



Australian Government

SITHCCC030 Prepare vegetable, fruit, eggs and farinaceous dishes

Release: 1

SITHCCC030 Prepare vegetable, fruit, eggs and farinaceous dishes

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook various vegetable, fruit, egg and farinaceous dishes following standard recipes. It requires the ability to select and prepare ingredients, and to use relevant equipment, 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 any 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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SITHCCC027	Prepare dishes using basic methods of cookery
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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

Elements describe the essential outcomes

1. Select ingredients for vegetable, fruit, egg and farinaceous dishes.

2. Select, prepare and use equipment.

3. Portion and prepare ingredients.

4. Cook vegetable, fruit, egg and farinaceous dishes.

5. Present and store vegetable, fruit, egg and farinaceous dishes.

PERFORMANCE CRITERIA

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

- 1.1. Confirm food production requirements from standard recipes.
- 1.2. Calculate ingredient amounts according to requirements.
- 1.3. Identify and select ingredients from stores according to recipe, quality, freshness and stock rotation requirements.
- 1.4. Check perishable supplies for spoilage or contamination prior to preparation.

- 2.1. 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.

- 3.1. 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 ingredients as required using basic culinary cuts according to culinary standards.
- 3.4. Prepare eggs for different culinary uses.
- 3.5. Prepare fresh farinaceous ingredients.
- 3.6. Minimise waste to maximise profitability of food items prepared.

- 4.1. Follow standard recipes to select and use relevant cookery methods for vegetable, fruit, egg and farinaceous foods.
- 4.2. Select and add accompaniments suited to the dish.
- 4.3. Make food quality adjustments within scope of responsibility.

- 5.1. Present dishes attractively 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 prepared food items 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.

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC008 Prepare vegetable, fruit, eggs and farinaceous dishes.

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 SITHCCC030 Prepare vegetable, fruit, eggs and farinaceous dishes

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:

- complete mise en place activities and follow standard recipes, using each of the following cookery techniques at least once to prepare at least ten finished dishes (at least once across preparation of the ten dishes):
 - boiling
 - frying
 - scrambling
 - poaching
 - omelette
 - souffle
- use eggs for each of the following functions at least once, when preparing the above dishes (at least once across preparation of the ten dishes):
 - aerating
 - binding
 - setting
 - coating
 - enriching
 - emulsifying
 - glazing
 - thickening
- use of each of the following food types at least once when preparing the above dishes (at least once across preparation of the ten dishes):
 - vegetables and fruit:
 - dried
 - fresh
 - frozen
 - farinaceous items:
 - couscous
 - pasta
 - noodles
 - polenta

- pulses
- rice
- prepare fresh pasta including use of lamination techniques
- prepare, plate and present two portions each of the ten finished dishes above:
 - within commercial time constraints and deadlines
 - following procedures for portion control and food safety practices when handling and storing different food types
 - 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 used in standard recipes for vegetable, fruit, egg and farinaceous dishes, relating to:
 - convenience products
 - fresh products
- contents of date codes and rotation labels for stock
- characteristics of different vegetable, fruit, egg and farinaceous dishes:
 - appearance and presentation
 - balance
 - colour
 - contrast
 - classical and contemporary variations
 - freshness and other quality indicators
 - taste
 - texture
- accompaniments and sauces for vegetable, fruit, egg and farinaceous dishes
- historical and cultural origin of different vegetable, fruit, egg and farinaceous dishes and products
- cookery techniques listed in the performance evidence
- food safety risks associated with raw egg products and alternative egg products
- culinary functions which use eggs as specified in the performance evidence
- mise en place requirements for vegetable, fruit, egg and farinaceous dishes
- plating methods for practicality of service and customer consumption
- appropriate environmental conditions for storing food products to:
 - ensure food safety
 - optimise shelf life
- safe operational practices using essential functions and features of equipment used to produce vegetable, fruit, egg and farinaceous dishes.

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
 - food processor
 - planetary mixer
 - commercial grade work benches (1.5 m per person)
 - commercial oven with trays (one per two persons)
 - commercial refrigeration facilities:
 - cool room or fridge
 - freezer
 - deep-fryer
 - designated storage areas for dry goods and perishables
 - sink
 - gas, electric or induction stove top (two burners per person)
 - hot plate or griddle
 - pasta machine
 - salamander or other form of griller (one per eight persons)
 - storage facilities:
 - shelving
 - trays
- small equipment:
 - baking sheets and trays
 - hand-held beaters
 - containers for hot and cold food
 - cutting boards
 - grater
 - juicer
 - knife sharpening equipment:
 - sharpening steel
 - sharpening stone
 - knives:
 - chef's knife
 - utility knife

- measures:
 - measuring jugs
 - measuring spoons
 - portion control scoops
- mouli
- pots and pans for small and large production:
 - stainless steel
 - cast iron
 - non-stick fry pans
- scoops, skimmers and spiders
- scales
- service-ware:
 - crockery
 - cutlery and serving utensils
- stainless steel bowls
- steamer
- small utensils:
 - sieve
 - pastry brush
 - peelers, corers and slicers
 - scraper
 - spatula
 - strainers and chinois
 - tongs and serving utensils
 - whisk
- spoons and ladles
- 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
- current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
- mise en place lists and standard recipes
- guidelines relating to food disposal, storage and presentation requirements
- food safety plan
- 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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