



Australian Government

SITHCCC303 Produce meat dishes

Release 2

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Modification History

The version details of this endorsed unit of competency set are in the table below. The latest information is at the top.

Version	Comments
1.2	Correction to mapping to show non equivalence.
1.0	N Replaces and is not equivalent to SITHCCC012A Select, prepare and cook meat. Title simplified. Unit structure made consistent across all cooking units. Re-worked Elements, Performance Criteria, Required Skills and Knowledge to better articulate content. Any 'must' statements in Range moved to Required Knowledge and Critical aspects for assessment. References to purchasing and supplier negotiation removed; outcomes covered in SITXINV301 Purchase goods. Three prerequisite units removed. SITXFSA101 Use hygienic practices for food safety retained as a prerequisite.

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to prepare and cook a range of meat dishes following standard recipes. It requires the ability to select, prepare and portion meat, and to use relevant equipment and cookery methods.

Application of the Unit

This unit applies to hospitality and catering organisations, and to cooks who usually work under the guidance of more senior chefs.

Licensing/Regulatory Information

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

Pre-Requisites

This unit must be assessed after the following prerequisite unit:	
SITXFSA101	Use hygienic practices for food safety

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Not applicable.

Elements and Performance Criteria

Elements describe the essential outcomes of a unit of competency. Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

- | | |
|---------------------------------------|--|
| 1. Select ingredients. | 1.1 Confirm <i>food production requirements</i> from food preparation list and standard recipes.
1.2 Calculate ingredient amounts according to requirements.
1.3 Identify and select <i>meat products</i> and other ingredients from stores according to recipe, quality, freshness and stock rotation requirements. |
| 2. Select, prepare and use equipment. | 2.1 Select knives and other <i>equipment</i> of correct type and size.
2.2 Safely assemble and ensure cleanliness of equipment before use.
2.3 Use knives and other equipment safely and hygienically according to manufacturer instructions. |
| 3. Portion and prepare ingredients. | 3.1 Thaw frozen meats safely.
3.2 Sort and assemble ingredients according food production sequencing.
3.3 Weigh and measure ingredients and create portions according to recipe.
3.4 Use meat preparation techniques according to recipe requirements.
3.5 Minimise waste and store reusable by-products. |
| 4. Cook meat dishes. | 4.1 Select and use meat cookery methods.
4.2 Prepare marinades and meat accompaniments as required.
4.3 Follow standard recipes and make <i>food quality adjustments</i> within scope of responsibility. |
| 5. Present meat dishes. | 5.1 Portion and serve meats according to recipe requirements.
5.2 Carve meats using appropriate tools and techniques, taking account of meat and bone structure and waste minimisation.
5.3 Add sauces and garnishes according to standard recipes.
5.4 Visually evaluate dishes and <i>adjust presentation</i> as required.
5.5 Store dishes in appropriate <i>environmental conditions</i> . |

Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

Required skills

- initiative and enterprise skills to minimise wastage
- literacy skills to:
 - read and interpret food preparation lists, standard recipes, date code and stock rotation labels and manufacturer instructions for equipment
 - write notes on recipe requirements and calculations
- numeracy skills to:
 - calculate the number of portions
 - weigh and measure ingredients
 - determine cooking times and temperatures
- planning and organising skills to efficiently sequence the stages of food preparation and production
- problem-solving skills to:
 - evaluate quality of meat and finished dishes and make adjustments to ensure a quality product
 - adjust taste, texture and appearance of food products according to identified deficiencies
- self-management skills to manage own speed, timing and productivity
- technology skills to use food preparation and cooking equipment.

