



Australian Government

SITHASC025 Prepare Asian rice and noodles

Release: 1

SITHASC025 Prepare Asian rice and noodles

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare rice and noodles 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.

The skills in this unit must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

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

Pre-requisite Unit

Unit Code	Unit Title
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SITXFSA005	Use hygienic practices for food safety
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Competency Field

Asian Cookery

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

PERFORMANCE CRITERIA

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

1. Select ingredients.
 - 1.1. Confirm food production requirements from standard recipes.
 - 1.2. Calculate ingredient amounts according to requirements.
 - 1.3. Identify and select ingredients for rice and noodle dishes 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 blend herbs, spices and other ingredients according to recipe requirements.
 - 3.3. Soak, wash and marinate ingredients as required.
 - 3.4. Minimise waste to maximise profitability of food items prepared.
4. Cook rice and noodle dishes.
 - 4.1. Select and use cookery processes for rice and noodle dishes according to recipe.
 - 4.2. Prepare accompaniments, marinades, flavourings and sauce mixtures and store at correct temperature until required.
 - 4.3. Follow standard recipes and make food quality adjustments within scope of responsibility.
 - 4.4. Select appropriate re-heating methods for rice and noodles as required, maintaining quality, freshness, eating characteristics and appearance.
5. Present and store cooked rice and noodle dishes.
 - 5.1. Present rice and noodle 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 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 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.

Unit Mapping Information

Supersedes and is equivalent to SITHASC006 Prepare Asian rice and noodles.

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 SITHASC025 Prepare Asian rice and noodles

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 three different rice and three different noodle dishes, selecting from at least three of the following Asian cuisines (across the preparation of the six dishes):
 - Chinese
 - Indonesian
 - Japanese
 - Korean
 - Malay and Nonya
 - Thai
 - Vietnamese
- prepare, plate and present the above six dishes:
 - within commercial time constraints
 - following procedures for portion control and food safety practices when handling and storing Asian style rice and noodles
 - responding to at least one special customer request.

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 rice and noodle dishes:
 - herbs and spices
 - rice varieties
 - noodle varieties
- contents of date codes and rotation labels for stock
- required changes to rice and noodle dishes to reflect cultural and regional considerations and variations
- characteristics of Asian rice and noodle dishes and their ingredients:
 - accompaniments and sauces
 - appearance and presentation

- combinations of spices
- quality indicators
- service style
- strength of flavours
- taste
- texture
- preparation methods for Asian rice and noodle dishes:
 - marinating
 - soaking
 - washing
- cookery processes for Asian rice and noodle dishes:
 - boiling
 - frying
 - steaming
 - temperatures
 - timing
- common accompaniments for Asian rice and noodles:
 - condiments
 - main dishes
 - salads
 - stocks and sauces
- appropriate environmental conditions for storing rice and noodle dishes to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce Asian rice and noodles.

Assessment Conditions

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

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

Assessment must ensure access to:

- fixtures and large equipment:
 - commercial:
 - blenders and food mills
 - food processors
 - commercial grade work benches (1.5m/person)
 - commercial refrigeration facilities:

- freezer
 - fridge
- designated storage area for dry goods and perishables
- sink
- gas, electric or induction stove tops (two burners per person)
- grillers, burners, ovens or salamanders as appropriate for the type of cuisine
- wok burner
- storage facilities
- small equipment:
 - colanders
 - containers for hot and cold food
 - cutting boards
 - deep and shallow pots and pans
 - electric rice cooker
 - graters and peelers
 - measures:
 - measuring jugs
 - measuring spoons
 - portion controlled scoops
 - scales
 - service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils
 - chopsticks
 - spoons and ladles
 - temperature probe
 - thermometer
 - tongs and serving utensils
 - steamer
- diverse and comprehensive range of perishable food supplies for Asian cookery
- food safe gloves
- 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 soap 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 and standard recipes
 - food safety plan
 - guidelines relating to food disposal, storage and presentation requirements
 - safety data sheets (SDS) for cleaning agents and chemicals
- safe working environment.

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

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

Links

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