



Australian Government

SITHCCC031 Prepare vegetarian and vegan 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 vegetarian and vegan 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 under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.

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

Elements describe the essential outcomes

1. Select ingredients for vegetarian and vegan dishes.

2. Select, prepare and use equipment.

3. Portion and prepare ingredients.

4. Cook vegetarian and vegan dishes.

5. Present and store vegetarian and vegan dishes.

PERFORMANCE CRITERIA

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

- 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.
- 2.1. 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.
- 3.1. Sort and assemble ingredients according to food production sequencing.
- 3.2. Weigh and measure ingredients and create portions according to recipe.
- 3.3. Ensure ingredients for vegetarian and vegan dishes are prepared and stored to avoid contact with animal products.
- 3.4. Clean and cut ingredients as required using basic culinary cuts according to culinary standards.
- 3.5. Minimise waste to maximise profitability of food items prepared.
- 4.1. Follow standard recipes to select and use relevant cookery methods according to recipe.
- 4.2. Select and add accompaniments suited to the dish.
- 4.3. Make food quality adjustments within scope of responsibility.
- 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 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 standard recipes to determine food preparation requirements • locate and read date codes and rotation labels on food products.
Writing skills to:	• label vegetarian and vegan food items.
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.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

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