



Australian Government

SITHCCC009 Produce cook-chill and cook-freeze foods

Release: 1

SITHCCC009 Produce cook-chill and cook-freeze foods

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to safely produce bulk amounts of cook-chill and cook-freeze foods. It requires the ability to select, prepare and portion bulk ingredients and to use equipment and a range of cookery methods to cook, chill, freeze and store food.

Cook-chill and cook-freeze foods may be entire meals or individual items. This unit applies to all hospitality and catering organisations that produce bulk amounts of precooked food which is chilled or frozen and then transferred to internal or external service outlets for re-thermalisation.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, residential caterers, meals-on-wheels services, in-flight and other transport caterers, and event and function caterers.

The unit 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. This includes catering assistants and cooks.

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

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to

essential outcomes.	demonstrate achievement of the element.
1. Select ingredients.	1.1. Confirm food production requirements from food preparation list. 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.
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 bulk ingredients.	3.1. Sort and assemble bulk ingredients according to food production sequencing. 3.2. Weigh and measure wet and dry bulk ingredients according to recipe and quantity of bulk food items required. 3.3. Clean and cut bulk ingredients as required using basic culinary cuts according to culinary standards. 3.4. Minimise waste to maximise profitability of food items produced.
4. Cook and portion bulk food items.	4.1. Produce food using cookery methods that achieve desired product characteristics. 4.2. Follow standard recipes and make food quality adjustments within scope of responsibility. 4.3. Maintain optimum quality of food for cook-chill and cook-freeze processes. 4.4. Cook food to specified temperatures for cook-chill and cook-freeze production and within safe tolerances for microbiological change.
5. Chill food and store under refrigeration.	5.1. Use blast and water bath chilling methods to chill foods while meeting food quality and time and temperature standards. 5.2. Select appropriate containers for storage and label and code clearly. 5.3. Store food dynamically using first in–first out methods. 5.4. Meet time and temperature standards for storage to minimise spoilage according to food safety procedures and standards. 5.5. Continually monitor storage temperatures to avoid food spoilage.
6. Package, freeze and store cooked food.	6.1. Select appropriate containers for freezer storage and label and code clearly. 6.2. Meet time and temperature standards for freezer storage to

- minimise spoilage according to food safety procedures and standards.
- 6.3. Freeze food in batches, according to food safety procedures and standards, allowing each freezing cycle to be completed.
- 6.4. Place food items in appropriate storage once freezing cycle and labelling are complete.
- 6.5. Continually monitor freezer temperatures to avoid food spoilage.
- 7. Transfer cook-chill and cook-freeze foods.
 - 7.1. Transfer food from production kitchen to service areas and outlets by refrigerated transport or insulated containers.
 - 7.2. Check and record temperature levels at despatch and receipt.
 - 7.3. Protect food from dangerous temperatures during transfer process.

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 food preparation lists and standard recipes to determine food preparation requirements - locate and read date codes and rotation labels on food products.
Writing skills to:	- record notes on recipe and temperature requirements - enter familiar information legibly on containers and labels.
Numeracy skills to:	- calculate the number of portions - determine cooking times and temperatures.
Problem-solving skills to:	- 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 - monitor temperatures and adjust according to identified discrepancies.
Planning and organising skills to:	efficiently sequence the stages of food preparation and production.
Self-management skills to:	manage own speed, timing and productivity.
Technology skills to:	use food preparation, cooking, chilling and freezing equipment.

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.

Product characteristics must include:

- appearance
- colour
- consistency
- moisture content
- shape
- size
- structure
- taste
- texture.

Food quality adjustments must involve consideration of factors relating to:

- ratio of wet to dry ingredients
- taste
- temperature
- texture.

Unit Mapping Information

SITHCCC205 Produce cook-chill and cook-freeze foods

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 SITHCCC009 Produce cook-chill and cook-freeze foods

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:

- produce bulk amounts of cook-chill and cook-freeze foods to meet each of the following food service requirements:
 - entire meals
 - individual meals
 - bulk meals for external transportation
 - sous vide products
- use the following cookery methods when producing cook-chilled and cook-frozen food items:
 - baking
 - blanching
 - boiling
 - braising
 - chargrilling and barbecuing
 - deep-frying
 - grilling
 - microwaving
 - poaching
 - roasting
 - sous-vide
 - steaming
 - stewing
- prepare the above foods on at least six different occasions:
 - within commercial time constraints and deadlines
 - according to standard recipes and required temperature specifications
 - 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 dietary requirements.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- characteristics and uses of different precooked food types subject to chilling and freezing:
 - culinary terms and trade names
 - bulk foods
 - plated meals
 - sous-vide products
 - meals-on-wheels
 - takeaway meals
- contents of stock date codes and rotation labels
- indicators of spoilage and contamination of perishable supplies in storage
- methods for weighing and measuring wet and dry bulk ingredients
- mise en place requirements for producing cook-chill and cook-freeze foods
- methods to chill foods:
 - blast
 - water bath
- food safety procedures and standards for preparing cook-chill and cook-freeze foods
- food safety procedures and standards for storing chilled and frozen food:
 - appropriate storage environments:
 - atmosphere
 - chillers
 - cool rooms
 - freezers
 - humidity
 - light
 - packaging
 - refrigerators
 - containers
 - ventilation
 - first in-first out methods
 - labelling and coding
 - temperature specifications for storage
- temperature specifications and methods for transferring chilled and frozen foods
- safe operational practices using essential functions and features of equipment used to produce cook-chill and cook-freeze foods.

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 mixers
 - commercial grade work benches (1.5 m/person)
 - commercial ovens with trays (one per two persons)
 - commercial refrigeration facilities:
 - cool room
 - 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 griddle
 - lifting and transporting equipment
 - microwave
 - recording systems
 - salamander or other form of griller (one per four persons)
 - storage facilities:
 - shelving
 - trays
 - slicing machine
 - steamers
- small equipment:
 - baking sheets and trays
 - beaters
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - forms and moulds
 - graters
 - knife sharpening equipment
 - sharpening steels and stones

- knives and cleavers:
 - carving knives
 - chef knives
 - utility knives
- measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops
- mouli
- oven mitts
- poachers
- pots and pans for small and large production:
 - bratt pans
 - stainless steel, cast iron, iron and non-stick fry pans
 - stock pots
- scoops, skimmers and spiders
- scales
- sets of stainless steel bowls
- small utensils:
 - flour and drum sieves
 - peelers, corers and slicers
 - strainers and chinois
 - scrapers
 - spatulas
 - pastry brush
 - tongs
 - whisks:
 - fine stainless steel wire
 - coarse stainless steel wire
- steamers
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
- temperature probes
- thermometers
- cooking equipment specific to cook-freeze and cook-chill processes:
 - blast chiller
 - blast freezer

- chilling equipment
- ice slurry
- packaging material
- vacuum sealing equipment
- 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
 - ordering and docketing paperwork
 - food safety plans
 - safety data sheets (SDS) for cleaning agents and chemicals
- diverse and comprehensive range of perishable food supplies for commercial cookery or catering operations
- 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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