



Australian Government

Department of Education, Employment and Workplace Relations

SITHCCC005A Use basic methods of cookery

Revision Number: 1

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Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to use a range of basic cookery methods to prepare menu items for the kitchen of a hospitality or catering operation. The unit underpins effective performance in all other cookery units.

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Application of the Unit

Application of the unit

This unit applies to hospitality and catering enterprises where food is prepared and served such as restaurants, hotels, clubs, cafeterias and other catering operations. It applies to cooks who usually work as part of a team and under supervision.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Prerequisite units

This unit must be assessed after the following prerequisite units:

SITHCCC001B Organise and prepare food

SITHCCC002A Present food

SITXOHS002A Follow workplace hygiene procedures.

Employability Skills Information

Employability skills

The required outcomes described in this unit of competency contain applicable facets of employability skills. The Employability Skills Summary of the qualification in which this unit is packaged will assist in identifying employability skills requirements.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the required skills and knowledge and/or the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

- | | | | |
|---|--|-----|---|
| 1 | Select and use cooking equipment and technology. | 1.1 | Select appropriate <i>equipment and technology</i> for particular cooking methods. |
| | | 1.2 | Use equipment hygienically, safely and according to manufacturer instructions. |

ELEMENT	PERFORMANCE CRITERIA
2 Prepare and cook food using basic methods of cookery.	<ul style="list-style-type: none">2.1 Use various <i>cookery methods</i> to prepare dishes to enterprise standard.2.2 Calculate correct quantities and ratios of <i>commodities</i> for specific cookery methods.2.3 Complete cooking process in a logical and safe manner.2.4 Identify problems with the cooking process promptly and take corrective action.2.5 Prepare dishes using a range of methods and current technology within acceptable enterprise and customer timeframes.2.6 Work cooperatively with kitchen and front-of-house colleagues to ensure timely preparation of dishes.

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the essential skills and knowledge and their level, required for this unit.

The following skills must be assessed as part of this unit:

- logical and time-efficient work flow
- use and characteristics of a range of equipment used for the required methods of cookery
- safe work practices, particularly in relation to bending and lifting, and using cutting implements, appliances, heated surfaces and other equipment that carries a risk of burns
- waste minimisation techniques and environmental considerations in relation to different cookery methods
- problem-solving skills to deal with problems such as shortages of food items, mistakes or problems in commodities or meals produced, and equipment failure
- literacy skills to read menus, orders and instructions
- numeracy skills to calculate quantities and portions against orders.

The following knowledge must be assessed as part of this unit:

- food classification for the major food groups
- characteristics of different foods and appropriate cookery methods
- underlying principles of all basic methods of cookery
- culinary terms commonly used in association with the required methods of cookery
- effects of different cookery methods on the nutritional value of food
- principles and practices of personal and professional hygiene related to working in a kitchen, including appropriate uniform and personal protective equipment.

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, the range statement and the Assessment Guidelines for this Training Package.

EVIDENCE GUIDE

Critical aspects for assessment and evidence required to demonstrate competency

Evidence of the following is essential:

- ability to prepare dishes on more than one occasion within realistic workplace time constraints using a range of cookery methods
- knowledge of major food groups, culinary terminology and equipment as they relate to the required methods of cookery
- application of hygiene and safety principles and procedures during the cooking process.

Context of and specific resources for assessment

Assessment must ensure:

- demonstration of skills within a fully equipped operational commercial kitchen, including industry-current equipment, as defined in the Assessment Guidelines
- demonstration of cookery methods with commodities from the major food groups, including different menus and food items
- access to appropriate utensils, cutlery and equipment to undertake the full range of basic cookery methods, including poaching, stewing, braising, roasting, deep and shallow frying, boiling, atmospheric and pressure steaming, grilling and baking
- use of authentic ingredients.

EVIDENCE GUIDE

Methods of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of the candidate using the required cookery methods
- sampling of dishes prepared by the candidate
- written or oral questions to test knowledge on suitable cookery methods for particular food items, safety issues and food quality indicators
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate, such as menus and photographs.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

SITXFSA001A Implement food safety procedures.

Assessing employability skills

Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.

Employability skills embedded in this unit should be assessed holistically with other relevant units that make up the skill set or qualification and in the context of the job role.

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording in the performance criteria is detailed below.

Equipment and technology may include:

- electric, gas or induction ranges
- ovens, including combi ovens

RANGE STATEMENT

- microwaves
- grills and griddles
- deep-fryers
- salamanders
- food processors
- blenders
- mixers
- slicers
- tilting frypan and bratt pan
- steamers
- utensils
- cutlery.

Cookery methods may include any used within an enterprise but must include the following:

- boiling
- poaching
- steaming
- stewing
- braising
- roasting
- baking
- grilling
- shallow frying
- deep-frying
- stir-frying
- pan-frying.

Dishes to be prepared must use a range of commonly-found *commodities* including:

- dairy products, such as milk, butter, yoghurt, cheeses and alternatives
- dry goods, such as flours, sugars, pastas and rice
- standard fruit and vegetables
- eggs
- meat, seafood and poultry, which may be fresh, frozen, preserved or pre-prepared, and may also include meat products such as standard cuts, sausages, hams, salami and other meat products
- general food items, such as oils, sauces, condiments and flavourings, garnishes, coatings and batters.

Unit Sector(s)

Sector Hospitality

Competency field

Competency field Commercial Cookery and Catering