



Australian Government

SITHCCC206 Rethermalise chilled and frozen 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 rethermalise components of: 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 rethermalise bulk amounts of precooked food which has been chilled or frozen. It requires the ability to select, thaw, reheat, and present precooked food items according to food safety procedures and standards.

Application of the Unit

Foods may be entire meals or individual items. This unit applies to all hospitality and catering organisations which prepare and serve precooked food which has been chilled or frozen. This includes hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, fast food outlets, 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, fast food and other 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 frozen and chilled foods. | <ul style="list-style-type: none"> 1.1 Confirm <i>food production requirements</i> from food preparation list. 1.2 Identify and select chilled and frozen food items from storage according to stock rotation requirements and labelling. 1.3 Check precooked <i>foods</i> for spoilage or contamination prior to preparation. 1.4 Safely dispose of spoilt stock within scope of responsibility and report losses to supervisors. |
| 2. Prepare chilled and frozen food for reheating. | <ul style="list-style-type: none"> 2.1 Use <i>appropriate methods to thaw</i> chilled and frozen foods according to food safety procedures and standards. 2.2 Space trays to permit air circulation. 2.3 Thaw product to 0–4 degrees Celsius within 24 hours. 2.4 Transfer food to the point of production and service, maintaining correct temperatures. |
| 3. Reheat precooked food items. | <ul style="list-style-type: none"> 3.1 Preheat oven to required temperature food safety procedures and standards. 3.2 Select and load cooking trays and containers appropriate for the oven type and loading procedures. 3.3 Space reheating trays and containers to allow air flow. 3.4 Use <i>appropriate methods</i> to reheat precooked food items according to cooking instructions, food safety procedures and standards. 3.5 Check and record food temperature according to food safety procedures and standards. 3.6 Clean thermometers between <i>temperature checks</i> of each food item. 3.7 Reheat fully frozen food only in emergency supply shortage circumstances. |
| 4. Maintain, portion, present and serve reheated food. | <ul style="list-style-type: none"> 4.1 Transfer reheated food safely to heated bain marie. 4.2 Maintain food temperature at 70 degrees Celsius. 4.3 Minimise warm holdings. 4.4 Evaluate the food items against quality indicators for rethermalised food and make adjustments before serving. |

- 4.5 Portion food items to minimise waste and maximise yield and profitability of food.
- 4.6 Plate food items with accompaniments and garnishes appropriate for the food item.
- 4.7 Visually evaluate dishes and *adjust presentation*.
- 4.8 Serve or deliver food items at temperatures that comply with food safety procedures and standards.

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, date code and stock rotation labels and cooking instructions for precooked food
 - write records of temperature readings
- numeracy skills to:
 - calculate the number of portions required for food service period
 - calculate thawing temperatures and time required for the quantity of portions required
 - determine cooking times and temperatures
- planning and organising skills to efficiently sequence the stages of food preparation and rethermalisation
- problem-solving skills to:
 - evaluate quality of chilled and frozen food items and dispose of spoilt stock
 - evaluate the quality of rethermalised food items and make adjustments to ensure a quality product
 - monitor temperatures and adjust according to identified discrepancies
- self-management skills to manage own speed, timing and productivity
- technology skills to use food thawing and rethermalisation cooking 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 chilled and frozen food items in storage
- food safety procedures for preparing and serving bulk amount of precooked food:
 - thawing
 - transferring
 - rethermalising
 - maintaining reheated food items
- mise en place requirements for rethermalising chilled and frozen foods
- for a variety of chilled and frozen food items, methods and temperature specifications for:

- thawing
- rethermalising
- maintaining reheated food items
- quality indicators for rethermalised food items:
 - appearance
 - colour
 - consistency
 - moisture content
 - shape
 - size
 - taste
 - texture.

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 rethermalise bulk amounts of precooked food which has been chilled or frozen
- prepare and rethermalise a variety of food items to meet multiple and diverse food service requirements
- integrate knowledge of the:
 - food safety procedures for thawing, rethermalising and maintaining reheated food items
 - methods and temperature specifications for thawing, rethermalising and maintaining reheated food items
 - produce meals containing rethermalised food items for multiple customers within 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; 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
- a variety of chilled and frozen precooked food items in bulk amounts.

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 for and rethermalising a range of precooked chilled or frozen 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 rethermalised foods on 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
 - food safety procedures
 - rethermalisation methods
 - 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
- BSBWOR203B Work effectively with others
- 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 menu items.

Foods may include:

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

Appropriate methods to thaw frozen food items may include use of:

- chillers
- coolrooms
- refrigerators.

Appropriate methods to reheat precooked food items include:

- combi ovens
- combi-steamer
- infra-red radiation
- kettle
- low-heat convection
- microwave
- water bath.

Temperature checks are conducted on a range of foods, including:

- raw foods
- ingredients
- cold, frozen or reheated foods or ingredients.

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.

Unit Sector(s)

Hospitality

Competency Field

Commercial Cookery and Catering