



Australian Government

SITHCCC030 Prepare vegetable, fruit, eggs and farinaceous dishes

Release: 1

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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.

The skills in this qualification 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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SITHCCC027	Prepare dishes using basic methods of cookery
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SITXFSA005	Use hygienic practices for food safety
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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.

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| 1. Select ingredients for vegetable, fruit, egg and farinaceous dishes. | 1.1. Confirm food production requirements from 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. |

- 5.3. Visually evaluate dish and adjust presentation.
- 5.4. Store prepared food items 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 food preparation lists and standard recipes to determine food preparation requirementslocate and read date codes and rotation labels on food products.
Numeracy skills to:	<ul style="list-style-type: none">calculate the number of portionsdetermine 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 productadjust taste, texture and appearance of food products according to identified deficiencies.
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 not equivalent to SITHCCC008 Prepare vegetable, fruit, eggs 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>