



Australian Government

SITHCCC205 Produce cook-chill and cook-freeze foods

Release 1

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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	New unit. Replaces cook-chill and cook-freeze components of: SITHCCC017A Organise bulk cooking operations, SITHCCC032A Apply cook-chill production processes and SITHCCC034A Apply cook-freeze production processes.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to safely produce bulk amounts of cook-chill and cook-freeze foods. It requires the ability to select, prepare and portion bulk ingredients and to use equipment and a range of cookery methods to cook, chill, freeze and store food.

Application of the Unit

Cook-chill and freeze foods may be entire meals or individual items. This unit applies to all hospitality and catering organisations which produce bulk amounts of precooked food which is chilled or frozen. It is then transferred to internal or external service outlets for rethermalisation.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, residential caterers, meals-on-wheels services in-flight and other transport caterers, event and function caterers. It mainly applies to operational kitchen and catering personnel who work with very little independence and under close supervision. This includes catering assistants and cooks.

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.

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| 1. Select ingredients. | <ul style="list-style-type: none"> 1.1 Confirm food production requirements from food preparation list. 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. | <ul style="list-style-type: none"> 2.1 Select equipment of correct type and size. 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 bulk ingredients. | <ul style="list-style-type: none"> 3.1 Sort and assemble bulk ingredients according to the sequencing of food production. 3.2 Weigh and measure wet and dry bulk ingredients according to the recipe and quantity of bulk food items required. 3.3 Minimise waste to maximise profitability of food items produced. |
| 4. Cook and portion bulk food items. | <ul style="list-style-type: none"> 4.1 Produce food using cookery methods to achieve desired product characteristics. 4.2 Follow standard recipes and make food quality adjustments within scope of responsibility. 4.3 Maintain optimum quality of food for cook-chill and freeze processes. 4.4 Cook food to specified temperatures for cook-chill and cook-freeze production and within safe tolerances for microbiological change. 4.5 Portion food items to minimise waste and maximise yield and profitability of food. |
| 5. Chill food and store under refrigeration. | <ul style="list-style-type: none"> 5.1 Use blast and water bath chilling methods to chill foods and meet time and temperature standards. 5.2 Maintain the quality of food throughout the chilling process. 5.3 Select appropriate containers for storage and label and code |

- clearly.
- 5.4 Store food dynamically using first in–first out methods.
 - 5.5 Meet time and temperature standards for storage to minimise spoilage according to food safety procedures and standards.
 - 5.6 Continually monitor storage temperatures to avoid food spoilage.
6. Package, freeze and store cooked food.
- 6.1 Select appropriate containers for freezer storage and label and code clearly.
 - 6.2 Meet time and temperature standards for freezer storage to minimise spoilage according to food safety procedures and standards.
 - 6.3 Freeze food in batches, according to food safety procedures and standards, allowing each freezing cycle to be completed.
 - 6.4 Place food items in appropriate storage once the freezing cycle and labelling is complete.
 - 6.5 Continually monitor freezer temperatures to avoid food spoilage.
7. Transfer cook-chill and cook–freeze foods.
- 7.1 Safely transfer food from production kitchen to service areas and outlets by refrigerated transport or insulated containers.
 - 7.2 Check and record temperature levels at despatch and receipt.
 - 7.3 Protect food from dangerous temperatures during the transfer process.

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 comprehend food preparation lists, recipes, date code and stock rotation labels and manufacturer instructions for equipment
 - write notes on recipe and temperature requirements
- numeracy skills to:
 - calculate the number of portions
 - weigh and measure bulk 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 and finished dishes and make adjustments to ensure a quality product
 - adjust taste, texture and appearance of food products according to identified deficiencies
 - monitor temperatures and adjust according to identified discrepancies
- self-management skills to manage own speed, timing and productivity
- technology skills to use food preparation, cooking chill and freezing equipment.

