



Australian Government

SITHCCC006 Prepare appetisers and salads

Release: 1

SITHCCC006 Prepare appetisers and salads

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare appetisers and salads following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment and cookery and food storage methods.

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 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 appetiser and salad 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. Weigh and measure ingredients and create portions according to recipe.
 - 3.3. Clean and cut salad ingredients using basic culinary cuts according to quality standards.
 - 3.4. Minimise waste to maximise profitability of food items prepared.
 4. Prepare appetisers and salads.
 - 4.1. Select and use relevant cookery methods for salads and appetisers.
 - 4.2. Prepare sauces and dressings according to recipe.
 - 4.3. Follow standard recipes and make **food quality adjustments** within scope of responsibility.
 5. Present and store appetisers and salads.
 - 5.1. Present dishes on appropriate service-ware.
 - 5.2. Add dips, sauces and garnishes according to standard recipes and regional variations.
 - 5.3. Visually evaluate dish and **adjust presentation**.
 - 5.4. Store dishes 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: | <ul style="list-style-type: none"> locate information in food preparation lists and standard recipes to determine food preparation requirements locate and read date codes and rotation labels on food products. |
| Numeracy skills to: | <ul style="list-style-type: none"> calculate the number of portions determine cooking times and temperatures. |

Planning and organising skills to:

- efficiently sequence 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 that 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

SITHCCC202 Produce appetisers and salads

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 SITHCCC006 Prepare appetisers and salads

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 ingredients:
 - bread and bakery items
 - condiments
 - dairy products
 - dressing ingredients
 - dry goods
 - eggs
 - farinaceous products
 - frozen goods
 - fruit
 - herbs and spices
 - meat
 - poultry
 - seafood
 - vegetables
- follow standard recipes to prepare the following appetisers and salads:
 - appetisers:
 - antipasto
 - canapés
 - hors d'oeuvres
 - tapas
 - salads:
 - classical
 - modern
 - cold
 - warm
 - fruit
- use at least four of the following cookery methods and complete mise en place activities when preparing the above dishes:

- baking
- boiling
- blanching
- frying
- grilling
- poaching
- roasting
- steaming
- prepare the above dishes for at least six different customers:
 - within commercial time constraints and deadlines
 - reflecting required quantities to be produced
 - following procedures for portion control and food safety practices when handling and storing different food types
 - 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 different appetisers and salads
- contents of stock date codes and rotation labels and their implication for food quality standards
- characteristics of different appetisers and salads:
 - appearance and presentation
 - classical and contemporary variations
 - freshness and other quality indicators
 - nutritional value
 - service style
 - taste
 - texture
- quality indicators for appetisers and salads
- cookery methods for appetisers and salads
- dressings, sauces and garnishes for salads
- mise en place requirements for appetisers and salads
- appropriate environmental conditions for storing appetiser and salad products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce appetisers and salads.

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
 - planetary mixers
 - commercial grade work benches (1.5 m/person)
 - designated area for dry goods and perishables
 - commercial ovens with trays (one per two persons):
 - commercial refrigeration facilities:
 - cool room and/or fridge
 - freezer
 - deep-fryer
 - designated storage areas for dry goods and perishables
 - double sink
 - gas, electric or induction stove tops (two burners per person)
 - hot plate or griddle
 - microwave
 - salamander or other form of griller (one per four persons)
 - slicing machine
- small equipment:
 - baking sheets and trays
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters
 - juicers
 - knife sharpening equipment
 - sharpening steels and stones
 - knives:
 - bread knives
 - chef knives
 - palette knives
 - utility knives
 - measurers:

- metric calibrated measuring jugs
- measuring spoons
- portion control scoops
- mortar and pestle
- oven mitts
- pots and pans
- sauce bottles
- salad spinners
- scales
- scoops, skimmers and spiders
- sets of stainless steel bowls
- service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils
- 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
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - wooden spoons
- steamers
- 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
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - 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
- diverse and comprehensive range of perishable food supplies for commercial cookery or 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

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>