



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-bc06-899dff092694>