatures.

Planning and organising skills to:

- efficiently sequence 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.

Food quality adjustments must involve consideration of factors relating to:

- taste
- temperature
- texture.

Adjusting presentation must involve consideration of:

- accompaniments and garnishes that maximise visual appeal:
 - balance
 - colour
 - contrast
- plating food for practicality of:
 - customer consumption
 - service
- wiping drips and spills.

Environmental conditions must ensure appropriate:

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

Unit Mapping Information

SITHCCC202 Produce appetisers and salads

Links

Companion Volume implementation guides are found in VETNet -

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