Required knowledge

- characteristics and uses of different precooked food types subject to chilling and freezing:
 - culinary terms and trade names
 - bulk foods
 - plated meals
 - sous-vide products
 - meals-on-wheels
 - takeaway meals
- contents of stock date codes and rotation labels
- indicators of spoilage and contamination of perishable supplies in storage
- mise en place requirements for producing cook-chill and cook-freeze foods
- methods to chill foods:
 - blast
 - water bath
- food safety procedures and standards for preparing cook-chill and cook-freeze foods
- food safety procedures and standards for storage of chilled and frozen food:
 - appropriate containers

- labelling and coding
- first in first out methods
- storage environments
- temperature specifications for storage
- temperature specifications and methods for transferring chilled and frozen foods
- equipment used to produce cook-chill and cook-freeze foods:
 - essential features and functions
 - safe operational practices.

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:

- safely produce a variety of bulk amounts of cook-chill and cook-freeze foods to meet multiple and diverse food service requirements
- integrate knowledge of:
 - essential features, functions and safe use of food preparation equipment
 - food safety procedures and standards for storage of chilled and frozen food
 - temperature specifications and methods for transferring chilled and frozen foods
- produce cook-chilled and cook frozen food items within in commercial time constraints.

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 including specific equipment for producing cook-chill and cook-freeze foods; this can be a:
 - real industry workplace
 - simulated industry environment such as a training kitchen servicing food production orders
- food preparation lists
- a variety of commercial ingredients for the bulk production of cook-chill and cook-freeze food.

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 and cooking cook-chill and cook-freeze food items
- evaluation of the taste and visual appeal of dishes produced by the individual
- projects that allow assessment of the individual's ability to produce a bulk amount of cook-chill and cook-freeze foods for a set menu for an

- event, function or meeting within designated deadlines
- written or oral questioning to assess knowledge of:
 - characteristics and uses of different precooked food types
 - methods to chill and freeze foods
 - food safety procedures
 - temperature specifications
- 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:

- BSBSUS201A Participate in environmentally sustainable work practices
- BSBWOR202A Organise and complete daily work activities
- SITHCCC307 Prepare food to meet special dietary requirements
- SITXFSA201 Participate in safe food handling practices
- SITXFSA202 Transport and store food
- TLIE1005A Carry out basic workplace calculations.

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
- portion control
- quantities to be produced
- special customer requests
- special dietary requirements
- standard recipes.

Ingredients may include:

- cold
- dry goods
- frozen
- perishable supplies
- raw foods
- wet goods.

Equipment includes:

- fixed and hand-held cooking equipment
- general cooking equipment
- cooking equipment specific to cook-freeze and cook-chill processes:
 - blast chiller
 - blast freezer
 - chilling equipment
 - ice slurry tumbler
 - pasteurising equipment
 - pH tester
 - suitable refrigerated storage area
 - thermocouple chilling equipment
- packaging material
- vacuum sealing equipment.

Foods may include:

- entire meals
- individual food items
- meals-on-wheels
- plated meals
- sous-vide products
- takeaway items.

Cookery methods may include:

- baking
- boiling

- chargrilling and barbecuing
- deep-frying
- grilling
- hot plate
- microwaving
- poaching
- reducing
- roasting
- steaming
- stewing
- whisking, folding, piping and spreading.

Product characteristics include:

- appearance
- colour
- consistency
- moisture content
- shape
- size
- structure
- taste
- texture.

Food quality adjustments may relate to:

- ratio of wet to dry ingredients
- taste:
 - acidic
 - bitter
 - salty
 - spicy
 - spicy (heat)
 - sweet
 - umami
- temperature
- texture:
 - a light or heavy mouth feel
 - clean
 - creamy
 - crispy
 - crunchy
 - fibrous
 - intense
 - marshmallow like
 - moist
 - mousse

- rich
- slippery
- smooth
- velvety.

Appropriate storage may relate to use of appropriate:

- atmosphere
- chillers
- coolrooms
- freezers
- humidity
- light
- packaging
- refrigerators
- temperature
- containers
- ventilation.

Unit Sector(s)

Hospitality

Competency Field

Commercial Cookery and Catering