



Australian Government

SITHASC001 Prepare dishes using basic methods of Asian cookery

Release: 1

SITHASC001 Prepare dishes using basic methods of Asian cookery

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to use a range of basic Asian cookery methods to prepare dishes.

The unit applies to hospitality and catering organisations that offer any type of 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.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

SITXFSA001 Use hygienic practices for food safety

Competency Field

Asian Cookery

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS	PERFORMANCE CRITERIA
Elements describe the essential outcomes	Performance criteria describe the performance needed to demonstrate achievement of the element.
1. Select ingredients.	1.1.Confirm food production requirements from food preparation list and standard recipes. 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	2.1.Select type and size of equipment suitable to requirements.

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| use equipment. | 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 ingredients. | 3.1.Sort and assemble ingredients according to food production sequencing. |
| | 3.2.Weigh and measure ingredients according to recipe requirements. |
| | 3.3.Prepare, cut and portion ingredients according to recipe and cooking style. |
| | 3.4.Minimise waste to maximise profitability of food items prepared. |
| 4. Cook dishes. | 4.1.Select and use cookery methods for Asian dishes following standard recipes. |
| | 4.2.Complete cooking process in a logical, planned and safe manner. |
| | 4.3.Identify problems with the cooking process and take corrective action. |
| | 4.4.Work cooperatively with colleagues to ensure timely preparation of dishes. |
| 5. Present and store dishes. | 5.1.Present dishes on appropriate service-ware. |
| | 5.2.Add garnishes and accompaniments according to standard recipes. |
| | 5.3.Store dishes in appropriate environmental conditions . |
| | 5.4.Clean work area and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations and cost-reduction initiatives. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Reading skills to:	- locate information in food preparation lists and standard recipes to determine food preparation requirements - interpret manufacturer instructions for equipment - locate and read date codes and rotation labels on food products.
Writing skills to:	record notes on recipe requirements.
Numeracy skills to:	- calculate the number of portions - determine cooking times and temperatures - measure familiar quantities of ingredients using simple measuring instruments.

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| Teamwork skills to: | • discuss process improvements and food production requirements. |
| Planning and organising skills to: | • efficiently sequence the stages of food preparation and production. |
| Self-management skills to: | • manage own speed, timing and productivity. |

Range of Conditions

Specifies different work environments and conditions that may affect performance. Essential operating conditions that may be present (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) are included.

Range is restricted to essential operating conditions and any other variables essential to the work environment.

Environmental conditions must ensure appropriate:

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

Unit Mapping Information

SITHASC201 Produce dishes using basic methods of Asian cookery

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>

Assessment Requirements for SITHASC001 Prepare dishes using basic methods of Asian cookery

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- follow standard recipes to prepare dishes that demonstrate use of each of the following ingredients:
 - dairy products
 - dry goods
 - eggs
 - fruit
 - general food items
 - meat that is culturally appropriate
 - poultry
 - rice and farinaceous items
 - seafood
 - vegetables
- use at least eight of the following cookery methods and complete mise en place activities when preparing above dishes:
 - baking
 - barbecuing
 - boiling
 - braising
 - deep-frying
 - grilling
 - oil and water blanching
 - roasting
 - shallow frying
 - steaming
 - stewing
 - stir-frying
- prepare above dishes for at least six different customers:
 - within commercial time constraints
 - reflecting required quantities to be produced

- following procedures for portion control and food safety practices when handling and storing different Asian food types
- responding to special customer requests and dietary requirements.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- major food types and their characteristics:
 - dairy products
 - dry goods
 - eggs
 - fruit
 - general food items:
 - batters
 - coatings
 - condiments and flavourings
 - garnishes
 - oils
 - sauces
 - meat that is culturally appropriate
 - poultry
 - rice and farinaceous items
 - seafood
 - vegetables
- how the major food types are used in different Asian dishes and the effects of different cookery methods on them
- essential culinary terms in, and key principles and practices of, the cookery methods described in the performance evidence
- contents of stock date codes and rotation labels
- safe operational practices using essential functions and features of equipment used in the above cookery methods.

Assessment Conditions

Skills must be demonstrated in an operational commercial kitchen. This can be:

- an industry workplace
- a simulated industry environment, such as a training kitchen servicing customers.

Assessment must ensure access to:

- fixtures and large equipment:

- barbecues
- burners, grillers, ovens or salamanders as appropriate for the particular type of cuisine
- charcoal grills
- commercial grade work benches (1.5m/person)
- commercial oven trays (one per two persons)
- commercial refrigeration facilities:
 - freezer
 - fridge
- deep-fryer
- designated storage areas for dry goods and perishables
- double sink
- gas electric or induction stove tops (two burners per person)
- microwave
- open spit smoke drums
- storage facilities
- small equipment:
 - cast iron pan (tava)
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - food processors
 - graters and peelers
 - electric rice cookers and steamers
 - knives and cleavers
 - measures:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion controlled scoops
 - mincers
 - oven mitts
 - pans and pots:
 - stainless steel, cast iron and non-stick fry pans
 - stock pots
 - woks
 - roasting drums
 - scales
 - sets of stainless steel bowls
 - service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils

- chopsticks
- sharpening steels and stones
- skewers
- small utensils:
 - scoops, skimmers and spiders
 - strainers
 - scrapers
 - tongs
 - whisks:
 - fine stainless steel wire
 - coarse stainless steel wire
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
- steamers
- stone grinders
- sushi mats
- temperature probes
- thermometers
- turbo and gas woks
- diverse and comprehensive range of perishable food supplies for Asian cookery
- cleaning materials and equipment:
 - cleaning cloths
 - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
 - dustpans and brooms
 - garbage bins and bags
 - hand towel dispenser and hand towels
 - mops and buckets
 - separate hand basin and antiseptic liquid soap dispenser for hand washing
 - sponges, brushes and scourers
 - tea towels
- organisational specifications:
 - equipment manufacturer instructions
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - mise en place lists, menus, standard recipes and recipes for special dietary requirements

- ordering and docketing paperwork
- food safety plan
- guidelines relating to food disposal, storage and presentation requirements
- safety data sheets (SDS) for cleaning agents and chemicals
- industry-realistic ratios of kitchen staff to customers; these can be:
 - staff and customers in an industry workplace during the assessment process; or
 - individuals who participate in role plays or simulated activities, set up for the purpose of assessment, in a simulated industry environment operated within a training organisation.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors; and:

- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

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