



Australian Government

SITHCCC005 Prepare dishes using basic methods of cookery

Release: 1

SITHCCC005 Prepare dishes using basic methods of cookery

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to use a range of basic cookery methods to prepare dishes.

The unit applies to cooks working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in-flight and other transport caterers, and event and function caterers.

It applies to individuals who work with very little independence and under close supervision and guidance of more senior chefs. They follow predefined organisational procedures and report any discrepancies to a higher level staff member for action.

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

Commercial Cookery and Catering

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 from stores according to recipe, quality, freshness and stock rotation requirements. 1.4.Check perishable supplies for spoilage or contamination prior to

preparation.

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| 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. Weigh and measure ingredients and create portions according to recipe.
3.2. Prepare, cut and portion ingredients according to recipe and cooking style.
3.3. Minimise waste to maximise profitability of food items prepared. |
| 4. Cook dishes. | 4.1. Select and use cookery methods for dishes following standard recipes.
4.2. Complete cooking process in a logical, planned and safe manner.
4.3. Identify problems with the cooking process and take corrective action.
4.4. Work cooperatively with colleagues to ensure timely preparation of dishes. |
| 5. Present and store dishes. | 5.1. Present dishes on appropriate service-ware.
5.2. Add garnishes and accompaniments according to standard recipes.
5.3. 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 menus and standard recipes in order to determine food preparation requirements.
Oral communication skills to:	listen and respond to colleagues' specific enquiries or problems.
Numeracy skills to:	- calculate the number of portions - determine cooking times and temperatures.
Teamwork skills to:	ensure that individual contributions to the plating of a dish supports timely and quality food service.
Self-management skills	apply safety procedures when working in the kitchen

to:

- deal with pressure of work and kitchen conditions.

Unit Mapping Information

SITHCCC201 Produce dishes using basic methods of cookery

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 SITHCCC005 Prepare dishes using basic methods of cookery

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 for dishes that demonstrate use of each of the following major food types:
 - dairy products
 - dry goods
 - frozen goods
 - fruit
 - meat
 - poultry
 - seafood
 - vegetables
- demonstrate food safety practices for handling and storing each of the major food types
- use each of the following cookery methods and complete mise en place activities when preparing the above dishes:
 - baking
 - blanching
 - boiling
 - braising
 - deep-frying
 - grilling
 - poaching
 - roasting
 - shallow frying (pan-fry, sauté or stir-fry)
 - steaming
 - stewing
 - microwaving
- prepare the above dishes for at least six different customers:
 - within commercial time constraints and deadlines
 - reflecting required quantities to be produced
 - demonstrating portion control procedures
 - 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:

- major food types and their characteristics:
 - dairy products
 - dry goods
 - frozen goods
 - fruit
 - general food items:
 - batters
 - coatings
 - condiments and flavourings
 - garnishes
 - oils
 - sauces
 - meat
 - poultry
 - seafood
 - vegetables
- how the major food types are used in different dishes and the effects on them of the different cookery methods listed in the performance evidence
- meaning and role of mise en place in the process of preparing, cooking and presenting food
- essential culinary terms in, and key principles and practices of, the cookery methods described in the performance evidence
- contents of stock date codes and rotation labels
- safe operational practices using essential functions and features of equipment used in the above cookery methods.

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 grade work benches (1.5 m/person)
 - commercial ovens and trays (one per two persons)

- commercial refrigeration facilities:
 - cool room and/or fridge
 - freezer
- designated storage areas for dry goods and perishables
- double sink
- gas, electric or induction stove tops (two burners per person)
- commercial:
 - blenders and food mills
 - planetary mixers
- deep-fryer
- hot plate or griddle
- lifting and transporting equipment
- microwave
- salamander or other form of griller (one per four persons)
- small equipment:
 - baking sheets and trays
 - colander
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters
 - juicers
 - knife sharpening equipment
 - sharpening steels and stones
 - knives:
 - bread knives
 - carving knives
 - filleting knives
 - palette knives
 - utility knives
 - measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops
 - mortar and pestle
 - mouli
 - oven mitts
 - pots and pans
 - service-ware:
 - platters, dishes, and bowls

- cutlery and serving utensils
- salad spinner
- scoops, skimmers and spiders
- scales
- slicing machine
- stainless steel bowls
- small utensils:
 - flour and drum sieves
 - peelers, corers and slicers
 - strainers and chinois
 - scrapers
 - spatulas
 - pastry brush
 - tongs and serving utensils
 - whisks:
 - fine stainless steel wire
 - coarse stainless steel wire
- steamers
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - wooden spoons
- temperature probes
- thermometers
- 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
 - mise en place lists, menus and standard recipes
 - 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
- temperature recording charts
- work flow schedules
- cleaning schedules
- diverse and comprehensive range of perishable food supplies for commercial cookery and catering operations as specified in the performance evidence
- 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 achieved the Certificate III in Commercial Cookery or Certificate IV in Commercial Cookery to assess this unit as part of a Certificate III in Commercial Cookery or Certificate IV in Commercial Cookery qualification; 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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