



**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                                  | PERFORMANCE CRITERIA                                                                                                                                     |
|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Elements describe the essential outcomes. | 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.<br>1.2.Calculate ingredient amounts according to requirements. |

- |                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                     | 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.<br>2.2. Safely assemble and ensure cleanliness of equipment before use.<br>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.<br>3.2. Cut meats precisely to required portion size and weight as required for standard recipes.<br>3.3. Prepare portion-controlled meat products using suitable ingredients and methods according to standard recipe requirements.<br>3.4. Select and use appropriate ingredients, fillings, flavourings and marinades for meat products.<br>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 <b>environmental conditions</b> .<br>4.2. Use <b>meat preservation methods</b> as appropriate.<br>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:  | <ul style="list-style-type: none"> <li>locate information in food preparation lists and standard recipes to determine meat preparation requirements</li> <li>locate and read date code and stock rotation labels.</li> </ul> |
| Writing skills to:  | <ul style="list-style-type: none"> <li>record notes on recipe requirements and measurements and calculations.</li> </ul>                                                                                                     |
| Numeracy skills to: | <ul style="list-style-type: none"> <li>measure familiar quantities of ingredients using simple measuring instruments</li> <li>calculate the number of portions</li> </ul>                                                    |

- 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>