



Australian Government

SITHASC031 Prepare sushi

Release: 1

SITHASC031 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.

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 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.
 - 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 and cook rice and test for correct PH level.
 - 3.4. Minimise waste to maximise profitability of food items prepared.
4. Prepare sushi.
 - 4.1. Create sushi items using required tools.
 - 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 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 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.

Unit Mapping Information

Supersedes and is equivalent to SITHASC012 Prepare 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 SITHASC031 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
 - nigiri
 - oshi
- prepare each of the following sushi accompaniments:
 - aromatics
 - pickled vegetables
 - salad items:
 - herbs
 - mizuna
 - sauces:
 - nikiri
 - nitsume
 - shoyu
- use each of the following processes when preparing sushi:
 - blending and balancing flavours and aromatics
 - cutting
 - moulding
 - rolling the sushi mat
- prepare, plate and present above sushi:
 - 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 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 sushi:
 - herbs and spices
 - condiments
 - flavouring agents
- required changes to sushi to reflect cultural and regional considerations and variations
- contents of date codes and rotation labels for stock
- characteristics of sushi ingredients and finished dishes:
 - accompaniments and garnishes
 - acid balance
 - appearance and presentation
 - freshness and other quality indicators
 - rice types
 - service style
 - taste
 - texture
- preparation processes for sushi as 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; or
- a simulated industry environment, such as an industry-realistic training kitchen servicing customers.

Assessment must ensure access to:

- fixtures and large equipment:
 - 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 or ovens as required
- small equipment:
 - cutting boards

- graters and peelers
- electric rice cookers
- knives:
 - yanagiba
- measures:
 - measuring jugs
 - measuring spoons
 - portion controlled scoops
- scales
- sets of stainless steel bowls
- service-ware:
 - platters, dishes and bowls
 - cutlery and serving utensils
 - chopsticks
- strainer
- steamer
- sushi mat
- tongs and serving utensils
- wooden items:
 - mixing spoon
 - sushi bowl
- food safe gloves
- 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 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 at least three years where they have applied the skills and knowledge of this unit of competency.

Links

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