



Australian Government

SITHCCC014 Prepare meat dishes

Release: 1

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Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook a range of meat dishes following standard recipes. It requires the ability to select, prepare and portion meat, 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

Elements describe the essential outcomes.

PERFORMANCE CRITERIA

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 meat 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 meats according to food safety guidelines where 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 meat preparation techniques according to recipe requirements.
 - 3.5. Minimise waste to maximise profitability of food items prepared.
4. Cook meat dishes.
 - 4.1. Follow standard recipes to select and use meat cookery methods.
 - 4.2. Prepare marinades and meat accompaniments as required.
 - 4.3. Make **food quality adjustments** within scope of responsibility.
5. Present meat dishes.
 - 5.1. Carve meats using appropriate tools and techniques, taking account of meat and bone structure and waste minimisation.
 - 5.2. Portion and serve meats according to recipe requirements.
 - 5.3. Add sauces and garnishes according to standard recipes.
 - 5.4. Visually evaluate dishes and **adjust presentation** as required.
 - 5.5. Store dishes in appropriate **environmental conditions**.
 - 5.6. 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 and standard recipes to determine food preparation requirements
 - locate and read date codes and rotation labels on food products.
- Numeracy skills to:
- calculate the number of portions
 - determine cooking times and temperatures.
- Problem-solving skills to:
- evaluate quality of meat 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.

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:

- cooking preference:
 - blue
 - rare
 - medium rare
 - medium
 - medium well
 - well done
- taste
- temperature
- texture.

Adjusting presentation must involve consideration of:

- accompaniments and garnishes that maximise visual appeal:
 - balance
 - colour
 - contrast
- plated food for practicality of:

Environmental conditions must ensure appropriate:

- customer consumption
- service
- wiping drips and spills.
- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

Unit Mapping Information

SITHCCC303 Produce meat dishes

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dffa092694>

Assessment Requirements for SITHCCC014 Prepare meat 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 meat dishes using each of the following meat items:
 - beef
 - game:
 - kangaroo
 - venison
 - specialty meats
 - lamb
 - pork
 - veal
 - offal:
 - kidney
 - liver
- use each of the following meat preparation techniques at least once when preparing the above dishes, as appropriate:
 - ageing
 - barding
 - boning and trimming
 - cutting and portioning
 - larding
 - marinating
 - mincing
 - rolling
 - tenderising
 - trussing and tying
 - skewering
- prepare the required meat dishes using each of the following cookery methods at least once:
 - braising
 - frying
 - grilling
 - roasting

- stewing
- 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 meat
 - 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 meat dishes
 - classical and contemporary meat dishes
 - different cuts of meat and styles of cooking
- contents of stock date codes and rotation labels
- meat classifications
- characteristics of meat products and meat dishes:
 - appearance
 - fat content
 - freshness and other quality indicators
 - primary, secondary and portioned cuts
 - nutritional value
 - taste
 - texture
- historical and cultural origin of different meat products and meat dishes
- preparation techniques for different cuts and types of meat specified in the performance evidence
- cookery methods for different cuts and types of meat specified in the performance evidence
- equipment used to prepare and produce meat dishes:
 - knife care and maintenance
 - essential features and functions
 - safe operational practices
- mise en place requirements for meat dishes
- appropriate environmental conditions for storing meat and meat products to:
 - ensure food safety
 - optimise shelf-life
- safe operational practices using essential functions and features of equipment used to produce meat 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
 - 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
 - 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)
 - storage facilities:
 - shelving
 - trays
- small equipment:
 - baking sheets and trays
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - knife sharpening equipment
 - sharpening steels and stones
 - knives:
 - butcher and boning knives
 - carving knives
 - chef knives
 - utility knives
 - larding needles
 - measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops

- meat:
 - bats
 - cleavers
 - mincers
- oven mitts
- pans and pots for small and large production:
 - stainless steel, cast iron, iron and non-stick fry pans
 - large and small pots
- scales
- scoops, skimmers and spiders
- service-ware:
 - platters, dishes, and bowls
 - cutlery and serving utensils
- sets of stainless steel bowls
- small utensils:
 - flour and drum sieves
 - strainers and chinois
 - scrapers
 - spatulas
 - tongs and serving utensils
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
- 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

- 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 meat products 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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