



Australian Government

SITHCCC037 Prepare seafood dishes

Release: 1

SITHCCC037 Prepare seafood dishes

Modification History

Not applicable.

Application

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

5. Present fish and shellfish.

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 seafood 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 seafood according to food safety guidelines as 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 seafood preparation techniques according to recipe.

3.5. Minimise waste to maximise profitability of food items prepared.

4.1. Follow standard recipes to select and use seafood cookery methods.

4.2. Prepare seafood accompaniments and add sauces as required.

4.3. Make food quality adjustments within scope of responsibility.

5.1. Portion and serve fish and shellfish according to recipe requirements.

5.2. Add 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 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 seafood 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.
Technology skills to:	use food preparation and cooking equipment.

Unit Mapping Information

Supersedes and is not equivalent to SITHCCC013 Prepare seafood 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 SITHCCC037 Prepare seafood 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 ten finished seafood dishes using each of the following seafood classifications at least once (at least once across preparation of the ten dishes):
 - flat and round fish
 - oily and white fish
 - ocean and freshwater fish
 - shellfish:
 - crustaceans including green prawns
 - molluscs
 - octopus and squid
- use each of the following seafood preparation techniques at least once when preparing the above dishes (at least once across the preparation of the ten dishes):
 - cleaning
 - scaling
 - pin-bone removal
 - filleting - flat and round fish
 - portioning
 - shelling
 - skinning
- use each of the following cookery methods at least once when preparing the above dishes (at least once across preparation of the ten dishes):
 - deep frying
 - shallow frying
 - grilling
 - poaching
 - sous vide
 - steaming
 - whole baked
- prepare, plate and present two portions each of the above finished dishes:
 - within commercial time constraints and deadlines

- following procedures for portion control and food safety practices when handling and storing seafood
- 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 fish and shellfish dishes
 - variety of classical and contemporary seafood dishes
 - different varieties of seafood and styles of cooking
 - seafood classifications
- contents of date codes and rotation labels for stock
- characteristics of seafood products:
 - appearance:
 - balance
 - colour
 - contrast
 - freshness and quality indicators
 - taste
 - texture
- correct handling and storage of live seafood
- processes for humanely slaughtering shellfish or live fish
- preparation techniques for fish and shellfish specified in the performance evidence
- cookery methods for different varieties and cuts of fish and shellfish specified in the performance evidence
- plating methods for practicality of service and customer consumption
- safe and effective methods of using seafood by-products and offcuts to reduce wastage and maximise profitability
- equipment used to produce seafood dishes:
 - knife care and maintenance
 - essential features and functions
- mise en place requirements for seafood dishes
- appropriate environmental conditions for storing and thawing fish and shellfish 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 seafood 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
 - 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
 - salamander or other form of griller (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 and cleavers:
 - chef's knife
 - filleting knife
 - utility knife
 - oyster shucker

- measures:
 - measuring jugs
 - portion control scoops
- mouli
- pin bone tweezers
- poacher
- pans and pots for small and large production:
 - stainless steel, cast iron and non-stick fry pans
- scoops, skimmers and spiders
- scales
- scissors
- stainless steel bowls
- service-ware:
 - crockery
 - cutlery and serving utensils
- small utensils:
 - fish lift
 - sieve
 - strainers and chinois
 - scraper
 - spatula
 - tongs and serving utensils
- steamer
- spoons and ladles
- thermometer
- temperature probe
- 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 seafood 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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