



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC001A Use basic Asian methods of cookery

Revision Number: 1

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Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to apply basic principles and methods used in Asian cookery, including national Asian cuisines as well as regional specialisations.

This unit underpins the achievement of competence in all other units related to Asian cookery.

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Application of the Unit

Application of the unit

This unit applies to all enterprises where Asian food is prepared and served. It applies to Indonesian, Indian, Malay, Nonya, Japanese, Thai, Vietnamese and Chinese cuisines. It may be applied to a particular cuisine or across a variety, allowing for different needs and contexts.

The unit applies to cooks who would usually work as part of a team under supervision.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Prerequisite units

This unit must be assessed after the following prerequisite units:

SITHCCC001B Organise and prepare food

SITHCCC002A Present food

SITXOHS002A Follow workplace hygiene procedures.

Employability Skills Information

Employability skills

The required outcomes described in this unit of competency contain applicable facets of employability skills. The Employability Skills Summary of the qualification in which this unit is packaged will assist in identifying employability skills requirements.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the required skills and knowledge and/or the range statement. Assessment of performance is to be consistent with the evidence guide.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

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|--|--|
| 1 Select and use cooking equipment and technology. | 1.1 Select appropriate equipment and technology for particular cuisine styles and required <i>cooking methods</i> . |
| | 1.2 Set up, use and maintain <i>equipment</i> hygienically, safely and according to manufacturer instructions, enterprise |

ELEMENT**PERFORMANCE CRITERIA**

specifications and traditional requirements.

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|---|---|--|
| 2 | Assemble and prepare ingredients for Asian menu items. | 2.1 Identify ingredients according to recipes or enterprise requirements. |
| | | 2.2 Calculate correct quantities and ratios of commodities for specific menu items. |
| | | 2.3 Prepare, cut and portion ingredients for specified dishes to enterprise portion specifications. |
| | | 2.4 Assemble the ingredients according to the correct quantity, type and quality required. |
| | | 2.5 Prepare ingredients in the required form and timeframe, using appropriate preparation methods and cutting techniques. |
| | | |
| 3 | Apply methods of cookery, and prepare and cook a range of given menu items. | 3.1 Prepare dishes using specified commodities and ingredients, employing a range of cookery methods according to recipe specifications for a given menu. |
| | | 3.2 Complete cooking process in a logical and sequential manner. |
| | | 3.3 Identify problems with the cooking process promptly and take corrective action. |
| | | 3.4 Present menu items according to cuisine style and enterprise practices. |
| | | 3.5 Work with members of the kitchen team to ensure timely preparation of dishes. |
| | | |
| 4 | Carry out safe work practices. | 4.1 Comply with legislative and regulatory requirements . |
| | | 4.2 Maintain a clean and tidy workplace according to health and safety requirements and enterprise procedures. |
| | | 4.3 Follow workplace food hygiene and safety procedures during preparation, cooking and serving of food and menu items. |

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This section describes the essential skills and knowledge and their level, required for this unit.

The following skills must be assessed as part of this unit:

- food preparation techniques for particular cuisines
- use of equipment, both traditional and contemporary, including its care and maintenance
- safe work practices, particularly in relation to bending, lifting and using cutting implements, appliances, heated surfaces and other equipment that carries a risk of burns
- waste minimisation techniques and environmental considerations in relation to different methods of Asian cookery
- problem-solving skills to deal with shortages of food items, mistakes or problems in commodities or meals produced, and equipment failure
- literacy skills to read requirements of orders and recipes
- numeracy skills to calculate quantities and portions against menus and orders.

The following knowledge must be assessed as part of this unit:

- underlying principles of Asian cookery for particular cuisine styles
- culinary terms related to particular Asian cuisines
- knowledge and use of typical commodities, herbs and spices, condiments, thickening and flavouring agents relevant to the particular Asian cuisine and appropriate cookery methods
- effects of cooking techniques on nutrition, taste, texture and appearance
- typical food allergies and consequences
- principles and practices of personal and professional hygiene related to working in a kitchen, including appropriate uniform and other personal protective equipment.

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, the range statement and the Assessment Guidelines for this Training Package.

EVIDENCE GUIDE

Critical aspects for assessment and evidence required to demonstrate competency

Evidence of the following is essential:

- ability to prepare dishes within realistic time constraints using a range of cookery methods appropriate to the style of cuisine
- ability to apply knowledge of major commodities, culinary terminology and equipment to the various methods of cookery and cuisine styles being used
- range of cookery methods applied to commodities relevant to the particular Asian cuisine, on more than one occasion
- application of food hygiene and OHS principles and procedures during the cooking and presentation process.

Context of and specific resources for assessment

Assessment must ensure:

- demonstration of skills in a fully equipped operational commercial kitchen suitable for Asian cookery, including industry-current equipment, as defined in the Assessment Guidelines
- use of authentic ingredients.

Methods of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- direct observation of practical demonstration of food preparation and use of various cookery methods
- sampling of dishes prepared by the candidate
- written or oral questions to test knowledge of commodities, cookery methods for particular food items, safety issues and food quality indicators
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate, such as menus and photographs.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

EVIDENCE GUIDE

Assessing employability skills

Employability skills are integral to effective performance in the workplace and are broadly consistent across industry sectors. How these skills are applied varies between occupations and qualifications due to the different work functions and contexts.

Employability skills embedded in this unit should be assessed holistically with other relevant units that make up the skill set or qualification and in the context of the job role.

Range Statement

RANGE STATEMENT

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording in the performance criteria is detailed below.

A range of ***cooking methods*** must be demonstrated for the particular style of national and regional cuisine, including:

- deep-frying
- stir-frying
- barbecuing
- grilling
- shallow frying
- roasting
- braising
- stewing
- steaming
- baking
- boiling
- oil and water blanching.

RANGE STATEMENT

Equipment may include traditional and modern equipment such as:

- barbecues
- roasting drums
- charcoal grills
- mincers
- tandoori ovens
- contemporary ovens
- woks
- steamers
- cutting, chopping and slicing implements such as cleavers and knives
- strainers
- scoops and skimmers
- ladles
- whisks
- food processors
- microwaves
- skewers
- sharpening steels and stones.

Dishes to be prepared must use a range of commodities, including:

- fresh and dried vegetables, fruits and salad vegetables
- culturally appropriate meats, such as chicken, beef, lamb, goat and pork
- seafood, such as prawns and other crustaceans, squid, shellfish and fish
- herbs, spices and condiments
- eggs
- rice and farinaceous products
- items specific to particular dishes and cuisines.

Legislative and regulatory requirements may include:

- hygiene in food handling and storage
- OHS
- council regulations
- pest and vermin control.

Maintenance of equipment may include:

- seasoning woks and other utensils
- sharpening knives and cleavers
- care of pestles and mortars
- care of specialised equipment, such as steamers.

Unit Sector(s)

Sector Hospitality

Competency field

Competency field Asian Cookery