



Australian Government

SITHCCC036 Prepare meat dishes

Release: 1

SITHCCC036 Prepare meat dishes

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to prepare and cook a range of meat dishes following standard recipes. It requires the ability to select, prepare and portion meat, 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 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.

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 ingredients.
4. Cook meat dishes.
5. Present meat 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 meat products and other ingredients from stores according to recipe, quality, freshness and stock rotation requirements.
- 2.1. Select type and size of knives and other equipment suitable to requirements.
- 2.2. Safely assemble and ensure cleanliness of equipment before use.
- 2.3. Use knives and other equipment safely and hygienically according to manufacturer instructions.
- 3.1. Thaw frozen meats according to food safety guidelines where required.
- 3.2. Sort and assemble ingredients according to food production sequencing.
- 3.3. Weigh and measure ingredients and create portions according to recipe.
- 3.4. Use meat preparation techniques according to recipe requirements.
- 3.5. Minimise waste to maximise profitability of food items prepared.
- 4.1. Follow standard recipes to select and use meat cookery methods.
- 4.2. Prepare marinades and meat accompaniments as required.
- 4.3. Make food quality adjustments within scope of responsibility.
- 5.1. Carve meats using appropriate tools and techniques, taking account of meat and bone structure and waste minimisation.
- 5.2. Portion and serve meats according to recipe requirements.
- 5.3. Add sauces and garnishes according to standard recipes.
- 5.4. Visually evaluate dishes and adjust presentation as required.
- 5.5. Store dishes in appropriate environmental conditions.
- 5.6. 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 meat 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 SITHCCC014 Prepare meat 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 SITHCCC036 Prepare meat 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:

- follow standard recipes to prepare at least six finished meat dishes using each of the following meat items at least once (at least once across preparation of the six dishes):
 - beef
 - game:
 - kangaroo or wallaby
 - specialty meats
 - lamb
 - pork
 - offal
- use each of the following meat preparation techniques at least once when preparing the above dishes (at least once across preparation of the six dishes):
 - barding
 - de-boning
 - trimming
 - frenching
 - portioning
 - wet and dry marinating
 - mincing
 - rolling
 - tenderising
 - tying
 - skewering
- prepare the required meat dishes using each of the following cookery methods at least once (at least once across preparation of the six dishes):
 - braising
 - deep-frying
 - shallow-frying
 - grilling
 - roasting
 - sous vide
 - stewing

- cook a beef restaurant cut steak according to specified cooking preference from the following options:
 - blue
 - rare
 - medium rare
 - medium
 - medium well
 - well done
- prepare, plate and present two portions of each of the six finished dishes and steaks above:
 - within commercial time constraints and deadlines
 - following procedures for portion control and food safety practices when handling and storing meat
 - 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 meat dishes
 - classical and contemporary meat dishes
 - different cuts of meat and styles of cooking
 - meat classifications
 - meat classifications as defined in the Handbook of Australian Meat (HAM) Language
 - common restaurant terminology for different meat classifications
 - primary, secondary and portioned cuts
- contents of date codes and rotation labels for stock
- characteristics of meat products and meat dishes:
 - appearance
 - fat content
 - freshness and other quality indicators
 - primary, secondary and portioned cuts
 - nutritional value
 - taste
 - texture
- historical and cultural origin of different meat products and meat dishes
- preparation techniques for different cuts and types of meat, including:
 - barding
 - de-boning
 - trimming

- frenching
- portioning
- wet and dry marinating
- larding
- mincing
- rolling
- tenderising
- tying
- skewering
- wet and dry ageing
- cookery methods for different cuts and types of meat specified in the performance evidence
- safe and effective methods of using meat by-products and off cuts to reduce wastage and maximise profitability
- equipment used to prepare and produce meat dishes:
 - knife care and maintenance
 - essential features and functions
- mise en place requirements for meat dishes
- appropriate environmental conditions for storing meat and meat products to:
 - ensure food safety:
 - cooking and cooling processes
 - timeframes and temperatures
 - optimise shelf-life
- safe operational practices using essential functions and features of equipment used to produce meat 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
 - 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
 - designated storage areas for dry goods and perishables

- sink
- gas, electric or induction stove top (two burners per person)
- hot plate
- salamander or char grill (one per eight persons)
- storage facilities:
 - shelving
 - trays
- small equipment:
 - baking sheets and trays
 - containers for hot and cold food
 - cutting boards
 - knife sharpening equipment:
 - sharpening steel
 - sharpening stone
 - knives:
 - boning knife
 - carving knife
 - chef's knife
 - utility knife
 - measures:
 - measuring jugs
 - measuring spoons
 - portion control scoops
 - meat:
 - cleavers
 - mincers
 - tenderisers
 - mouli
 - pans and pots for small and large production:
 - stainless steel, cast iron and non-stick fry pans
 - scales
 - scoops, skimmers and spiders
 - service-ware:
 - crockery
 - cutlery and serving utensils
 - stainless steel bowls
 - small utensils:
 - sieve
 - strainers and chinois
 - scraper

- spatula
 - tongs and serving utensils
- spoons and ladles
- 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
 - current commercial stock control procedures and documentation for ordering, monitoring and maintaining stock
 - mise en place lists and standard recipes
 - 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 meat products 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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