



Australian Government

SITHCCC028 Prepare appetisers and salads

Release: 1

SITHCCC028 Prepare appetisers and salads

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare appetisers and salads following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment and 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 with very little independence and under close supervision and guidance of more senior chefs. They follow predefined organisational procedures and report discrepancies to a higher-level staff member for action.

The skills in this qualification must be applied in accordance with Commonwealth and State or Territory legislation, Australian standards and industry codes of practice.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Unit Code	Unit Title
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SITXFSA005	Use hygienic practices for food safety
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Competency Field

Commercial Cookery and Catering

Unit Sector

Hospitality

Elements and Performance Criteria

ELEMENTS

PERFORMANCE CRITERIA

<i>Elements describe the essential outcomes</i>	<i>Performance criteria describe the performance needed to demonstrate achievement of the element.</i>
1. Select ingredients.	1.1. Confirm food production requirements from standard recipes. 1.2. Calculate ingredient amounts according to requirements. 1.3. Identify and select appetiser and salad ingredients from stores according to recipe, quality, freshness and stock rotation requirements. 1.4. Check perishable supplies for spoilage or contamination prior to preparation.
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. Clean and cut salad ingredients using basic culinary cuts according to quality standards. 3.4. Minimise waste to maximise profitability of food items prepared.
4. Prepare appetisers and salads.	4.1. Select and use relevant cookery methods for salads and appetisers. 4.2. Prepare sauces and dressings according to recipe. 4.3. Follow standard recipes and make food quality adjustments within scope of responsibility.
5. Present and store appetisers and salads.	5.1. Present prepared food items on appropriate service-ware. 5.2. Add dips, sauces and garnishes according to standard recipes. 5.3. Visually evaluate dish and adjust presentation. 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.
Planning and organising skills to:	efficiently sequence stages of food preparation and production.
Self-management skills to:	manage own speed, timing and productivity.

Unit Mapping Information

Supersedes and is equivalent to SITHCCC006 Prepare appetisers and salads.

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 SITHCCC028 Prepare appetisers and salads

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:

- follow standard recipes to prepare the following appetisers and salads:
 - appetisers:
 - antipasto
 - canapés
 - tapas
 - salads, including preparation of dressings as required by recipe:
 - tossed
 - compound
 - farinaceous
 - warm
 - fruit
- complete mise en place activities and follow standard recipes when preparing above appetisers and salads that use of each of the following ingredients at least once (at least once across preparation of the eight appetisers and salads):
 - bread and bakery items
 - dairy products
 - dressing ingredients
 - dry goods
 - eggs
 - farinaceous products
 - frozen goods
 - fruit
 - herbs and spices
 - meat
 - poultry
 - seafood
 - vegetables
- use each of the following cookery methods at least once when preparing the above appetisers and salads (at least once across preparation of the eight appetisers and salads):
 - baking

- boiling
- frying
- grilling
- poaching
- roasting
- steaming
- use food safety practices for handling and storing food
- prepare, plate and present two portions of each of the above appetisers and salads:
 - within commercial time constraints and deadlines
 - following portion control procedures
 - responding to at least one special customer request.

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 commonly used in the production of different appetisers and salads
- contents of date codes and rotation labels for stock
- historical and cultural origins of appetisers and salads
- characteristics of different appetisers and salads:
 - appearance and presentation:
 - balance
 - colour
 - contrast
 - classical and contemporary variations
 - freshness and other quality indicators
 - service style
 - taste
 - texture
- quality indicators for appetisers and salads
- cookery methods for appetisers and salads specified in the performance evidence
- dressings, sauces and garnishes for salads
- mise en place requirements for appetisers and salads
- plating methods for practicality of service and customer consumption
- appropriate environmental conditions for storing appetiser and salad products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce appetisers and salads.

Assessment Conditions

Skills must be demonstrated in an operational commercial kitchen. This can be:

- an industry workplace; or
- a simulated industry environment, such as an industry-realistic training kitchen servicing customers.

Assessment must ensure access to:

- fixtures and large equipment:
 - commercial:
 - blender or stick blender
 - planetary mixer
 - commercial grade work benches (1.5 m per person)
 - designated storage area for dry goods and perishables
 - commercial oven with trays (one per two persons):
 - commercial refrigeration facilities:
 - cool room or fridge
 - freezer
 - deep-fryer
 - sink
 - gas, electric or induction stove top (two burners per person)
 - microwave
 - salamander or char grill (one per eight persons)
 - slicing machine
- small equipment:
 - baking sheets and trays
 - blow torch
 - containers for hot and cold food
 - cutting boards
 - grater
 - juicer
 - knife sharpening equipment:
 - sharpening steel
 - sharpening stone
 - knives:
 - bread knife
 - chef's knife
 - palette knife
 - paring knife
 - utility knife
 - measures:

- measuring jugs
- measuring spoons
- portion control scoops
- mortar and pestle
- pots and pans
- sauce bottles
- salad spinner
- scales
- scoops, skimmers and spiders
- stainless steel bowls
- service-ware:
 - crockery
 - cutlery and serving utensils
- small utensils:
 - sieve
 - peelers, corers and slicers
 - strainers and chinois
 - scraper
 - spatula
 - pastry brush
 - tongs and serving utensils
 - whisk
 - spoons and ladles
- steamer
- temperature probe
- thermometer
- food safe gloves
- 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 soap for hand washing
 - sponges, brushes and scourers
 - tea towels
- organisational specifications:
 - equipment manufacturer instructions

- mise en place lists, menus and standard recipes
- current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
- 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 as specified in the performance evidence.

Assessors must satisfy the Standards for Registered Training Organisations' requirements for assessors and:

- have achieved the Certificate III or Certificate IV in Commercial Cookery, or Certificate III or IV in Catering Operations, or their successors; or

hold a trade certificate as a cook or chef or equivalent; and

- have worked in industry for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

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<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=68c40a93-e51d-4e0f-bc06-899dff092694>