



Australian Government

SITHASC005 Prepare Asian salads

Release: 1

SITHASC005 Prepare Asian salads

Modification History

Not applicable.

Application

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

The 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.

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

Elements describe the essential outcomes

1. Select ingredients.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 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 salad ingredients from stores according to recipe, quality, freshness and stock rotation requirements.
- 1.4. Check perishable supplies for spoilage or contamination prior to preparation.

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| 2. Select, prepare and use equipment. | 2.1. Select type and size of equipment suitable to requirements.
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. Measure, weigh and portion 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. Prepare salads, sauces and dressings. | 4.1. Cook and combine salad ingredients according to recipe.
4.2. Prepare marinades, flavourings and sauce mixtures and store at correct temperature until required.
4.3. Prepare accompaniments for salads as required.
4.4. Follow standard recipes and make food quality adjustments within scope of responsibility. |
| 5. Present and store salads. | 5.1. Present salads on appropriate service-ware.
5.2. Add accompaniments, garnishes and sauces as required.
5.3. Visually evaluate dish and adjust presentation .
5.4. Ensure food safety, quality and shelf life by storing food in appropriate environmental conditions .
5.5. 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.
- 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.
- 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.

Food quality adjustments must involve consideration of factors relating to:

- taste
- temperature
- texture.

Adjusting presentation must involve consideration of:

- accompaniments and garnishes to maximise visual appeal:
 - balance
 - colour
 - contrast
- plating food for practicality of:
 - customer consumption
 - service
- wiping drips and spills.

Environmental conditions must ensure appropriate:

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

Unit Mapping Information

SITHASC205 Produce Asian salads

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 SITHASC005 Prepare Asian salads

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 at least six different salads from at least one of the following Asian cuisines:
 - Indian
 - Indonesian
 - Japanese
 - Malay and Nonya
 - Thai
 - Vietnamese
- prepare above salads 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 Asian salads
 - 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:

- culinary terms and trade names for ingredients commonly used in the production of salads:
 - herbs and spices
 - fruit
 - vegetables
- required changes to salads to reflect cultural and regional considerations and variations
- contents of stock date codes and rotation labels
- characteristics of salad ingredients and finished dishes:
 - appearance and presentation
 - combinations of spices
 - nutritional value
 - quality indicators

- service style
- strength of flavours
- taste
- texture
- accompaniments commonly used in Asian salads:
 - chutney
 - nuts
 - pickles
 - rice
 - sauces
 - vegetables
- preparation methods for Asian salads:
 - cutting
 - marinating
 - cooking of ingredients
- appropriate environmental conditions for storing salads to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce Asian salads.

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:
 - commercial:
 - blenders and food mills
 - food processors
 - planetary mixers
 - commercial grade work benches (1.5m/person)
 - commercial refrigeration facilities:
 - freezer
 - fridge
 - designated storage area for dry goods and perishables
 - double sink
 - gas electric or induction stove tops (two burners per person)

- grillers, burners, ovens or salamanders as appropriate for the type of cuisine
- slicing machine
- storage facilities
- small equipment:
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters and peelers
 - knives
 - mortar and pestle
 - measures:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion controlled scoops
 - mincers
 - pans and pots:
 - stainless steel, cast iron and non-stick fry pans
 - stock pots
 - woks
 - scales
 - service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils
 - chopsticks
 - sets of stainless steel bowls
 - small utensils:
 - scoops, scrapers
 - skimmers and spiders
 - strainers
 - 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
- 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.

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