



Australian Government

SITHASC008 Prepare Asian cooked dishes

Release: 1

SITHASC008 Prepare Asian cooked dishes

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook meat, poultry, seafood and vegetable dishes 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 outcome.

1. Select ingredient.s

2. Select, prepare and

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 ingredients from stores according to recipe, quality, freshness and stock rotation requirements.

1.4.Check perishable supplies for spoilage or contamination prior to reparation.

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.Measure, weigh and portion ingredients according to recipe requirements. |
| | 3.3.Select and use preparation methods according to recipe requirements. |
| | 3.4.Minimise waste to maximise profitability of food items prepared. |
| 4. Cook Asian dishes. | 4.1.Select and use appropriate cookery methods according to recipe requirements. |
| | 4.2.Prepare marinades, flavourings and sauce mixtures. |
| | 4.3.Follow standard recipes and make food quality adjustments within scope of responsibility. |
| 5. Present and store Asian cooked dishes. | 5.1.Present dishes 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

SITHASC301 Produce Asian cooked dishes

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 SITHASC008 Prepare Asian cooked dishes

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 cooked dishes from at least one of the following types of cuisine:
 - Chinese
 - Indian
 - Indonesian
 - Japanese
 - Malay and Nonya
 - Thai
 - Vietnamese
- prepare at least one dish using each of the following ingredients:
 - meat
 - poultry
 - seafood
 - vegetables
- prepare the above dishes demonstrating at least eight of the preparation techniques and using each of the cookery methods listed in the knowledge evidence at least once
- 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 Asian cooked dishes
 - 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 Asian cooked dishes
- required changes to dishes to reflect cultural and regional considerations and variations
- contents of stock date codes and rotation labels

- characteristics of Asian cooked dishes and their ingredients:
 - appearance and presentation
 - combinations of spices
 - nutritional value
 - quality indicators
 - service style
 - strength of flavours
 - taste
 - texture
- preparation techniques used for Asian cooked dishes:
 - blanching
 - chopping
 - cleaning
 - coating
 - cutting
 - dicing
 - gutting
 - filleting
 - marinating
 - peeling
 - portioning
 - slicing
 - tenderising
 - trimming
- cookery methods used for Asian cooked dishes:
 - drying
 - marinating
 - pickling
 - smoking
 - steaming
 - wok cookery
- appropriate environmental conditions for storing Asian cooked dishes to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce Asian cooked dishes.

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
 - commercial:
 - blenders and food mills
 - food processors
 - planetary mixers
 - commercial grade work benches (1.5m/person)
 - commercial refrigeration facilities:
 - freezer
 - fridge
 - designated area for dry goods and perishables
 - double sink
 - gas electric or induction stove tops (two burners per person)
 - ovens
- small equipment:
 - cast iron pan (tava)
 - containers for hot and cold food
 - cutting boards
 - electric rice cookers and steamers
 - food handler gloves
 - graters and peelers
 - grills and hot plates
 - 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
 - roasting drums
 - scales
 - service-ware:

- platters, dishes, and bowls
- cutlery and serving utensils
- chopsticks
- sets of stainless steel bowls
- sharpening steels and stones
- skewers
- small utensils:
 - scoops, skimmers and spiders
 - strainers
 - scrapers
 - tongs and serving utensils
 - whisks:
 - fine stainless steel wire
 - coarse stainless steel wire
- spits
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
- steamers
- 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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