



**Australian Government**

# **SITHCCC020 Work effectively as a cook**

**Release: 1**

# SITHCCC020 Work effectively as a cook

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to work as a cook. It incorporates all aspects of organising, preparing and cooking a variety of food items across different service periods and menu types; using a range of cooking methods and team coordination skills. The unit integrates key technical and organisational skills required by a qualified commercial cook. It brings together the skills and knowledge covered in individual units and focuses on the way they must be applied in a commercial kitchen.

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. Menu types may be classical, contemporary or ethnic and service may be formal or informal.

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.

1. Organise and prepare for

### PERFORMANCE CRITERIA

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

1.1.Determine and calculate commodity quantities and

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| food service or production.                                    | <p>determine requirements for quality and style according to recipes and specifications.</p> <p>1.2. Prepare a job checklist for food preparation that is clear, complete and appropriate to the situation.</p> <p>1.3. Liaise with other team members about menu requirements and job roles.</p> <p>1.4. Develop and follow a work schedule to maximise efficiency, taking into consideration roles and responsibilities of other team members.</p> <p>1.5. Complete <b>food organisation and preparation</b> according to different food production and service requirements.</p>                                                                                                                                                                                                                   |
| 2. Cook and present menu items for food service or production. | <p>2.1. Select and use appropriate commercial equipment to produce menu items in line with manufacturer specifications.</p> <p>2.2. Cook menu items according to menu type and service style, using appropriate cookery methods, adjusting where required.</p> <p>2.3. Adjust menu items and ingredients to meet <b>special requests or dietary requirements of customers</b>.</p> <p>2.4. Produce menu items to meet customer expectations of quality, appeal of presentation and timeliness of delivery.</p> <p>2.5. Work cooperatively as part of a kitchen team and delegate tasks appropriately.</p> <p>2.6. Follow workplace safety and hygiene procedures according to organisational and legislative requirements.</p> <p>2.7. Maintain cleanliness and tidiness of the work environment.</p> |
| 3. Complete end of shift requirements.                         | <p>3.1. Complete <b>end of shift procedures</b> according to organisational practices.</p> <p>3.2. Store food items appropriately to minimise food spoilage, contamination and waste.</p> <p>3.3. Participate in post-shift debrief or handover.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## 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:

- select and apply the organisational procedures and strategies needed to perform work effectively
- review customer special requests and dietary requirements and

- Writing skills to:
  - interpret required changes to food preparation lists and recipes.
  - record clear sequenced instructions for work schedules.
- Oral communication skills to:
  - listen to colleague and customer comments, complaints and questions
  - respond to colleagues' feedback, providing information and asking questions to clarify when further information is necessary.
- Numeracy skills to:
  - measure familiar quantities of ingredients using simple measuring instruments.
- Problem-solving skills to:
  - evaluate dishes and make adjustments to ensure a quality product
  - anticipate and respond to kitchen operation challenges.
- Teamwork skills to:
  - brief and debrief members of the kitchen team on new products and recipes
  - discuss process improvements and changes to food production and service requirements.
- Planning and organising skills to:
  - prioritise, sequence, delegate and monitor tasks and processes.
- Self-management skills to:
  - deal with pressure of work and kitchen conditions
  - coordinate own safe work across multiple tasks.

## 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 organisation and preparation*** must include:
  - cleaning and preparing vegetables and other commodities
  - portioning food types, ingredients and dishes
  - selecting and using service-ware and equipment.
- Special requests or dietary requirements*** of customers must relate to:
  - cultural needs and restrictions
  - customer preferences
  - dietary requirements based on medical issues.
- End of shift procedures*** must include:
  - cleaning procedures

- consider feedback from customers and guests on quality and service
- post-shift debrief or handover
- preparations for the next food service period
- re-stocking
- storing food items.

## Unit Mapping Information

SITHCCC309 Work effectively as a cook

## 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 SITHCCC020 Work effectively as a cook

## 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:

- safely and hygienically prepare, cook and present menu items for a minimum of 48 complete food service periods that cover:
  - breakfast
  - dinner
  - lunch
  - special function
- prepare, cook and present items for at least three of the following different menu styles:
  - à la carte
  - set menu
  - table d'hôte
  - buffet
  - cyclical
- prepare, cook and serve items from the following food types that meet quality requirements:
  - appetisers and salads
  - fish and shellfish
  - hot and cold desserts
  - meat, poultry and game
  - pastries, cakes and yeast goods
  - stocks, sauces and soups
  - vegetables, fruit, eggs and farinaceous products
- multi-task and integrate technical and other skills to respond to multiple demands simultaneously
- work professionally as part of a team and coordinate team activities in line with kitchen roles and responsibilities, and organisational requirements
- respond to special customer requests and dietary requirements
- prepare dishes for customers within the typical time constraints of a busy commercial kitchen.

## Knowledge Evidence

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

- basic principles and methods of cookery
- culinary terms commonly used in the industry and organisation
- characteristics of foods from all main food categories served in the organisation
- features of standard recipes
- organisational procedures for:
  - planning, preparing and storing food
  - workplace safety and hygiene
  - end of shift
- essential principles and practices related to:
  - planning and organising work
  - food safety and hygiene
  - kitchen safety and cleanliness
- varying requirements of different food service periods and menu types
- safe operational practices using essential functions and features of commercial kitchen equipment in use.

## 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 hot box
- commercial:
  - blenders and food mills
  - food processors
  - planetary mixers
- commercial dishwasher
- commercial grade work benches (1.5 m/person)
- commercial ovens with trays (one per two persons)
- commercial refrigeration facilities:
  - cool room
  - freezer
  - fridge

- computers, printers and stock control software systems currently used by the hospitality industry
- electronic equipment used for stock control
- 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
- lifting and transporting equipment
- recording systems
- salamander or other form of griller (one per four persons)
- storage facilities:
  - shelving
  - trays
- slicer
- steamers
- small equipment:
  - baking sheets and trays
  - beaters
  - containers for hot and cold food
  - cutting boards
  - food handler gloves
  - graters
  - juicers
  - knife sharpening equipment
  - sharpening steels and stones
  - knives and cleavers:
    - butcher and boning knives
    - bread knives
    - carving knives
    - chef knives
    - filleting knives
    - large serrated cake knives
    - palette knives
    - utility knives
  - measurers:
    - metric calibrated measuring jugs
    - measuring spoons
    - portion control scoops
  - mortar and pestle

- moulds and forms
- mouli
- oven mitts
- piping bags and attachments
- poachers
- range of pans and pots for small and large production:
  - fry pans: stainless steel, cast iron, iron and non-stick
  - stock pots
- salad spinner
- 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
  - peelers, corers and slicers
  - strainers and chinois
  - scrapers
  - spatulas
  - pastry brush
  - tongs and serving utensils
  - 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
- 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
  - guidelines relating to food disposal, storage and presentation requirements
  - 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.

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