



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC005A Prepare salads for Asian cuisines

Revision Number: 1

SITHASC005A Prepare salads for Asian cuisines

Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare salads, sauces, dressings and accompaniments for national and regional 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, Malay, Nonya, Japanese, Thai and Vietnamese 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

1 Select salads and accompaniments.

1.1 Identify suitable ***salads and accompaniments*** for menu requirements for a particular national or regional cuisine.

1.2 Plan salads and accompaniments according to season and

ELEMENT**PERFORMANCE CRITERIA**

availability of *commodities and other ingredients*.

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|---|-----------------|-----|---|
| 2 | Prepare salads. | 2.1 | Prepare a range of salads using fresh, dried and preserved commodities according to traditional national or regional styles, recipe specifications and enterprise requirements. |
| | | 2.2 | Prepare required ingredients according to recipe specifications and using precision cutting techniques required for the specific cuisine. |
| | | 2.3 | Prepare marinades, flavourings and sauce mixtures and store at correct temperature until required. |
| | | 2.4 | Prepare accompaniments for salads as required by tradition and enterprise practice. |
| | | 2.5 | Follow food hygiene requirements and OHS regulations during preparation and presentation. |
| | | 2.6 | Use, clean and maintain traditional and contemporary equipment . |
| | | 2.7 | Respond to specific customer requests related to salads, sauces, dressings and accompaniments. |
| | | | |
| 3 | Store salads. | 3.1 | Store salads at correct temperatures and under storage conditions that maintain appearance, nutrition, shelf life and eating characteristics. |
| | | 3.2 | Comply with food hygiene requirements and OHS regulations in storing food items. |
| | | | |
| 4 | Present salads. | 4.1 | Select serviceware appropriate in shape, size and colour to ensure attractive presentation. |
| | | 4.2 | Arrange and present salads attractively on platters or other serviceware to achieve maximum customer appeal. |
| | | 4.3 | Use garnishes according to tradition and style of the region and recipe specifications. |

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:

- precision cutting techniques and implements for the particular style of Asian cuisine
- 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
- 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
- using garnishes for presentation, including consideration of colour and eye appeal
- selecting, using and maintaining specialised equipment, tableware and serviceware for preparing, cooking, serving and presenting food
- maintaining a tidy workstation
- planning and organising
- working in teams
- safe work practices, particularly in relation to bending and 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 Asian salads
- problem-solving skills to adjust flavourings where salads, dressings, sauces and accompaniments 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:
- cuisine characteristics, and cultural and religious practices related to food preparation, presentation and consumption, typical menu items, order of service, typical accompaniments and garnishes
- kitchen and service culture, including kitchen organisation
- culinary terms related to particular Asian cuisines, including regional variations
- 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.

Critical aspects for assessment and evidence required to demonstrate competency

Evidence of the following is essential:

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

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
- 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 salads, sauces, dressings and accompaniments
- 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.

A variety of ***salads and accompaniments*** must be

- Thai: yam and larb
- Indonesian: gado-gado, urap, pecel and rujuk, emping melinjo and prawn crackers

RANGE STATEMENT

prepared and include:

- Vietnamese: goi ga and goi tom thit
- Japanese: sunomono and aemono
- Malay and Nonya: kerabu, achar, achar timun, rujuk and krupuk.

Commodities and other ingredients used for the preparation of salads may include:

- fresh, preserved and dried leafy and root vegetables, traditional and contemporary and according to season
- fresh, seeds, whole, root, dried and preserved herbs and spices
- eggs
- rice and farinaceous products
- sauces and dressings, including kecap manis, kecap asin, condim and nam pla
- pickles, including achar timun
- fresh, dried and preserved fruits
- pastes, including sambal and rempah (curry paste)
- meat and poultry
- seafood
- types of bean curd.

Equipment and **serviceware** may include:

- traditional or contemporary
- plates, platters and bowls
- servers
- eating implements such as chopsticks, knives, forks and spoons
- mortar and pestle
- knives, choppers and slicers.

Storage conditions for salads, sauces, dressings and accompaniments may include:

- covering
- chilling at correct temperature
- using appropriate containers.

Unit Sector(s)

Sector

Hospitality

Competency field

Competency field

Asian Cookery