



Australian Government

SITHASC012 Prepare sushi

Release: 1

SITHASC012 Prepare sushi

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to produce sushi. 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 Japanese cuisine, and to cooks who usually work under the guidance of more senior chefs.

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 sushi 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 use equipment.	2.1.Select type and size of equipment suitable to requirements. 2.2.Safely assemble and ensure cleanliness of equipment before use.

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| | 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 stock according to recipe and cook rice.
3.4. Minimise waste to maximise profitability of food items prepared. |
| 4. Prepare sushi. | 4.1. Create sushi items using sushi mat.
4.2. Prepare accompaniments and garnishes, according to required style and recipe.
4.3. Follow standard recipes and make adjustments within scope of responsibility. |
| 5. Present and store sushi. | 5.1. Serve sushi on service-ware of appropriate shape, size and colour.
5.2. Present sushi with required garnishes, sauces, dips and accompaniments.
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 flavourings where sushi, sauces and accompaniments are not balanced.
- 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.

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 or spills.

Environmental conditions must ensure appropriate:

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

Unit Mapping Information

SITHASC305 Produce sushi

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 SITHASC012 Prepare sushi

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:

- prepare each of the following types of sushi:
 - chirashi
 - maki
 - nagiri
 - oshi
- prepare each of the following sushi accompaniments:
 - aromatics
 - pickled vegetables
 - salad items:
 - herbs
 - pungent mustard sprouts
 - sauces for dipping:
 - nikiri joyu
 - nitsume joyu
- demonstrate use of the following methods when preparing sushi:
 - blending and balancing flavours and aromatics
 - cutting
 - rolling the sushi mat
- prepare above sushi 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 sushi
 - 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 sushi:
 - herbs and spices

- condiments
- thickening and flavouring agents
- season delicacies
- required changes to sushi to reflect cultural and regional considerations and variations
- contents of stock date codes and rotation labels
- characteristics of sushi ingredients and finished dishes:
 - accompaniments and garnishes
 - acid balance
 - appearance and presentation
 - freshness and other quality indicators
 - nutritional value
 - rice types
 - service style
 - taste
 - texture
 - preparation methods for sushi listed in the performance evidence
- appropriate environmental conditions for storing sushi to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of the equipment used to produce and present sushi.

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
- small equipment:
 - cutting boards
 - food handler gloves
 - graters and peelers
 - electric rice cookers and steamers
 - knives:
 - carving knives
 - filleting knives
 - utility knives
 - measures:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion controlled scoops
 - salad spinner
 - scales
 - sets of stainless steel bowls
 - service-ware:
 - platters, dishes and bowls
 - cutlery and serving utensils
 - chopsticks
 - strainers
 - sushi mat
 - tongs and serving utensils
 - wooden items:
 - mixing spoon
 - sushi bowl
- 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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