



Australian Government

SITHCCC008 Prepare vegetable, fruit, eggs and farinaceous dishes

Release: 1

SITHCCC008 Prepare vegetable, fruit, eggs and farinaceous dishes

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook various vegetable, fruit, egg and farinaceous dishes following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment, 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 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

Elements describe the essential outcomes.

1. Select ingredients for vegetable, fruit, egg and farinaceous dishes.

PERFORMANCE CRITERIA

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

- 1.1. Confirm food production requirements from food preparation list and standard recipes.
- 1.2. Calculate ingredient amounts according to requirements.

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| | 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. |
| 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 ingredients as required using basic culinary cuts according to culinary standards. |
| | 3.4. Prepare eggs for different culinary uses. |
| | 3.5. Prepare fresh farinaceous ingredients. |
| | 3.6. Minimise waste to maximise profitability of food items prepared. |
| 4. Cook vegetable, fruit, egg and farinaceous dishes. | 4.1. Follow standard recipes to select and use relevant cookery methods for vegetable, fruit, egg and farinaceous foods. |
| | 4.2. Select and add accompaniments suited to the dish. |
| | 4.3. Make food quality adjustments within scope of responsibility. |
| 5. Present and store vegetable, fruit, egg and farinaceous dishes. | 5.1. Present dishes attractively 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
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| 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. |
| Problem-solving skills to: | <ul style="list-style-type: none"> • 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: | <ul style="list-style-type: none"> • efficiently sequence the stages of food preparation and production. |
| Self-management skills to: | <ul style="list-style-type: none"> • 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

SITHCCC204 Produce vegetable, fruit, egg and farinaceous dishes

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 SITHCCC008 Prepare vegetable, fruit, eggs and farinaceous dishes

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 dishes for at least six different customers using each of the following types of products:
 - vegetables and fruit:
 - dried
 - fresh
 - frozen
 - eggs used for the following applications:
 - aerating
 - binding
 - setting
 - coating
 - enriching
 - emulsifying
 - glazing
 - clarifying
 - garnishing
 - thickening
 - farinaceous items:
 - couscous
 - pasta and noodles
 - polenta
 - pulses
 - rice
- prepare dishes using each of the following cookery methods at least once:
 - boiling
 - braising
 - deep and shallow frying
 - poaching or scrambling
 - roasting

- stewing
- prepare at least three different types of fresh pasta
- prepare the above dishes:
 - 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 used in standard recipes for vegetable, fruit, egg and farinaceous dishes, relating to:
 - convenience products
 - fresh products
- contents of stock date codes and rotation labels
- characteristics of different vegetable, fruit, egg and farinaceous dishes:
 - appearance and presentation
 - classical and contemporary variations
 - freshness and other quality indicators
 - nutritional value
 - service style
 - taste
 - texture
- accompaniments and sauces for vegetable, fruit, egg and farinaceous dishes
- historical and cultural origin of different vegetable, fruit, egg and farinaceous dishes and products
- cookery methods for vegetable, fruit, egg and farinaceous dishes listed in the performance evidence
- health risks associated with raw egg products and alternative egg products
- culinary applications which use eggs as specified in the performance evidence
- mise en place requirements for vegetable, fruit, egg and farinaceous dishes
- appropriate environmental conditions for storing food products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce vegetable, fruit, egg and farinaceous dishes.

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
 - food processor
 - planetary mixer
 - commercial grade work benches (1.5 m/person)
 - 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
 - pasta machine
 - salamander or other form of griller (one per four persons)
 - storage facilities:
 - shelving
 - trays
- small equipment:
 - baking sheets and trays
 - beaters
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters
 - juicers
 - knife sharpening equipment
 - sharpening steels and stones
 - knives:
 - chef knives

- utility knives
- measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops
- oven mitts
- pots and pans for small and large production:
 - stainless steel
 - cast iron
 - non-stick fry pans
- scoops, skimmers and spiders
- scales
- service-ware:
 - platters, dishes and bowls
 - cutlery and serving utensils
- sets of stainless steel bowls
- steamers
- small utensils:
 - flour and drum sieves
 - pastry brushes
 - peelers, corers and slicers
 - scrapers
 - spatulas
 - strainers and chinois
 - 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
 - serving spoons
 - wooden spoons
- 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
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - mise en place lists, menus, standard recipes, and recipes for special dietary requirements
 - guidelines relating to food disposal, storage and presentation requirements
 - ordering and docketing paperwork
 - food safety plan
 - 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

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