



Australian Government

SITHASC018 Prepare Indian sweetmeats

Release: 1

SITHASC018 Prepare Indian sweetmeats

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook sweetmeats for Indian cuisine. 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 Indian 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 ingredients for Indian desserts and sweets 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.
 - 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 wet and dry ingredients according to recipe requirements.
 - 3.3.Minimise waste to maximise profitability of food items prepared.
4. Prepare sweetmeats.
 - 4.1.Prepare desserts and sweets in correct shapes and with correct fillings, according to recipe.
 - 4.2.Follow safe procedures for reheated or refried items.
 - 4.3.Maintain quality control through correct use of milk products and setting and thickening agents.
 - 4.4.Follow standard recipes and make **food quality adjustments** within scope of responsibility.
5. Present and store sweetmeats.
 - 5.1.Present sweetmeats using appropriate service-ware.
 - 5.2.Assess and add accompaniments, sauces and syrups 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

SITHASC311 Produce Indian sweetmeats

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 SITHASC018 Prepare Indian sweetmeats

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 Indian sweetmeats:
 - gajar ka halva
 - gulab jamoon
 - kheer
 - kulfi
 - malpue
 - shahitukra
- prepare appropriate accompaniments for Indian sweetmeats from the list in the knowledge evidence
- demonstrate use of each of the following methods when preparing Indian sweetmeats:
 - filling
 - shaping
- 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 Indian sweetmeats
 - 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 Indian sweetmeats
- cultural and regional considerations and variations to be considered when preparing Indian sweetmeats
- contents of stock date codes and rotation labels
- characteristics of sweetmeat ingredients and finished dishes:
 - accompaniments and garnishes
 - appearance and presentation

- freshness and other quality indicators
- nutritional value
- service style
- taste
- texture
- accompaniments to Indian sweetmeats:
 - rice
 - vegetables
 - pickles
 - chutney
 - sauces
- preparation methods listed in the performance evidence for Indian sweetmeats
- appropriate environmental conditions for storing Indian sweetmeats to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce Indian sweetmeats.

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)
- small equipment:
 - baking sheets and trays
 - beaters

- bowls
- cane baskets and banana leaf linings
- cast iron or stainless steel pots
- cutting boards
- food handler gloves
- frypans
- knives:
 - bread knives
 - carving knives
 - large serrated cake knives
 - utility knives
- ladles
- measures:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion controlled scoops
- marble bench or slab
- oven mitts
- platters
- scales
- sets of stainless steel bowls
- service-ware:
 - platters, dishes and bowls
 - cutlery and serving utensils
- small utensils:
 - flour and drum sieves
 - strainers
 - scrapers
 - spatulas
 - pastry brushes
 - 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
- 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.

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