



Australian Government

SITHCCC009 Produce cook-chill and cook-freeze foods

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to safely produce bulk amounts of cook-chill and cook-freeze foods. It requires the ability to select, prepare and portion bulk ingredients and to use equipment and a range of cookery methods to cook, chill, freeze and store food.

Cook-chill and cook-freeze foods may be entire meals or individual items. This unit applies to all hospitality and catering organisations that produce bulk amounts of precooked food which is chilled or frozen and then transferred to internal or external service outlets for re-thermalisation.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, residential caterers, meals-on-wheels services, in-flight and other transport caterers, and event and function caterers.

The unit 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. This includes catering assistants and cooks.

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

Performance criteria describe the performance needed to

- essential outcomes. demonstrate achievement of the element.
1. Select ingredients.
 - 1.1. Confirm food production requirements from food preparation list.
 - 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 bulk ingredients.
 - 3.1. Sort and assemble bulk ingredients according to food production sequencing.
 - 3.2. Weigh and measure wet and dry bulk ingredients according to recipe and quantity of bulk food items required.
 - 3.3. Clean and cut bulk ingredients as required using basic culinary cuts according to culinary standards.
 - 3.4. Minimise waste to maximise profitability of food items produced.
 4. Cook and portion bulk food items.
 - 4.1. Produce food using cookery methods that achieve desired ***product characteristics***.
 - 4.2. Follow standard recipes and make ***food quality adjustments*** within scope of responsibility.
 - 4.3. Maintain optimum quality of food for cook-chill and cook-freeze processes.
 - 4.4. Cook food to specified temperatures for cook-chill and cook-freeze production and within safe tolerances for microbiological change.
 5. Chill food and store under refrigeration.
 - 5.1. Use blast and water bath chilling methods to chill foods while meeting food quality and time and temperature standards.
 - 5.2. Select appropriate containers for storage and label and code clearly.
 - 5.3. Store food dynamically using first in–first out methods.
 - 5.4. Meet time and temperature standards for storage to minimise spoilage according to food safety procedures and standards.
 - 5.5. Continually monitor storage temperatures to avoid food spoilage.
 6. Package, freeze and store cooked food.
 - 6.1. Select appropriate containers for freezer storage and label and code clearly.
 - 6.2. Meet time and temperature standards for freezer storage to

- minimise spoilage according to food safety procedures and standards.
- 6.3. Freeze food in batches, according to food safety procedures and standards, allowing each freezing cycle to be completed.
 - 6.4. Place food items in appropriate storage once freezing cycle and labelling are complete.
 - 6.5. Continually monitor freezer temperatures to avoid food spoilage.
7. Transfer cook-chill and cook-freeze foods.
 - 7.1. Transfer food from production kitchen to service areas and outlets by refrigerated transport or insulated containers.
 - 7.2. Check and record temperature levels at despatch and receipt.
 - 7.3. Protect food from dangerous temperatures during transfer process.

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 food preparation lists and standard recipes to determine food preparation requirements • locate and read date codes and rotation labels on food products.
Writing skills to:	<ul style="list-style-type: none"> • record notes on recipe and temperature requirements • enter familiar information legibly on containers and labels.
Numeracy skills to:	<ul style="list-style-type: none"> • calculate the number of portions • determine cooking times and temperatures.
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 taste, texture and appearance of food products according to identified deficiencies • monitor temperatures and adjust according to identified discrepancies.
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.
Technology skills to:	<ul style="list-style-type: none"> • use food preparation, cooking, chilling and freezing equipment.

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.

Product characteristics must include:

- appearance
- colour
- consistency
- moisture content
- shape
- size
- structure
- taste
- texture.

Food quality adjustments must involve consideration of factors relating to:

- ratio of wet to dry ingredients
- taste
- temperature
- texture.

Unit Mapping Information

SITHCCC205 Produce cook-chill and cook-freeze foods

Links

Companion Volume implementation guides are found in VETNet -

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