



Australian Government

SITHCCC032 Produce cook-chill and cook-freeze foods

Release: 1

SITHCCC032 Produce cook-chill and cook-freeze foods

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to safely produce bulk amounts of cook-chill and cook-freeze foods. It requires the ability to select, prepare and portion bulk ingredients and to use equipment and a range of cookery methods to cook, chill, freeze and store food.

Cook-chill and cook-freeze foods may be entire meals or individual items. This unit applies to workers in hospitality and catering organisations that produce bulk amounts of precooked food which is chilled or frozen and then transferred to internal or external service outlets for re-thermalisation.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, residential caterers, meals-on-wheels services, in-flight and other transport caterers, and event and function caterers.

The unit 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. This includes catering assistants and cooks.

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.

2. Select, prepare and use equipment.

3. Portion and prepare bulk 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.
- 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 bulk ingredients according to food production sequencing.
- 3.2. Weigh and measure wet and dry bulk ingredients according to recipe and quantity of bulk food items required.
- 3.3. Clean and cut bulk ingredients as required using basic culinary cuts according to culinary standards.
- 3.4. Minimise waste to maximise profitability of food items produced.

4. Cook and portion bulk food items.
 - 4.1. Produce food using cookery methods that achieve desired product characteristics.
 - 4.2. Follow standard recipes and make food quality adjustments within scope of responsibility.
 - 4.3. Maintain optimum quality of food for cook-chill and cook-freeze processes.
 - 4.4. Cook food to specified temperatures for cook-chill and cook-freeze production and within safe tolerances for microbiological change.
5. Chill food and store under refrigeration.
 - 5.1. Use blast and water bath chilling methods to chill foods while meeting food quality and time and temperature standards.
 - 5.2. Select appropriate containers for storage and label and code clearly.
 - 5.3. Store food dynamically using first in–first out methods.
 - 5.4. Meet time and temperature standards for storage to minimise spoilage according to food safety procedures and standards.
 - 5.5. Continually monitor storage temperatures to avoid food spoilage.
6. Package, freeze and store cooked food.
 - 6.1. Select appropriate containers for freezer storage and label and code clearly.
 - 6.2. Meet time and temperature standards for freezer storage to minimise spoilage according to food safety procedures and standards.
 - 6.3. Freeze food in batches, according to food safety procedures and standards, allowing each freezing cycle to be completed.
 - 6.4. Place food items in appropriate storage once freezing cycle and labelling are complete.
 - 6.5. Continually monitor freezer temperatures to avoid food spoilage.
7. Transfer cook-chill and cook-freeze foods.
 - 7.1. Transfer food from production kitchen to service areas and outlets by refrigerated transport or insulated containers.
 - 7.2. Check and record temperature levels at despatch and receipt.
 - 7.3. Protect food from dangerous temperatures during transfer process.

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.
Writing skills to:	- record notes on recipe and temperature requirements - enter information legibly on containers and labels.
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 - monitor temperatures and adjust according to identified discrepancies.
Planning and organising skills to:	efficiently sequence the stages of food preparation and production.
Self-management skills to:	manage own speed, timing and productivity.
Technology skills to:	use food preparation, cooking, chilling and freezing equipment.

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC009 Produce cook-chill and cook-freeze foods.

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 SITHCCC032 Produce cook-chill and cook-freeze foods

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:

- produce a minimum of ten portions each of at least 350gms of cook-chill and cook-freeze foods to meet each of the following food service requirements:
 - entire meals
 - individual items
 - bulk meals for external transportation
- use each of the following cookery methods at least once when producing the above cook-chilled and cook-frozen food items (at least once across production of the 10 portions of each type):
 - baking
 - blanching
 - boiling
 - braising
 - chargrilling
 - deep-frying
 - grilling
 - poaching
 - roasting
 - sous vide
 - steaming
 - stewing
- prepare the above foods:
 - within commercial time constraints and deadlines
 - according to standard recipes and required temperature specifications
 - 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 pre-cooked food types commonly subject to chilling and freezing
- uses of different precooked food types subject to chilling and freezing:
 - bulk foods
 - plated meals
 - sous vide products
 - meals-on-wheels
- contents of date codes and rotation labels for stock
- indicators of spoilage and contamination of perishable supplies in storage
- methods for weighing and measuring wet and dry bulk ingredients
- mise en place requirements for producing cook-chill and cook-freeze foods
- methods to chill foods:
 - blast
 - ice water bath
- food safety procedures and standards for preparing cook-chill and cook-freeze foods
- food safety procedures and standards for storing chilled and frozen food:
 - appropriate storage environments:
 - chillers
 - cool rooms
 - freezers
 - packaging
 - refrigerators
 - containers
 - first in-first out methods
 - labelling and coding
 - temperature specifications for storage
- temperature specifications and methods for transferring chilled and frozen foods
- safe operational practices using essential functions and features of equipment used to produce cook-chill and cook-freeze foods.

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
 - fridge
 - freezer
- deep-fryer
- designated storage areas for dry goods and perishables
- sink
- gas or electric stove tops (two burners per person)
- hot plate
- lifting and transporting equipment
- labelling systems
- salamander or other form of griller (one per eight persons)
- storage facilities:
 - shelving
 - trays
- slicing machine
- steamer
- small equipment:
 - baking sheets and trays
 - beaters
 - containers for hot and cold food
 - cutting boards
 - forms and moulds
 - grater
 - knife sharpening equipment:
 - sharpening steel
 - sharpening stone
 - knives:
 - carving knife
 - chef's knife
 - utility knife
 - measures:
 - measuring jugs
 - measuring spoons
 - portion control scoops
 - mouli
 - poacher

- pots and pans for small and large production:
 - bratt pan
 - fry pan
 - stock pot
 - steam jacketed kettle
- scoops, skimmers and spiders
- scales
- stainless steel bowls
- small utensils:
 - sieve
 - peelers, corers and slicers
 - strainers and chinois
 - scraper
 - spatula
 - pastry brush
 - tongs
 - whisk
- spoons and ladles
- temperature probe
- thermometer
- cooking equipment specific to cook-freeze and cook-chill processes:
 - blast chiller
 - blast freezer
 - chilling equipment
 - ice slurry
 - packaging material
 - vacuum sealing equipment
- 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
- food safety plans
- safety data sheets (SDS) for cleaning agents and chemicals
- diverse and comprehensive range of perishable food supplies for commercial cookery or catering operations.

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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