



Australian Government

SITHCCC022 Prepare portion-controlled meat cuts and meat products

Release: 1

SITHCCC022 Prepare portion-controlled meat cuts and meat products

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to select quality meats, break down primary and secondary cuts into portions, and prepare a selection of meat products according to standard recipes. It requires the ability to use appropriate equipment and storage procedures.

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.

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 standard recipes.

1.2. Calculate ingredient amounts according to requirements.

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|---|---|
| | 1.3. Identify and select traditional and contemporary meats, 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 meat cuts and meat products. | 3.1. Specify, select and weigh ingredients correctly according to standard recipes.
3.2. Cut meats precisely to required portion size and weight as required for standard recipes.
3.3. Prepare portion-controlled meat products using suitable ingredients and methods according to standard recipe requirements.
3.4. Select and use appropriate ingredients, fillings, flavourings and marinades for meat products.
3.5. Minimise waste to maximise profitability of meat cuts prepared. |
| 4. Store meat cuts and meat products. | 4.1. Store meat cuts and products in appropriate environmental conditions .
4.2. Use meat preservation methods as appropriate.
4.3. 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 meat preparation requirements - locate and read date code and stock rotation labels.
Writing skills to:	record notes on recipe requirements and measurements and calculations.
Numeracy skills to:	- measure familiar quantities of ingredients using simple measuring instruments - calculate the number of portions

- Learning skills to:
 - determine cooking times and temperatures.
 - maintain awareness of contemporary meat cuts and products and how to prepare them.
- Problem-solving skills to:
 - evaluate quality of meat and finished meat products
 - adjust taste, texture and appearance of meat products according to identified deficiencies to ensure a quality product.
- Planning and organising skills to:
 - efficiently sequence the stages of food preparation and production.
- Technology skills to:
 - use food preparation, weighing 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.

Environmental conditions must ensure appropriate:

- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

Meat preservation methods available for use must include:

- curing
- drying
- freezing
- pickling
- salting
- smoking.

Unit Mapping Information

SITHCCC402 Prepare portion-controlled meat cuts

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 SITHCCC022 Prepare portion-controlled meat cuts and meat products

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:

- prepare portion-controlled meat cuts for each of the following meats:
 - beef
 - lamb
 - pork
 - veal
 - game
 - contemporary meats:
 - goat
 - kangaroo
- produce each of the following meat products and smallgoods:
 - cured or smoked meats
 - marinated meat cuts
 - salami
 - sausages
 - shashlik
- prepare preserved meats using at least four different meat preservation techniques
- prepare above meat cuts and products within commercial time constraints and in line with identified quality indicators
- use suitable preparation methods for each of the different meat cuts and products specified above.

Knowledge Evidence

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

- culinary terms and trade names for:
 - primary and secondary meat cuts according to Australian standard meat cuts
- contents of stock date codes and rotation labels
- basic meat science and meat classification systems
- characteristics of quality meat and meat products:

- appearance
- fat content
- freshness
- primary, secondary and portioned cuts
- quality indicators
- nutritional value
- taste
- texture
- classical and contemporary trends in preparing meat and meat products
- food safety practices for handling and storing meat
- meat preservation techniques:
 - curing
 - drying
 - freezing
 - pickling
 - salting
 - smoking
- preparation methods for different cuts and types of meat:
 - boning
 - trimming
 - portioning
- preparation methods and ingredients for different meat products:
 - filling
 - flavouring
 - marinating
- equipment used to produce meat products:
 - knife care and maintenance
 - essential features and functions
 - safe operating practices
- appropriate environmental conditions for storing meat cuts and meat products to:
 - ensure food safety
 - optimise shelf life.

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 refrigeration facilities:
 - cool room
 - freezer
 - fridge
 - designated storage areas for dry goods and perishables
 - double sink
 - storage facilities:
 - shelving
 - trays
- small equipment:
 - containers for hot and cold food
 - cutting boards
 - graters and peelers
 - knife sharpening equipment
 - sharpening steels and stones
 - measurers:
 - metric calibrated measuring jugs
 - measuring spoons
 - portion control scoops
 - scales
 - sets of stainless steel bowls
- equipment for producing portion-controlled meat cuts:
 - butcher's block
 - cleavers
 - butcher and boning knives
 - equipment for pickling, smoking, mincing and sausage making
 - hand saw
 - meat mallet or hammer
 - mesh or nylon cut-resistant gloves
 - packaging material
 - pickling vats
 - sausage casing machines
 - saws
 - vacuum 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 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 meat products specified in the performance evidence
- industry-realistic ratios of kitchen staff; 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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