



Australian Government

Department of Education, Employment and Workplace Relations

SITHASC028A Prepare, cook and serve Asian food for menus

Revision Number: 1

SITHASC028A Prepare, cook and serve Asian food for menus

Modification History

Not applicable.

Unit Descriptor

Unit descriptor

This unit describes the performance outcomes, skills and knowledge required to organise, produce and serve Asian food for menus. It incorporates all aspects of organising, preparing, cooking and serving a variety of Asian food items for a service period in a hospitality enterprise, using a range of Asian cooking methods and team coordination skills. The unit integrates key technical and organisational skills required by a commercial cook. It brings together the skills and knowledge covered in individual units and focuses on the way these must be applied in a commercial kitchen.

Contexts for this unit may vary depending on the nature of the enterprise. For example, menus may be classical, contemporary or ethnic and service may be formal or informal.

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 hospitality and catering operations where Asian food is prepared and served.

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

SITHASC002A Produce appetisers and snacks for Asian cuisines

SITHASC003A Prepare stocks and soups for Asian cuisines

SITHASC004A Prepare sauces, dips and accompaniments for Asian cuisines

SITHASC005A Prepare salads for Asian cuisines

SITHASC006A Prepare rice and noodles for Asian cuisines

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

SITHCCC001B Organise and prepare food

SITHCCC002A Present food

SITHCCC003B Receive and store kitchen supplies

SITHCCC004B Clean and maintain kitchen premises

SITHCCC016A Develop cost-effective menus

SITXFSA001A Implement food safety 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 Coordinate, organise and prepare for food service. | 1.1 Determine and calculate commodity quantities for a menu and determine requirements for quality and style according to recipes and specifications.
1.2 Prepare a jobs checklist for food that is clear, complete and appropriate to the situation.
1.3 Liaise with other team members about menu requirements and job roles.
1.4 Develop and follow a work schedule to maximise efficiency, taking into consideration roles and responsibilities of other team members.
1.5 <i>Organise and prepare food items</i> in correct quantities and according to requirements for different <i>food service periods</i> .
1.6 Store food items appropriately in readiness for service. |
| 2 Cook and serve menu items for food service. | 2.1 Identify and use appropriate commercial <i>equipment</i> to produce menu items.
2.2 Cook and serve menu items according to <i>menu type</i> and service style, using appropriate <i>cookery methods</i> .
2.3 Adjust menu items and ingredients to meet <i>special requests or dietary requirements of customers</i> .
2.4 Cook and serve dishes using a <i>range of commodities</i> to meet customer expectations of quality, appeal of presentation and timeliness of delivery.
2.5 Work cooperatively as part of kitchen team and delegate tasks appropriately. |

ELEMENT**PERFORMANCE CRITERIA**

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|-----|---|--|-----|---|-----|---|-----|--------------------------------------|
| | 2.6 | Follow workplace safety and hygiene procedures according to enterprise and legislative requirements. | | | | | | |
| 3 | Coordinate and complete end of service requirements. | <table border="0"><tr><td>3.1</td><td>Coordinate <i>end of service procedures</i> according to enterprise practices.</td></tr><tr><td>3.2</td><td>Store food items appropriately to minimise food spoilage and wastage.</td></tr><tr><td>3.3</td><td>Participate in post-service debrief.</td></tr></table> | 3.1 | Coordinate <i>end of service procedures</i> according to enterprise practices. | 3.2 | Store food items appropriately to minimise food spoilage and wastage. | 3.3 | Participate in post-service debrief. |
| 3.1 | Coordinate <i>end of service procedures</i> according to enterprise practices. | | | | | | | |
| 3.2 | Store food items appropriately to minimise food spoilage and wastage. | | | | | | | |
| 3.3 | Participate in post-service debrief. | | | | | | | |

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:

- integration and application of kitchen skills including mise en place, basic Asian methods of cookery and food presentation techniques
- portion control and waste minimisation
- planning and organising work in the kitchen environment, including prioritising, sequencing and monitoring tasks and processes
- team coordination in relation to task allocation
- 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
- problem-solving skills to deal with problems such as shortages of food items, over or under-cooked food, difficult customer requirements, pressure of work and kitchen conditions
- literacy skills to read menus, recipes, task sheets and orders
- numeracy skills to calculate portions, and weigh and measure quantities of ingredients.

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

- characteristics of different Asian foods from all main food categories and appropriate cookery methods
- standard recipes for variety of Asian dishes or menu items
- principles and practices related to food safety
- use of correct culinary terminology in kitchen communication.

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:

- collection of direct, indirect and supplementary evidence showing preparation, cooking and service of multiple items for a minimum of 48 complete food

EVIDENCE GUIDE

service periods to ensure integration of skills and consistency of performance in different circumstances

- ability to prepare, cook and serve a variety of menu items to meet customer expectations of quality using Asian cookery methods, food items and menu styles
- safe food hygiene and work practices
- ability to multi-task and respond to multiple demands and requests simultaneously
- ability to work as part of a team and coordinate team activities in a positive and courteous manner
- preparation of Asian dishes for customers within the typical workplace time constraints of a busy commercial kitchen.

Context of and specific resources for assessment

Assessment must ensure:

- use of a wide range of suitable ingredients for preparing, cooking and serving Asian food items for a menu
- demonstration of skills within normal operating conditions of a fully equipped commercial kitchen suitable for Asian cooking, including industry-current equipment, as defined in the Assessment Guidelines
- industry-realistic ratios of kitchen staff to customers.

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:

- training record book used as part of apprenticeship arrangements
- direct observation of the candidate preparing and cooking Asian food items in a commercial kitchen
- sampling of menu items prepared by the candidate
- evaluation of customer feedback about menu items and speed and timing of service
- written or oral questions to test knowledge about Asian commodities, cookery techniques, equipment and food hygiene
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.

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.

RANGE STATEMENT

Organising and preparing food items (mise en place) includes, as required:

- cleaning and preparing vegetables and other commodities
- preparing and portioning meat, poultry and seafood
- preparing stocks, sauces and dressings
- preparing garnishes
- cooking soups and other precooked items
- preparing and cooking desserts
- serveware and equipment.

Food must be prepared, cooked and served for all of the following **food service periods**:

- breakfast
- lunch
- dinner
- special function.

Equipment includes 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.

Types of menus will vary according to the enterprise and occasion and may include:

- à la carte
- set menu (table d'hôte)
- buffet.

RANGE STATEMENT

Asian *cooking methods* may include:

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

Meeting *special requests or dietary requirements of customers* may include:

- cultural needs and restrictions
- specific dietary requirements related to medical requirements, such as food exclusions for allergies and medications, and diabetic and other diets
- preferences for particular ingredients and cooking methods such as vegetarian.

Range of commodities may include:

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

End of service procedures may include:

- safe storage of food items
- cleaning procedures related to kitchen and equipment
- debriefing sessions
- quality reviews
- restocking
- preparations for the next food service period.

Unit Sector(s)

Sector Hospitality

Competency field

Competency field Asian Cookery