



**Australian Government**

# **SITHCCC008 Prepare vegetable, fruit, eggs and farinaceous dishes**

**Release: 1**

# SITHCCC008 Prepare vegetable, fruit, eggs and farinaceous dishes

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook various vegetable, fruit, egg and farinaceous dishes following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment, 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 any 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

Elements describe the essential outcomes.

1. Select ingredients for vegetable, fruit, egg and farinaceous dishes.

### PERFORMANCE CRITERIA

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

- 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 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 ingredients as required using basic culinary cuts according to culinary standards.
  - 3.4. Prepare eggs for different culinary uses.
  - 3.5. Prepare fresh farinaceous ingredients.
  - 3.6. Minimise waste to maximise profitability of food items prepared.
- 4. Cook vegetable, fruit, egg and farinaceous dishes.
  - 4.1. Follow standard recipes to select and use relevant cookery methods for vegetable, fruit, egg and farinaceous foods.
  - 4.2. Select and add accompaniments suited to the dish.
  - 4.3. Make *food quality adjustments* within scope of responsibility.
- 5. Present and store vegetable, fruit, egg and farinaceous dishes.
  - 5.1. Present dishes attractively 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.
- Problem-solving skills to:
- evaluate quality of ingredients and finished dishes and make adjustments to ensure a quality product
  - adjust taste, texture and appearance of food products according to identified deficiencies.
- 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.

***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**

SITHCCC204 Produce vegetable, fruit, egg and farinaceous dishes

## **Links**

Companion Volume implementation guides are found in VETNet -

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