



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>