Required knowledge

- culinary terms and trade names for:
 - ingredients commonly used in the production of different meat dishes
 - classical and contemporary meat dishes
 - different cuts of meat and styles of cooking
- characteristics of meat products and meat dishes:
 - appearance
 - fat content
 - freshness and other quality indicators
 - historical and cultural derivations
 - primary, secondary and portioned cuts
 - nutritional value
 - taste
 - texture
- contents of stock date codes and rotation labels
- mise en place requirements for meat dishes
- preparation methods for different cuts and types of meat:

- ageing
- barding
- boning
- cutting
- larding
- marinating
- mincing
- rolling
- tenderising
- trimming
- trussing and tying
- skewering
- cookery methods for different cuts and types of meat:
 - roasting
 - grilling
 - frying
 - braising
 - stewing
- equipment used to produce meat dishes:
 - knife care and maintenance
 - essential features and functions
 - safe operational practices
- storage of meat products:
 - correct environmental conditions to ensure food safety
 - appropriate methods to optimise shelf life.

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

Overview of assessment

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the ability to:

- produce meat dishes using:
 - beef
 - game
 - fancy meats
 - lamb
 - offal
 - pork
 - veal
- use meat preparation techniques, including:
 - ageing
 - barding
 - boning
 - cutting
 - larding
 - marinating
 - mincing
 - portioning
 - rolling
 - tenderising
 - trimming
 - trussing and tying
 - skewering
 - stuffing
- follow standard recipes to prepare multiple meat dishes using a range of cookery methods including:
 - roasting
 - grilling
 - frying
 - braising
 - stewing
- produce food for multiple customers within commercial time constraints

- demonstrate knowledge of meat classifications
- integrate knowledge of:
 - quality indicators for meat
 - cookery methods for different cuts and types of meat
 - features, functions and safe use of food preparation equipment
 - food safety practices for handling and storing meat.

Context of and specific resources for assessment

Assessment must ensure use of:

- an operational commercial kitchen with the fixtures, large and small equipment and workplace documentation defined in the Assessment
- Guidelines; this can be a:
 - real industry workplace
 - simulated industry environment such as a training kitchen servicing customers
- industry-realistic ratios of kitchen staff to customers
- food preparation lists and standard recipes
- a variety of commercial ingredients.

Method 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 individual preparing for and producing meat dishes
- evaluation of the taste and visual appeal of meat dishes prepared by the individual
- projects that allow assessment of the individual's ability to produce a variety of meat dishes
- use of visual and taste recognition exercises so the individual can identify ingredient and product characteristics
- written or oral questioning to assess knowledge of culinary terms, quality indicator for meat, equipment, cookery methods and appropriate
- environmental storage conditions
- review of portfolios of evidence and third-party workplace reports of on-the-job performance by the individual.

Guidance information for assessment

The assessor should design integrated assessment activities to holistically assess this unit with other units relevant to the industry sector, workplace and job role, for example:

- SITXFSA201 Participate in safe food handling practices.

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, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

Food production requirements may include:

- deadlines
- dietary requirements
- portion control
- quantities
- special customer requests.

Meat products may be fresh, frozen, cryovac or preserved and may include:

- beef
- game, fancy meats and offal:
 - boar
 - brains
 - buffalo
 - crocodile
 - emu
 - hare
 - kangaroo
 - kidney
 - liver
 - ostrich
 - ox tails
 - rabbit
 - sweetbreads
 - tongue
 - venison
- lamb
- pork
- veal.

Equipment may include:

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

Food quality adjustments may relate to:

- cooking preference:
 - blue
 - rare
 - medium rare
 - medium
 - medium well
 - well done
- taste:
 - bitter
 - salty
 - sour
 - sweet
 - umami
- temperature
- texture:
 - clean
 - creamy
 - crispy
 - crunchy
 - fibrous
 - moist
 - mousse
 - rich
 - slippery
 - smooth
 - velvety.

To ***adjust presentation*** may include:

- changing accompaniments and garnishes to maximise:
 - balance
 - colour
 - contrast
 - eye appeal
- changing plated food for practicality of:
 - customer consumption
 - service
- wiping drips or spills.

Environmental conditions relates to appropriate:

- atmosphere
- humidity
- light
- packaging
- temperature
- use of containers
- ventilation.

Unit Sector(s)

Hospitality

Competency Field

Commercial Cookery and Catering