



Australian Government

SITHCCC021 Prepare specialised food items

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 food items that are more unusual in nature than those in standard recipes. It requires the ability to select and prepare ingredients, use relevant equipment, specialised 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.

Because the nature of food items prepared is specialised, it may apply to chefs and cooks with advanced skills or with skills in very particular styles of cooking.

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 ingredients.

PERFORMANCE CRITERIA

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

1.1. Confirm food production requirements from food preparation list and specialised recipes.

1.2. Calculate ingredient amounts according to requirements.

1.3. Identify and select ingredients for specialised food items from stores according to recipe, quality, freshness and stock rotation

- requirements.
2. Select, prepare and use equipment.
 - 2.1. Select type and size of equipment suitable to requirements.
 - 2.2. Safely assemble and ensure cleanliness of equipment before use.
 - 2.3. Use equipment safely and hygienically according to manufacturer instructions.
 3. Portion and prepare ingredients.
 - 3.1. Sort and assemble ingredients according to food production sequencing.
 - 3.2. Weigh and measure ingredients and create portions according to recipe.
 - 3.3. Minimise waste to maximise profitability of food items prepared.
 4. Cook specialised food items.
 - 4.1. Select and use preparation and cookery methods for specialised food items.
 - 4.2. Prepare and use accompaniments suited to dishes.
 - 4.3. Follow specialised recipes and make **food quality adjustments** within scope of responsibility.
 5. Present and store specialised food items.
 - 5.1. Present dishes attractively on appropriate service-ware.
 - 5.2. Add dips, sauces and garnishes according to specialised recipes and regional variations.
 - 5.3. Visually evaluate dish and **adjust presentation** as required.
 - 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:	- 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 ingredients 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:

- 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

SITHCCC401 Produce specialised food items

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 SITHCCC021 Prepare specialised food items

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:

- apply specialised cookery methods to prepare six different dishes that make use of specialised food items and specialised preparation techniques
- use appropriate specialised methods when preparing selected dishes above
- prepare above specialised items for 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 one or more specialised food items
 - 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 used in the relevant specialised area
- contents of stock date codes and rotation labels
- characteristics of relevant specialised items:
 - appearance and presentation
 - freshness and other quality indicators
 - historical and cultural derivations
 - molecular modifications
 - nutritional value
 - service style
 - taste
 - texture
- food safety practices for handling and storing one or more specialised food items
- main types and culinary characteristics of specialised food items used in contemporary cooking:
 - aquatic plants and seaweeds
 - aromatics, flavourings, spices and herbs

- bush foods and native Australian ingredients
- commodities from ethnic cuisines and cultural traditions
- fruits, vegetables, flowers and salad items
- fungi
- meats, poultry and game other than lamb, beef, pork and chicken
- offal and specialist meat products
- preserves, condiments and accompaniments
- seeds and nuts
- specialist cheeses and dairy products
- unusual fish, shellfish and other foods from salt or fresh water
- main types of preparation and cookery methods for the relevant specialised items:
 - cooking on salt
 - earth oven cooking
 - hanging of meat, poultry and game
 - marinating and coating
 - molecular gastronomy
 - preserving:
 - drying
 - salting
 - pickling
 - smoking
 - tenderising
 - sous vide
- mise en place requirements for specialised food items
- appropriate environmental conditions for storing products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce specialised 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 dishwasher
- commercial grade work benches (1.5 m/person)
- commercial ovens with trays (one per two persons)
- commercial refrigeration facilities:
 - cool room
 - freezer
 - fridge
- 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
- marble bench or slab
- microwave
- salamander or other form of griller (one per four persons)
- storage facilities:
 - shelving
 - trays
- slicer
- steamers
- small equipment:
 - baking sheets and trays
 - beaters
 - cake tins with:
 - fixed base in a range of shapes
 - loose bottom
 - containers for hot and cold food
 - cutting boards
 - food handler gloves
 - graters
 - juicers
 - knife sharpening equipment
 - sharpening steels and stones
 - knives:
 - butcher and boning knives
 - bread knives
 - carving knives
 - filleting knives

- large serrated cake knives
- palette knives
- utility knives
- measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops
- meat:
 - bats
 - cleavers
 - hooks
 - thermometers
 - mincers
 - saws
- mortar and pestle
- moulds and forms
- mouli
- oven mitts
- piping bags and attachments
- poachers
- range of pans and pots for small and large production:
 - stainless steel, cast iron and non-stick fry pans
 - stock pots
- salad spinner
- scales:
 - 1 gram increments to 5kg
 - 10th of a gram increments
- 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
- sous vide cooker
- spoons:
 - large plain and slotted metal spoons
 - ladles in a variety of sizes
 - serving spoons
 - wooden spoons
- steamers
- temperature probes
- thermometers
- vacuum sealer or cryovac machine
- 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 specialised food items
 - 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 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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