



**Australian Government**

# **SITHCCC010 Re-thermalise chilled and frozen foods**

**Release: 1**

# SITHCCC010 Re-thermalise chilled and frozen foods

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to safely re-thermalise bulk amounts of pre-cooked food which has been chilled or frozen. It requires the ability to select, thaw, reheat, and present pre-cooked food items according to food safety procedures and standards.

Foods may be entire meals or individual items. This unit applies to all hospitality and catering organisations which prepare and serve pre-cooked food that has been chilled or frozen.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, fast food outlets, 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, fast food and other 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 essential outcomes.

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

1. Select frozen and

1.1. Confirm food production requirements from food preparation

- chilled foods.
- list.
- 1.2. Identify and select chilled and frozen food items from storage according to recipe needs and stock rotation requirements.
  - 1.3. Check pre-cooked foods for spoilage or contamination prior to preparation.
  - 1.4. Dispose of spoilt stock within scope of responsibility and report losses to supervisors.
2. Prepare chilled and frozen food for reheating.
    - 2.1. Use appropriate methods to thaw chilled and frozen foods according to food safety procedures and standards.
    - 2.2. Space trays and containers to allow air flow.
    - 2.3. Meet time and temperature standards when thawing products.
    - 2.4. Transfer food to the point of production and service, maintaining correct temperatures.
3. Reheat pre-cooked food items.
    - 3.1. Prepare kitchen equipment for reheating food items.
    - 3.2. Select and load trays and containers appropriate for the equipment type and loading procedures.
    - 3.3. Space reheating trays and containers to allow air flow.
    - 3.4. Use appropriate methods and equipment to reheat pre-cooked food items according to cooking instructions, food safety procedures and standards, and manufacturer instructions.
    - 3.5. Check and record food temperature according to food safety procedures and standards.
    - 3.6. Clean thermometers between temperature checks of each food item.
4. Maintain, portion, present and serve reheated food.
    - 4.1. Transfer reheated food safely to heated bain marie or service-ware.
    - 4.2. Maintain food temperature during preparation according to food safety requirements.
    - 4.3. Evaluate food items against quality indicators for re-thermalised food and adjust before serving as required.
    - 4.4. Portion food items to minimise waste and maximise yield and profitability.
    - 4.5. Plate food items with appropriate accompaniments and garnishes according to standard recipes and regional variations.
    - 4.6. Visually evaluate dishes and ***adjust presentation***.
    - 4.7. Serve or deliver food items at temperatures that comply with food safety procedures and standards.
    - 4.8. 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"> <li>locate information in food preparation lists, cooking instructions, food safety procedures and standards to determine re-thermalising requirements</li> <li>locate and read date codes and rotation labels on food products.</li> </ul>
Numeracy skills to:	<ul style="list-style-type: none"> <li>calculate thawing temperatures and time required for the quantity of portions required</li> <li>determine cooking times and temperatures.</li> </ul>
Learning skills to:	<ul style="list-style-type: none"> <li>locate key information in standards and specifications relating to thawing, re-thermalising and maintaining food temperature.</li> </ul>
Problem-solving skills to:	<ul style="list-style-type: none"> <li>evaluate the quality of re-thermalised food items and make adjustments to ensure a quality product</li> <li>monitor temperatures and adjust according to identified discrepancies.</li> </ul>
Planning and organising skills to:	<ul style="list-style-type: none"> <li>efficiently sequence the stages of food preparation and re-thermalisation.</li> </ul>
Self-management skills to:	<ul style="list-style-type: none"> <li>manage own speed, timing and productivity.</li> </ul>
Technology skills to:	<ul style="list-style-type: none"> <li>use food thawing and re-thermalisation cooking equipment.</li> </ul>

## 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.

<b>Adjusting presentation</b> must involve consideration of:	<ul style="list-style-type: none"> <li>accompaniments and garnishes that maximise visual appeal:               <ul style="list-style-type: none"> <li>balance</li> <li>colour</li> <li>contrast</li> </ul> </li> <li>plating food for practicality of:               <ul style="list-style-type: none"> <li>customer consumption</li> </ul> </li> </ul>
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- service
- wiping drips and spills.

## **Unit Mapping Information**

SITHCCC206 Rethermalise chilled and frozen foods

## **Links**

Companion Volume implementation guides are found in VETNet -

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