



Australian Government

SITHCCC010 Re-thermalise chilled and frozen foods

Release: 1

SITHCCC010 Re-thermalise chilled and frozen foods

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to safely re-thermalise bulk amounts of pre-cooked food which has been chilled or frozen. It requires the ability to select, thaw, reheat, and present pre-cooked food items according to food safety procedures and standards.

Foods may be entire meals or individual items. This unit applies to all hospitality and catering organisations which prepare and serve pre-cooked food that has been chilled or frozen.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, fast food outlets, 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, fast food and other 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 essential outcomes.

1. Select frozen and

PERFORMANCE CRITERIA

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

1.1. Confirm food production requirements from food preparation

- chilled foods.
- list.
- 1.2. Identify and select chilled and frozen food items from storage according to recipe needs and stock rotation requirements.
 - 1.3. Check pre-cooked foods for spoilage or contamination prior to preparation.
 - 1.4. Dispose of spoilt stock within scope of responsibility and report losses to supervisors.
2. Prepare chilled and frozen food for reheating.
 - 2.1. Use appropriate methods to thaw chilled and frozen foods according to food safety procedures and standards.
 - 2.2. Space trays and containers to allow air flow.
 - 2.3. Meet time and temperature standards when thawing products.
 - 2.4. Transfer food to the point of production and service, maintaining correct temperatures.
3. Reheat pre-cooked food items.
 - 3.1. Prepare kitchen equipment for reheating food items.
 - 3.2. Select and load trays and containers appropriate for the equipment type and loading procedures.
 - 3.3. Space reheating trays and containers to allow air flow.
 - 3.4. Use appropriate methods and equipment to reheat pre-cooked food items according to cooking instructions, food safety procedures and standards, and manufacturer instructions.
 - 3.5. Check and record food temperature according to food safety procedures and standards.
 - 3.6. Clean thermometers between temperature checks of each food item.
4. Maintain, portion, present and serve reheated food.
 - 4.1. Transfer reheated food safely to heated bain marie or service-ware.
 - 4.2. Maintain food temperature during preparation according to food safety requirements.
 - 4.3. Evaluate food items against quality indicators for re-thermalised food and adjust before serving as required.
 - 4.4. Portion food items to minimise waste and maximise yield and profitability.
 - 4.5. Plate food items with appropriate accompaniments and garnishes according to standard recipes and regional variations.
 - 4.6. Visually evaluate dishes and **adjust presentation**.
 - 4.7. Serve or deliver food items at temperatures that comply with food safety procedures and standards.
 - 4.8. 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 food preparation lists, cooking instructions, food safety procedures and standards to determine re-thermalising requirements - locate and read date codes and rotation labels on food products.
Numeracy skills to:	- calculate thawing temperatures and time required for the quantity of portions required - determine cooking times and temperatures.
Learning skills to:	locate key information in standards and specifications relating to thawing, re-thermalising and maintaining food temperature.
Problem-solving skills to:	- evaluate the quality of re-thermalised food items and make adjustments to ensure a quality product - monitor temperatures and adjust according to identified discrepancies.
Planning and organising skills to:	efficiently sequence the stages of food preparation and re-thermalisation.
Self-management skills to:	manage own speed, timing and productivity.
Technology skills to:	use food thawing and re-thermalisation cooking 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.

Adjusting presentation must involve consideration of:	- accompaniments and garnishes that maximise visual appeal: - balance - colour - contrast - plating food for practicality of: - customer consumption
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- service
- wiping drips and spills.

Unit Mapping Information

SITHCCC206 Rethermalise chilled and frozen 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 SITHCCC010 Re-thermalise chilled and frozen 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:

- prepare and re-thermalise the following food items, including at least one chilled and one frozen item, to meet the following food service requirements:
 - entire meals
 - individual meals
 - bulk meals for external transportation
 - sous vide products
- conduct temperature checks on the following food and ingredients:
 - cold
 - frozen
 - raw
 - reheated
- produce meals containing re-thermalised food items for at least six different customers:
 - within commercial time constraints and deadlines
 - reflecting required quantities to be produced
 - following food safety procedures for thawing, re-thermalising and maintaining reheated food items
 - according to required methods and temperature specifications for thawing, re-thermalising and maintaining reheated food items
 - following procedures for portion control and food safety practices when re-thermalising chilled and frozen foods
 - 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 pre-cooked food types commonly subject to chilling and freezing
- contents of stock date codes and rotation labels
- characteristics and uses of different pre-cooked food types subject to chilling and freezing:
 - bulk foods

- plated meals
- sous-vide products
- meals-on-wheels
- takeaway meals
- quality indicators for re-thermalised food items
- indicators of spoilage and contamination of chilled and frozen food items in storage
- food safety procedures for preparing and serving bulk amounts of pre-cooked food:
 - thawing
 - transferring
 - re-thermalising
 - maintaining reheated food items
- mise en place requirements for re-thermalising chilled and frozen foods
- methods and temperature specifications for chilled and frozen food items:
 - thawing
 - re-thermalising
 - maintaining reheated food items to a safe core temperature
- safe operational practices and essential functions and features of equipment used to re-thermalise chilled and frozen foods:
 - oven
 - steamer
 - microwave
 - bratt pan
 - grill
 - salamander
 - water bath.

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:
 - bain marie or hotbox
 - commercial grade work benches (1.5m/person)
 - commercial refrigeration facilities to ensure appropriate thawing of frozen food items:
 - cool room
 - refrigerator
 - double sink

- storage facilities:
 - shelving
 - trays
- small equipment:
 - containers for hot and cold food
 - food handler gloves
 - service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils
 - spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
 - temperature probes
 - thermometers
 - tongs
- commercial equipment to ensure appropriate reheating of pre-cooked food items:
 - combi ovens
 - grill or salamander
 - induction stove
 - kettle
 - microwave
 - steamer
 - water bath
- cleaning materials and equipment:
 - antibacterial wipes
 - cleaning cloths
 - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
 - dustpan and brooms
 - garbage bins and bags
 - hand towel dispenser and hand towels
 - mop and bucket
 - separate hand basin and antiseptic liquid soap dispenser for hand washing
 - sponges, brushes and scourers
 - tea towels and oven mitts
- organisational specifications:
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock

- equipment manufacturer instructions
- mise en place lists, menus, standard recipes, and recipes for special dietary 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
- 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.

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