



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC003A Prepare stocks and soups for Asian cuisines

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 prepare stocks and soups for Asian cuisines.

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 cuisines are 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 precise application of the unit may vary within particular cuisines and is dependent on specific preparation techniques, ingredients and presentation requirements within enterprises.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

Prerequisite units

This unit must be assessed after the following prerequisite units:

SITHASC001A Use basic Asian methods of cookery

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 Prepare ingredients for Asian stocks and soups. | 1.1 Select <i>ingredients</i> for <i>stock and soups</i> including herbs, spices and flavourings, and prepare them according to recipe requirements. |
| | 1.2 Prepare ingredients and garnishes to recipe specifications |

ELEMENT	PERFORMANCE CRITERIA
	using any specified precision cutting techniques. 1.3 Use correct cooking procedures and equipment in preparing main ingredients, including chicken, beef, lamb, seafood and vegetables, according to enterprise. 1.4 Use fish and other pre-prepared sauces to achieve required results and balance, according to recipe specifications. 1.5 Follow food hygiene and OHS regulations and requirements in all preparation and cooking tasks.
2 Prepare and produce Asian stocks and soups.	2.1 Follow standard recipes according to enterprise practices. 2.2 Prepare stocks and soups using correct herbs, spices and flavourings, according to recipe specifications. 2.3 Use appropriate ingredients according to the menu items and recipe specifications. 2.4 Follow correct timing and temperature requirements when cooking stocks and soups to maintain quality. 2.5 Cook or finish off soups quickly and effectively, according to customer orders and recipe specifications. 2.6 Adjust stocks and soups according to required taste, consistency and quality. 2.7 Incorporate stocks into other dishes according to standard recipes and cuisine requirements.
3 Present Asian soups.	3.1 Select crockery and serveware size, colour and shape according to enterprise and cuisine requirements. 3.2 Serve soups in correct portions according to cuisine and enterprise requirements. 3.3 Use garnishes that conform to the acceptable style of the region and recipe specifications.
4 Store Asian stocks and soups.	4.1 Prepare stocks and soups in advance and store them appropriately under conditions and temperatures that maintain freshness and eating qualities, and comply with health and safety requirements.

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:

- preparing stocks and soups for particular Asian cuisines, including following recipe requirements
- precision preparation and cutting techniques for the particular style of cuisine
- selecting, using and maintaining specialised equipment, cutting implements, tableware and serveware for preparing, cooking, serving and presenting food
- identifying, selecting, storing and using typical commodities, herbs and spices, condiments, thickening and flavouring agents, and seasonal delicacies relevant to the particular Asian cuisine and appropriate cookery methods
- evaluating quality of ingredients, dishes and food items, including blending and balancing flavours and aromatics, correct flavour structure, texture and consistency, correct acid balance, correct colour and plate presentation
- maintaining a tidy workstation
- planning and organising
- working in teams
- using garnishes for presentation, including consideration of colour and eye appeal
- safe work practices, particularly in relation to bending and lifting, and using cutting implements, appliances, heated surfaces, open flames and other equipment that carries a risk of burns
- waste minimisation techniques and environmental considerations in relation to Asian stocks and soups
- problem-solving skills to adjust flavourings where soups are not balanced as required by a particular cuisine
- literacy skills to read requirements of orders and recipes
- numeracy skills to calculate quantities and portions against menus and orders, and to ascertain amounts of flavourings required to achieve required strength and flavour characteristics.

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

- equipment and culinary terms related to particular Asian cuisines, including regional variations
- cuisine characteristics, and cultural and religious practices related to stock and soup preparation, presentation and consumption, typical menu items, order of service, typical accompaniments and garnishes
- kitchen and service culture, including kitchen organisation
- effects of cooking techniques on nutrition, taste, texture and appearance

REQUIRED SKILLS AND KNOWLEDGE

- 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.

Critical aspects for assessment and evidence required to demonstrate competency

Evidence of the following is essential:

- ability to prepare stocks and soups within realistic time constraints using a range of cookery methods appropriate to the Asian cuisine
- knowledge of cuisine style, including cultural considerations, commodities, culinary terminology and equipment
- preparation of a variety of stocks and soups relevant to the particular Asian cuisine
- safe occupational health and food hygiene practices for preparing, cooking, presenting and storing stocks and soups.

Context of and specific resources for assessment

Assessment must ensure:

- demonstration of skills within a fully equipped, operational commercial kitchen suitable for Asian cooking, including industry-current equipment, as defined in the Assessment Guidelines
- use of authentic and appropriate ingredients
- industry-realistic ratios of kitchen staff to customers
- preparation of dishes for real customers within typical workplace time constraints.

EVIDENCE GUIDE

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 preparing and presenting stocks and soups
- sampling of dishes prepared by the candidate
- written or oral questions to test knowledge of Asian cuisine styles, cultural aspects, use and importance of typical commodities and flavourings, 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.

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.

Ingredients and commodities:

- may be fresh, dried or preserved and may include:
 - tofu
 - noodles

RANGE STATEMENT

- eggs
- rice and farinaceous products
- soya, fish and other sauces
- fresh, dried, leafy and root/tuber vegetables
- salt and freshwater fish, shellfish and other seafood such as prawns, lobster, abalone, squid and cuttlefish
- meats such as beef, pork, chicken, goat and lamb
- fruits such as lychees, rambutan and mango
- coconut cream
- herbs and spices (seeds, whole and root)
- flavourings, including dried shrimp and shrimp pastes, and bonito flakes
- may also be associated with particular dishes and specific cuisines, including:
 - Chinese: bamboo shoot
 - Indian: lamb, kari, garam masala and rosewater
 - Thai: nam pla
 - Indonesian: kecap bentang manis, kecap bentang asin and terasi
 - Vietnamese: nuoc mam
 - Japanese: mushrooms (shiitake), bean paste (miso - red, white, light), vegetables (kuzu, kinome, daikon), seaweeds and rice wines (sake and mirin)
 - Malay and Nonya: kecap manis, kecap asin, condiments and other flavourings (blachan).

Stocks and soups may be thick or thin, served as a course or accompaniment and classified variously within different Asian cuisines:

- Chinese: won ton, short, long, noodle and egg flower soups
- Indian: dhal and rasam
- Thai: tom ka kai
- Indonesian: soto ayam and soto kambing
- Vietnamese: sour fish soup and tom yum
- Japanese: miso
- Malay and Nonya: sup ayam and sup kambing.

RANGE STATEMENT

Equipment may include traditional as well as contemporary implements and appliances, such as:

- cutting implements
- cooking surfaces such as hot plates and griddles
- utensils such as woks, pans, pots, skimmers, ladles and graters
- steamers
- serveware, including platters, dishes and bowls
- serving and eating implements such as chopsticks, servers and ladles
- commercial grinders and blenders.

Appropriate storage may include:

- chilling or freezing in suitable containers
- heating and maintaining at a minimum temperature.

Unit Sector(s)

Sector	Hospitality
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Competency field

Competency field	Asian Cookery
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