



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC007A Prepare meat, poultry, seafood and vegetables for Asian cuisines

Revision Number: 1

SITHASC007A Prepare meat, poultry, seafood and vegetables for Asian cuisines

Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare meat, poultry, seafood and vegetables 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, 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. The unit applies to cooks who usually work as part of a team and under supervision.

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 key commodities and other ingredients.

- 1.1 Identify and assemble a range of fresh, dried and preserved commodities and other ingredients, required by recipes and appropriate to specific national and regional cuisines.
- 1.2 Select appropriate commodities for preparation of specific menu items, including ***specialised ingredients and accompaniments***.

ELEMENT	PERFORMANCE CRITERIA
2 Prepare ingredients.	2.1 Prepare and portion ingredients according to recipe specifications, using appropriate <i>preparation techniques</i>. 2.2 Prepare marinades using flavouring agents, according to cuisine requirements and enterprise practices. 2.3 Select and use appropriate cooking <i>equipment</i>. 2.4 Prepare sauces and accompaniments according to cuisine and enterprise requirements.
3 Produce a range of menu items.	3.1 Produce <i>dishes</i> following standard recipes accurately, according to cuisine requirements and enterprise practices and specifications. 3.2 Use suitable <i>cooking techniques</i> and <i>specialised techniques</i> according to requirements of commodities, cuisine style and menu. 3.3 Follow food hygiene and OHS regulations and requirements.
4 Present menu items.	4.1 Present menu items attractively using appropriate serveware that takes into consideration shape, colour and texture, and according to cuisine style and enterprise requirements.
5 Store menu items.	5.1 Store menu items as required according to food hygiene and safety, under correct conditions and temperatures to maintain quality, extend shelf life and maximise appearance and eating characteristics.

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:

- 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
- using garnishes for presentation, including consideration of colour and eye appeal
- using specialised serveware for presentation
- 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 meat, seafood and poultry for Asian cuisines
- problem-solving skills to adjust flavourings where dishes 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:

- effects of cooking techniques on nutrition, taste, texture and appearance
- principles and practices of personal and professional hygiene related to working in a kitchen, including suitable dress.

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 Evidence of the following is essential:

EVIDENCE GUIDE

and evidence required to demonstrate competency

- ability to prepare, produce and present a variety of meat, poultry, seafood and vegetable dishes and accompaniments 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 meat, poultry, seafood and vegetable dishes 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 meat, poultry, seafood and vegetable dishes.

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, cooking and presenting a variety of meat, poultry, seafood and vegetable dishes 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.

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.

Specialised ingredients and accompaniments may include:

- sauces, including nam prik pao, nam pla, oyster and black bean
- nuts, such as peanuts and cashews
- fresh whole root spices, such as ginger, galangal and turmeric.

Preparation techniques may include:

- filleting
- portioning
- cutting
- skinning and peeling
- cleaning and gutting
- dicing
- slicing
- trimming
- chopping
- blanching
- marinating
- tenderising
- coating with curry pastes, marinades and batters.

RANGE STATEMENT

Equipment may include:

- ovens
- roasting drums
- open spit smoke ovens
- woks
- tandoori ovens
- steamers
- barbecues
- grills
- hot plates
- spits.

Dishes to be produced must include a wide variety of meat, poultry, seafood and vegetable dishes, either stand-alone or in combination and may include:

- Chinese: roast pork and duck, beef with cashews, and stir fried vegetables
- Indian: fish in tamarind sauce, lamb kebabs and kari
- Thai: kapi, takrai, gaeng, nam pla, makrut and krung gaeng
- Indonesian: gado gado, and grilled skewered chicken
- Vietnamese: beef in coconut milk, ginger chicken, and steamed vegetables
- Japanese: beef, chicken and fish teriyaki
- Malay and Nonya: sugar cane chicken, chargrilled coconut fish, ikan panggang, and rending daging lembu.

Cookery techniques may include:

- steaming
- boiling
- baking
- roasting
- grilling
- barbecuing
- stir-frying
- deep-frying.

Specialised techniques may include:

- tandoor cookery
- wok cookery
- smoking
- marinating
- drying
- pickling.

Unit Sector(s)

Sector Hospitality

Competency field

Competency field Asian Cookery