



**Australian Government**

# **SITHCCC302 Produce seafood dishes**

**Release 1**

## SITHCCC302 Produce seafood dishes

### 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	E  Replaces and is equivalent to SITHCCC011A Select, prepare and cook seafood.  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. References to purchasing and supplier negotiation removed.

### Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare and cook a range of fish and shellfish dishes following standard recipes. It requires the ability to select, prepare and portion seafood, and to use relevant equipment and cookery methods.

### Application of the Unit

This unit applies to hospitality and catering organisations, and to cooks who usually work under the guidance of more senior chefs.

### 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>seafood products</i></b> and other ingredients from stores according to recipe, quality, freshness and stock rotation requirements. |
| 2. Select, prepare and use equipment. | 2.1 Select knives and other <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 knives and other equipment safely and hygienically according to manufacturer instructions.  |
| 3. Portion and prepare ingredients.   | 3.1 Thaw frozen seafood safely.<br>3.2 Sort and assemble ingredients according food production sequencing.<br>3.3 Weigh and measure ingredients and create portions according to recipe.<br>3.4 Use seafood <b><i>preparation</i></b> techniques according to recipe.<br>3.5 Minimise waste and store reusable by-products.                 |
| 4. Cook fish and shellfish.           | 4.1 Select and use seafood <b><i>cooking methods</i></b> .<br>4.2 Prepare seafood accompaniments and add sauces as required.<br>4.3 Follow standard recipes and make <b><i>food quality adjustments</i></b> within scope of responsibility.   |
| 5. Present fish and shellfish.        | 5.1 Portion and serve fish and shellfish according to recipe requirements.<br>5.2 Add sauces and garnishes according to standard recipes.<br>5.3 Visually evaluate dish and <b><i>adjust presentation</i></b> .<br>5.4 Store dishes 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 seafood and finished dishes and make adjustments to ensure a quality product
- 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 different fish and shellfish dishes
  - a variety of classical and contemporary seafood dishes
  - different varieties of seafood and styles of cooking
- characteristics of seafood products and fish and shellfish dishes:
  - appearance
  - freshness and other quality indicators
  - nutritional value
  - taste
  - texture
- contents of stock date codes and rotation labels
- mise en place requirements for seafood dishes
- preparation methods for fish and shellfish including:
  - cleaning
  - gutting
  - filleting
- cookery methods for different varieties and cuts of fish and shellfish:
  - baking
  - frying

- grilling
- steaming
- equipment used to produce seafood dishes:
  - knife care and maintenance
  - essential features and functions
  - safe operational practices
- storage of fish and shellfish products:
  - 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 seafood dishes using:
  - fish
  - shellfish – molluscs and crustaceans
- use seafood preparation techniques, including:
  - cleaning
  - gutting
  - filleting
- follow standard recipes to prepare multiple seafood dishes using a range of cookery methods including:
  - baking
  - frying
  - grilling
  - steaming
- produce food for multiple customers within commercial time constraints
- demonstrate knowledge of seafood classifications
- integrate knowledge of:
  - quality indicators for seafood
  - cookery methods for different varieties of seafood
  - features, functions and safe use of food preparation equipment
  - food safety practices for handling and storing seafood.

#### **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

**Method of assessment**

- a variety of commercial ingredients.

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 producing seafood dishes
- evaluation of the taste and visual appeal of seafood dishes prepared by the individual
- projects that allow assessment of the individual's ability to produce a variety of seafood 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 seafood, 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:

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

***Seafood products*** may be fresh, frozen or preserved, from ocean or freshwater, and may include:

- fish of different shape:
  - flat fish
  - round fish
- fish of different types:
  - oily fish
  - whitefish
- octopus and squid
- shellfish:
  - crustaceans
  - molluscs
- whole or filleted fish.

***Equipment*** may include:

- food processors
- knife sharpening equipment
- poachers
- steamers
- weighing scales.

***Preparation*** may include:

- cleaning
- de-scaling
- pin-bone removal
- gutting
- filleting
- shelling
- skinning.

***Cookery methods*** may include:

- baking
- broiling
- frying
- grilling
- steaming
- sauteing.



***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**

Commercial Cookery and Catering