



**Australian Government**

# **SITHASC206 Produce Asian rice and noodles**

**Release 1**

## SITHASC206 Produce Asian rice and noodles

### Modification History

The version details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Version	Comments
1.0	<p>E</p> <p>Replaces and is equivalent to SITHASC006A Prepare rice and noodles for Asian cuisines.</p> <p>Title simplified. Unit structure made consistent across all cooking units. Re-worked Elements, Performance Criteria, Required Skills and Knowledge to better articulate content. Any 'must' statements in Range moved to Required Knowledge and Critical aspects for assessment.</p>

### Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare rice and noodles for national and regional Asian cuisines. It requires the ability to select and prepare ingredients, and to use relevant equipment and cookery methods.

### Application of the Unit

This unit applies to hospitality and catering organisations that offer Asian cuisine and to cooks who usually work under the guidance of more senior chefs. The unit may be applied to one or more Asian cuisines.

### Licensing/Regulatory Information

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

### Pre-Requisites

This unit must be assessed after the following prerequisite unit:	
SITXFSA101	Use hygienic practices for food safety

## **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

Elements describe the essential outcomes of a unit of competency. Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

- |   |   |
|---|---|
| 1. Select ingredients.                    | 1.1 Confirm <b><i>food production requirements</i></b> from food preparation list and standard recipes.<br>1.2 Calculate ingredient amounts according to requirements.<br>1.3 Identify and select <b><i>ingredients</i></b> for <b><i>rice and noodle dishes</i></b> from stores according to recipe, quality, freshness and stock rotation requirements.   |
| 2. Select, prepare and use equipment.     | 2.1 Select <b><i>equipment</i></b> of correct type and size.<br>2.2 Safely assemble and ensure cleanliness of equipment before use.<br>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.<br>3.2 Measure, weigh and blend herbs, spices and other ingredients according to recipe requirements.<br>3.3 Soak, wash and marinate ingredients as required.<br>3.4 Minimise waste and store reusable by-products.  |
| 4. Cook rice and noodle dishes.           | 4.1 Select and use cookery methods for rice and noodle dishes according to recipe.<br>4.2 Prepare <b><i>accompaniments</i></b> , marinades, flavourings and sauce mixtures and store at correct temperature until required.<br>4.3 Follow standard recipes and make <b><i>food quality adjustments</i></b> within scope of responsibility.<br>4.4 Select reheating methods for rice and noodles as required, maintaining quality, freshness, eating characteristics and appearance. |
| 5. Present cooked rice and noodle dishes. | 5.1 Present rice and noodle dishes on appropriate serveware.<br>5.2 Add accompaniments, garnishes and sauces as required.<br>5.3 Visually evaluate dish and <b><i>adjust presentation</i></b> .<br>5.4 Ensure food safety, quality and shelf life by storing food in appropriate <b><i>environmental conditions</i></b> .   |

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- initiative and enterprise skills to minimise wastage
- literacy skills to:
  - read and interpret food preparation lists, standard recipes, date code and stock rotation labels and manufacturer instructions for equipment
  - write notes on recipe requirements and calculations
- numeracy skills to:
  - calculate the number of portions
  - weigh and measure ingredients
  - determine cooking times and temperatures
- planning and organising skills to efficiently sequence the stages of food preparation and production
- problem-solving skills to:
  - evaluate quality of ingredients, dishes and food items
  - adjust cooking where deficiencies are identified
- self-management skills to manage own speed, timing and productivity
- technology skills to use food preparation and cooking equipment.

### Required knowledge

- culinary terms and trade names for ingredients commonly used in the production of rice and noodle dishes:
  - herbs and spices
  - rice varieties
  - noodle varieties
- cultural and regional considerations and variations for rice and noodle dishes
- characteristics of rice and noodle dishes and their ingredients:
  - accompaniments and sauces
  - appearance and presentation
  - combinations of spices
  - nutritional value
  - quality indicators
  - service style
  - strength of flavours
  - taste
  - texture
- contents of stock date codes and rotation labels
- preparation methods for rice and noodle dishes:

- marinating
- soaking
- washing
- cookery methods for rice and noodle dishes:
  - boiling
  - frying
  - steaming
  - temperatures
  - timing
- equipment used to produce rice and noodle dishes:
  - essential features and functions
  - safe operational practices
- storage of rice and noodle dishes:
  - correct environmental conditions to ensure food safety
  - appropriate methods to optimise shelf life.

## Evidence Guide

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

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the ability to:

- produce a range of rice and noodle dishes for one or more cuisines
- produce food for multiple customers within commercial time constraints
- integrate knowledge of:
  - quality indicators for rice and noodle dishes
  - ingredients
  - cultural considerations
  - features, functions and safe use of food preparation equipment
  - food safety practices for handling and storing Asian style rice and noodles.

#### Context of and specific resources for assessment

Assessment must ensure use of:

- an operational commercial kitchen with the fixtures, large and small equipment and workplace documentation defined in the Assessment Guidelines; this can be a:
  - real industry workplace
  - simulated industry environment such as a training kitchen servicing customers
- industry-realistic ratios of kitchen staff to customers
- food preparation lists and standard recipes
- a variety of commercial ingredients.

#### Method 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 individual preparing rice and noodle dishes
- evaluation of the taste of rice and noodle dishes prepared by the individual
- projects that allow assessment of the individual's ability to produce a variety of rice and noodle dishes for different occasions
- use of visual and taste recognition exercises so the

individual can identify ingredient and product characteristics

- written or oral questioning to assess knowledge of culinary terms, quality indicators for rice and noodle dishes, equipment, cookery methods
- and appropriate environmental storage conditions
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the individual.

### **Guidance information for assessment**

The assessor should design integrated assessment activities to holistically assess this unit with other units relevant to the industry sector, workplace and job role, for example:

- SITHASC201 Produce dishes using basic methods of Asian cookery
- SITXFSA201 Participate in safe food handling practices.



## 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, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Food production requirements*** may include:

- deadlines
- dietary requirements
- portion control
- quantities
- special customer requests.

***Ingredients*** may include:

- aromatics
- fats
- flavourings
- fruits
- oils
- meat
- nuts
- seafood
- seaweed
- vegetables.

- Rice and noodle dishes*** may include:
- Chinese:
    - egg noodles
    - glass noodles
  - Indonesian:
    - mee goreng
    - mee soto
  - Japanese:
    - egg noodles
    - udon
    - buckwheat
    - white wheat
    - soba (mori soba and kake soba)
  - Malay and Nonya:
    - nasi goreng
    - mee goreng
    - mee siam
  - Thai:
    - khanom
    - pad
  - Vietnamese:
    - egg noodles
    - rice noodles.
- Equipment*** may include:
- deep and shallow pots and pans
  - electric rice cookers and steamers
  - traditional steamers.
- Accompaniments*** may include:
- condiments
  - main dishes
  - salads
  - stocks and sauces.
- Food quality adjustments*** may relate to:
- taste:
    - bitter
    - salty
    - sour
    - sweet
    - umami
  - temperature
  - texture:
    - clean
    - creamy

- crispy
- crunchy
- fibrous
- moist
- mousse
- rich
- slippery
- smooth
- velvety.

To *adjust presentation* may involve:

- changing accompaniments and garnishes to maximise eye appeal:
  - balance
  - colour
  - contrast
- changing plated food for practicality of:
  - customer consumption
  - service
- wiping drips or spills.

*Environmental conditions* relates to appropriate:

- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

## **Unit Sector(s)**

Hospitality

## **Competency Field**

Asian Cookery