



Australian Government

Department of Education, Employment and Workplace Relations

SITHCCC012A Select, prepare and cook meat

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 select, prepare, cook and store meats in a commercial kitchen or catering operation.

Meats include primary, secondary and portioned cuts of pork, lamb, beef and veal; and game, fancy meats and offal.

Meats may be fresh, frozen, cryovac or preserved.

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 hospitality and catering enterprises where meat is prepared and served such as restaurants, hotels and other catering operations. It 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:

SITHCCC001B Organise and prepare food

SITHCCC002A Present food

SITHCCC005A Use basic methods of cookery

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 meats.

1.1 Select primary, secondary and portioned cuts of pork, lamb, beef and veal required for menu items.

1.2 Select ***game, fancy meats and offal*** as required for menu items.

ELEMENT**PERFORMANCE CRITERIA**

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|---|-------------------------------------|---|
| | 1.3 | Apply and use leftovers to minimise waste and maintain quality. |
| | 1.4 | Select low-cost cuts and meat products when and where appropriate. |
| | 1.5 | Select the best supplier for quality and price according to enterprise requirements. |
| | 1.6 | Minimise wastage through appropriate purchase and storage techniques. |
| 2 | Prepare and portion meats. | |
| | 2.1 | Select and use suitable knives and equipment for meat preparation and cooking. |
| | 2.2 | Prepare and portion meat cuts, game, fancy meats and offal according to menu requirements. |
| | 2.3 | Prepare and use suitable marinades where appropriate for a variety of meat cuts. |
| 3 | Cook and present meats for service. | |
| | 3.1 | Select and use a variety of appropriate cooking methods for meats. |
| | 3.2 | Cook and present a variety of primary, secondary and portioned meat cuts to standard recipe specifications. |
| | 3.3 | Cook and present a variety of game, fancy meats and offal to standard recipe specifications. |
| | 3.4 | Portion and serve meats according to menu requirements. |
| | 3.5 | Carve meats using the appropriate tools and techniques, taking into consideration meat structure, bone structure and minimal waste. |
| 4 | Store meats. | |
| | 4.1 | Store fresh and cryovac meats according to health regulations. |
| | 4.2 | Age fresh meat correctly, where required, to maximise and maintain quality. |
| | 4.3 | Thaw frozen meats correctly. |

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:

- organisational skills and teamwork
- logical and time-efficient work flow
- waste minimisation techniques and environmental considerations in relation to meat
- safe work practices, in particular in relation to cutting
- problem-solving skills to deal with quality problems such as meat that is tough or has too much fat
- literacy skills to read menus, recipes and task sheets
- numeracy skills to calculate portions, and weigh and measure quantities of meat and meat portions.

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

- characteristics of types of meats, including type, cut, quality and fat content
- characteristics of different meat cuts, including primary, secondary and portioned cuts
- appropriate trade names and culinary terms for Australian standard meat cuts
- principles and practices of storing, freezing and aging meat
- appropriate preparation and cookery methods for various cuts and types of meat
- uses and characteristics of various knives and equipment
- cutting techniques in relation to meat
- knife care and maintenance
- nutrition in relation to meats, including food values of meats
- culinary terms commonly used in the enterprise and industry in relation to meat and meat cuts
- principles and practices of hygiene, in particular in relation to handling and storing meat
- costing, yield testing and portion control for meat.

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.

EVIDENCE GUIDE

Critical aspects for assessment and evidence required to demonstrate competency

Evidence of the following is essential:

- detailed understanding of the different classifications of meats
- use of a wide range of meat types, cuts and products
- ability to use safe and accurate cutting techniques
- ability to use a variety of preparation techniques for meats, as appropriate
- ability to prepare and cook a variety of meat and meat dishes using suitable cooking techniques to enterprise standards
- preparation of dishes for customers within typical workplace time constraints
- hygienic handling and storing of meat.

Context of and specific resources for assessment

Assessment must ensure:

- demonstration of skills within a fully equipped, operational, commercial kitchen, including industry-current equipment and knives, as defined in the Assessment Guidelines
- access to specific equipment for preparing meat, including meat mallet or hammer, and mesh or nylon cut-resistant gloves
- 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:

- direct observation of the candidate preparing and cooking meats
- sampling of meat dishes cooked by candidate
- tests on knowledge of different cuts of meat
- 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.

Game, fancy meats and offal may include:

- venison
- boar
- rabbit
- hare
- buffalo
- crocodile

RANGE STATEMENT

- kangaroo
- ostrich
- emu
- ox tails
- sweetbreads
- brains
- kidney
- liver
- tongue.

Knives and equipment may include:

- butcher and boning knives
- saws and meat cleavers
- meat bats
- meat hooks
- larding needles
- knife sharpening equipment
- mincers
- bowl choppers
- slicing machines
- food processors
- meat thermometers
- weighing scales.

Preparation and portioning techniques must include:

- boning, cutting, trimming and mincing
- weighing and portioning
- larding, tenderising, rolling and trussing
- stuffing, tying and skewering.

Cooking methods suitable for meat must include:

- roasting
- grilling
- frying
- braising
- stewing.

Unit Sector(s)

Sector

Hospitality

Competency field

Competency field

Commercial Cookery and Catering