



Australian Government

SITHCCC033 Re-thermalise chilled and frozen foods

Release: 1

SITHCCC033 Re-thermalise chilled and frozen foods

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to safely re-thermalise bulk amounts of pre-cooked food which has been chilled or frozen. It requires the ability to select, thaw, reheat, and present pre-cooked food items according to food safety procedures and standards.

Foods may be entire meals or individual items. This unit applies to workers in hospitality and catering organisations which prepare and serve pre-cooked food that has been chilled or frozen.

These organisations include hotels, restaurants, educational institutions, correctional centres, health establishments, defence forces, cafeterias, kiosks, cafes, canteens, fast food outlets, 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, fast food and other 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
-----------	------------

SITHCCC027	Prepare dishes using basic methods of cookery
------------	---

SITHCCC032	Produce cook-chill and cook-freeze foods
------------	--

SITXFSA005	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 frozen and chilled foods.
2. Prepare chilled and frozen food for reheating.
3. Reheat pre-cooked food items.
4. Maintain, portion, present and serve reheated food.

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. Identify and select chilled and frozen food items from storage according to recipe needs and stock rotation requirements.
- 1.3. Check pre-cooked foods for spoilage or contamination prior to preparation.
- 1.4. Dispose of spoilt stock within scope of responsibility and report losses to supervisor.
- 2.1. Use appropriate methods to thaw chilled and frozen foods according to food safety procedures and standards.
- 2.2. Space trays and containers to allow air flow.
- 2.3. Meet time and temperature standards when thawing products.
- 2.4. Transfer food to the point of production and service, maintaining correct temperatures.
- 3.1. Prepare kitchen equipment for reheating food items.
- 3.2. Select and load trays and containers appropriate for the equipment type and loading procedures.
- 3.3. Space reheating trays and containers to allow air flow.
- 3.4. Use appropriate methods and equipment to reheat pre-cooked food items according to cooking instructions, food safety procedures and standards, and manufacturer instructions.
- 3.5. Check and record food temperature according to food safety procedures and standards.
- 3.6. Clean thermometers between temperature checks of each food item.
- 4.1. Transfer reheated food safely to heated bain marie or service-ware.
- 4.2. Maintain food temperature during preparation according to food safety requirements.
- 4.3. Evaluate food items against quality indicators for

- re-thermalised food and adjust before serving as required.
- 4.4. Portion food items to minimise waste and maximise yield and profitability.
 - 4.5. Plate food items with appropriate accompaniments and garnishes according to standard recipes.
 - 4.6. Visually evaluate dishes and adjust presentation.
 - 4.7. Serve or deliver food items at temperatures that comply with food safety procedures and standards.
 - 4.8. 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

SKILLS

DESCRIPTION

Reading skills to:	- locate information in food preparation lists, cooking instructions, food safety procedures and standards to determine re-thermalising requirements - locate and read date codes and rotation labels on food products.
Numeracy skills to:	- calculate thawing temperatures and time required for the quantity of portions required - determine cooking times and temperatures.
Learning skills to:	locate key information in standards and specifications relating to thawing, re-thermalising and maintaining food temperature.
Problem-solving skills to:	- evaluate the quality of re-thermalised food items and make adjustments to ensure a quality product - monitor temperatures and adjust according to identified discrepancies.
Planning and organising skills to:	efficiently sequence the stages of food preparation and re-thermalisation.
Self-management skills to:	manage own speed, timing and productivity.

Technology skills to: • use food thawing and re-thermalisation cooking equipment.

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC010 Re-thermalise chilled and frozen 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 SITHCCC033 Re-thermalise chilled and frozen 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:

- prepare and re-thermalise at least ten portions each of at least 350gms of food items, including at least one chilled and one frozen item, to meet the following food service requirements:
 - entire meals
 - individual items
 - bulk meals for external transportation
- conduct temperature checks on the following food and ingredients on at least two occasions each:
 - cold
 - frozen
 - raw
 - reheated
- produce portions containing re-thermalised food items:
 - within commercial time constraints and deadlines
 - following food safety procedures for thawing, re-thermalising and maintaining reheated food items
 - according to required methods and temperature specifications for thawing, re-thermalising and maintaining reheated food items
 - following procedures for portion control and food safety practices when re-thermalising chilled and frozen foods
 - 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
- contents of date codes and rotation labels for stock
- characteristics and uses of different pre-cooked food types subject to chilling and freezing:
 - bulk foods

- plated meals
- sous vide products
- meals-on-wheels
- quality indicators for re-thermalised food items
- indicators of spoilage and contamination of chilled and frozen food items in storage
- food safety procedures for preparing and serving bulk amounts of pre-cooked food:
 - thawing
 - transferring
 - re-thermalising
 - maintaining reheated food items
- mise en place requirements for re-thermalising chilled and frozen foods
- methods and temperature specifications for chilled and frozen food items:
 - thawing
 - re-thermalising
 - maintaining reheated food items to a safe core temperature
- safe operational practices and essential functions and features of equipment used to re-thermalise chilled and frozen foods:
 - oven
 - steamer
 - bratt pan
 - grill
 - salamander
 - ice water bath.

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:
 - bain marie or hotbox
 - commercial grade work benches (1.5m per person)
 - commercial refrigeration facilities to ensure appropriate thawing of frozen food items:
 - cool room
 - refrigerator
 - sink
 - storage facilities:
 - shelving

- trays
- small equipment:
 - containers for hot and cold food
 - service-ware:
 - crockery
 - cutlery and serving utensils
 - spoons and ladles
 - temperature probe
 - thermometer
 - tongs
- commercial equipment to ensure appropriate reheating of pre-cooked food items:
 - combi ovens
 - grill or salamander (one per eight persons)
 - induction stove
 - steamer
 - steam jacketed kettle
 - circulator water bath
- food safe gloves
- cleaning materials and equipment:
 - antibacterial wipes
 - cleaning cloths
 - commercial cleaning and sanitising agents and chemicals for cleaning commercial kitchens, equipment and food storage areas
 - dustpan and brooms
 - garbage bins and bags
 - hand towel dispenser and hand towels
 - mop and bucket
 - separate hand basin and soap for hand washing
 - sponges, brushes and scourers
 - tea towels
- organisational specifications:
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - equipment manufacturer instructions
 - mise en place lists and standard recipes
 - 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.

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

Companion Volume implementation guides are found in VETNet -

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