



Australian Government

SITHCCC013 Prepare seafood dishes

Release: 1

SITHCCC013 Prepare seafood dishes

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook a range of fish and shellfish dishes following standard recipes. It requires the ability to select, prepare and portion seafood, 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 under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.

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 seafood products and other ingredients from |

- stores according to recipe, quality, freshness and stock rotation requirements.
2. Select, prepare and use equipment.
 - 2.1. Select type and size of knives and other equipment suitable to requirements.
 - 2.2. Safely assemble and ensure cleanliness of equipment before use.
 - 2.3. Use knives and other equipment safely and hygienically according to manufacturer instructions.
 3. Portion and prepare ingredients.
 - 3.1. Thaw frozen seafood according to food safety guidelines as required.
 - 3.2. Sort and assemble ingredients according to food production sequencing.
 - 3.3. Weigh and measure ingredients and create portions according to recipe.
 - 3.4. Use seafood preparation techniques according to recipe.
 - 3.5. Minimise waste to maximise profitability of food items prepared.
 4. Cook seafood dishes.
 - 4.1. Follow standard recipes to select and use seafood cookery methods.
 - 4.2. Prepare seafood accompaniments and add sauces as required.
 - 4.3. Make **food quality adjustments** within scope of responsibility.
 5. Present fish and shellfish.
 - 5.1. Portion and serve fish and shellfish according to recipe requirements.
 - 5.2. Add sauces and garnishes according to standard recipes.
 - 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. |

- Problem-solving skills to:
- evaluate quality of seafood 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:
- 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 and 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.

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
- plated 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

SITHCCC302 Produce seafood 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 SITHCCC013 Prepare seafood 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 the following seafood classifications:
 - flat and round fish
 - oily and white fish
 - ocean and freshwater fish
 - octopus and squid
 - shellfish:
 - crustaceans
 - molluscs
 - whole or filleted fish
- use each of the following seafood preparation techniques in preparing above seafood as required:
 - cleaning
 - de-scaling
 - pin-bone removal
 - filleting
 - portioning
 - shelling
 - skinning
- follow standard recipes to prepare fresh, frozen and preserved seafood dishes using the following cookery methods:
 - deep and shallow frying
 - grilling
 - poaching
 - roasting
 - sautéing
 - steaming
- prepare above food 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 seafood
- 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 fish and shellfish dishes
 - variety of classical and contemporary seafood dishes
 - different varieties of seafood and styles of cooking
- contents of stock date codes and rotation labels
- seafood classifications
- characteristics of seafood products and fish and shellfish dishes:
 - appearance
 - freshness and other quality indicators
 - nutritional value
 - taste
 - texture
- preparation techniques for fish and shellfish specified in the performance evidence
- cookery methods for different varieties and cuts of fish and shellfish specified in the performance evidence
- equipment used to produce seafood dishes:
 - knife care and maintenance
 - essential features and functions
 - safe operating practices
- mise en place requirements for seafood dishes
- appropriate environmental conditions for storing and thawing fish and shellfish products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce seafood 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 processors
 - planetary mixers
 - 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
 - salamander or other form of griller (one per four persons)
 - storage facilities:
 - shelving
 - trays
- small equipment:
 - baking sheets and trays
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters
 - knife sharpening equipment
 - sharpening steels and stones
 - knives and cleavers:
 - chef knives
 - filleting knives
 - utility knives
 - measurers:
 - metric calibrated measuring jugs
 - portion control scoops
 - oven mitts
 - poachers
 - pans and pots for small and large production:
 - stainless steel, cast iron, iron and non-stick fry pans

- large and small pots
- scoops, skimmers and spiders
- scales
- 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
 - tongs and serving utensils
- steamers
- 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
 - 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 seafood 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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