



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC017A Prepare and produce Japanese one pot cookery

Revision Number: 1

SITHASC017A Prepare and produce Japanese one pot cookery

Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare and produce Japanese one pot cookery (nabemono). The unit covers all menu items identified as one pot cookery and winter menu items.

One pot cookery is typically made with meat, poultry, fish or tofu and vegetables, cooked in dashi. Cooked udon noodles or rice may also be added by guests, who self-serve from the pot.

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 Japanese cuisine is prepared and served. It 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:

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 nabemono. | 1.1 Select, prepare and arrange <i>ingredients</i> for cooking according to recipe specifications, cuisine requirements and enterprise standards. |
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ELEMENT	PERFORMANCE CRITERIA
2 Produce nabemono.	2.1 Prepare a variety of nabemono including sukiyaki, shabu shabu, kaki dote-nabe, yosenabe and tara chiri nabe. 2.2 Produce a range of sauces consistent with acceptable traditional style of the region according to recipe requirements. 2.3 Select and prepare a variety of accompaniments according to cuisine requirements and enterprise practices. 2.4 Select, prepare and arrange vegetables to accompany nabemono, according to customer preferences and cuisine and enterprise requirements. 2.5 Use correct equipment and utensils according to regional style and enterprise specifications. 2.6 Use correct heating temperature and timing to ensure optimum eating characteristics and appearance of menu items.
3 Present nabemono.	3.1 Select tableware shape, sizes and colour according to tradition, cuisine and enterprise requirements. 3.2 Present nabemono attractively with the required accompaniments and sauces.

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:

- preparation of one pot cookery (nabemono), including following recipe requirements
- precision cutting techniques and implements
- 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 in one pot cuisine and appropriate cookery methods
- selecting, using and maintaining specialised equipment, tableware and serviceware for preparing, cooking, serving and presenting one pot menu items
- use of 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 and other equipment that carries a risk of burns
- maintaining a tidy workstation
- planning and organising
- working in teams
- problem-solving skills to adjust flavourings as required where one pot cuisine, sauces and accompaniments are not balanced
- literacy skills to read recipes and orders
- numeracy skills to calculate quantities of commodities and ingredients required for particular recipes.

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

- one pot 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 one pot cuisine, including regional variations
- 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 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 one pot cuisine, including sauces and accompaniments within realistic time constraints using appropriate cookery methods
- knowledge of one pot cuisine, including cultural considerations, commodities, culinary terminology and equipment, timing and sequencing
- safe occupational health and food hygiene practices for preparing, cooking, presenting and storing one pot cuisine.

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 one pot cuisine, sauces and accompaniments
- sampling of dishes prepared by the candidate
- written or oral questions to test knowledge of one pot 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 may include:

- meat
- poultry

RANGE STATEMENT

- seafood
- tofu
- vegetables
- stocks, such as dashi, katsuo and konbu
- miso
- oysters.

Production may include:

- selecting methods of cookery, including stewing
- portion control and yields
- observing cookery timing and sequence for specific ingredients.

Accompaniments may include:

- udon noodles
- rice
- daikon
- vegetables
- Japanese pickles
- dipping sauces, such as lemon soy and sesame.

Equipment may include:

- earthenware pots
- electric skillets
- tableware
- chopsticks and other utensils.

Unit Sector(s)

Sector

Hospitality

Competency field

Competency field

Asian Cookery

