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| Training Package | Tourism, Hospitality and Events (SIT07) | | HSC Requirements and Advice |
| Unit title | Use basic methods of cookery | | |
| Unit code | Competency field | Sector | HSC Indicative Hours |
| SITHCCC005A | Commercial Cookery and Catering | Hospitality | 40 |

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| Unit descriptor | This unit describes the performance outcomes, skills and knowledge required to use a range of basic cookery methods to prepare menu items for the kitchen of a hospitality or catering operation. The unit underpins effective performance in all other cookery units. No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement. |
| Prerequisite units | This unit must be assessed after the following prerequisite units: <ul style="list-style-type: none"> • SITHCCC001A Organise and prepare food • SITHCCC002A Present food • SITXOHS002A Follow workplace hygiene procedures. |
| Application of the unit | This unit applies to hospitality and catering enterprises where food is prepared and served such as restaurants, hotels, clubs, cafeterias and other catering operations. It applies to cooks who usually work as part of a team and under supervision. |
| Employability skills | The required outcomes described in this unit of competency contain applicable facets of employability skills. The <i>Employability Skills Summary</i> of the qualification in which this unit of competency is packaged will assist in identifying employability skill requirements. |

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 this Training Package.

| Critical aspects for assessment and evidence required to demonstrate competency in this unit | Context of and specific resources for assessment | Methods of assessment | Assessing employability skills |
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| <p>Evidence of the following is essential:</p> <ul style="list-style-type: none"> • ability to prepare dishes on more than one occasion within realistic workplace time constraints using a range of cookery methods • knowledge of major food groups, culinary terminology and equipment as they relate to the required methods of cookery • application of hygiene and safety principles and procedures during the cooking process. | <p>Assessment must ensure:</p> <ul style="list-style-type: none"> • demonstration of skills within a fully equipped operational commercial kitchen, including industry current equipment, as defined in <i>Appendix 1</i> of this document • demonstration of cookery methods with commodities from the major food groups, including different menus and food items • access to appropriate utensils, cutlery and equipment to undertake the full range of basic cookery methods, including | <p>A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:</p> <ul style="list-style-type: none"> • direct observation of the candidate using the required cookery methods • sampling of dishes prepared by the candidate • written or oral questions to test knowledge on suitable cookery methods for particular food items, safety issues and food quality | <p>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.</p> <p>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.</p> |

| | Context of and specific resources for assessment cont/d | Methods of assessment cont/d | |
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| | <p>poaching, stewing, braising, roasting, deep and shallow frying, boiling, atmospheric and pressure steaming, grilling and baking</p> <ul style="list-style-type: none"> • use of authentic ingredients. | <p>indicators</p> <ul style="list-style-type: none"> • review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate, such as menus and photographs. <p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:</p> <ul style="list-style-type: none"> • SITXFSA001A Implement food safety procedures. | |

| Required Skills and Knowledge | | HSC Requirements and Advice |
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| This section describes the essential skills and knowledge and their level, required for this unit. | | |
| <p>The following skills must be assessed as part of this unit:</p> <ul style="list-style-type: none"> • logical and time efficient work flow • use and characteristics of a range of equipment used for the required methods of cookery • 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 different cookery methods • problem solving skills to deal with problems such as shortages of food items, mistakes or problems in commodities or meals produced, and equipment failure • literacy skills to read menus, orders and instructions • numeracy skills to calculate quantities and portions against orders. | <p>The following knowledge must be assessed as part of this unit:</p> <ul style="list-style-type: none"> • food classification for the major food groups • characteristics of different foods and appropriate cookery methods • underlying principles of all basic methods of cookery • culinary terms commonly used in association with the required methods of cookery • effects of different cookery methods on the nutritional value of food • principles and practices of personal and professional hygiene related to working in a kitchen, including appropriate uniform and personal protective equipment. | <p>Key Terms and Concepts</p> <ul style="list-style-type: none"> • calculating quantities • commodities • cooking equipment • methods of cookery • preparation of menu items/dishes • problems with the cookery process • safe and hygienic work practices • waste minimisation • workflow. |

| Element | Performance Criteria | Range Statement | HSC Requirements and Advice |
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| 1 Select and use cooking equipment and technology. | 1.1 Select appropriate <i>equipment and technology</i> for particular cooking methods. | <p>The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. <i>Bold italicised</i> wording in the performance criteria is detailed below.</p> <p><i>Equipment and technology</i> may include:</p> <ul style="list-style-type: none"> • electric, gas or induction ranges • ovens, including combi ovens • microwaves • grills and griddles • deep-fryers • salamanders • food processors • blenders • mixers • slicers • tilting frypan and bratt pan • steamers • utensils • cutlery. | <p>Learning experiences for the HSC must address:</p> <p>Knowledge of safe and hygienic work practices and procedures.</p> <p>Examples of equipment classified as:</p> <ul style="list-style-type: none"> • utensils • mechanical • fixed. <p>An awareness of a range of equipment including:</p> <ul style="list-style-type: none"> • name • characteristic • use • limitations • assembly (if appropriate) • maintenance • cleaning and sanitising • storage. <p>Equipment and technology including:</p> <ul style="list-style-type: none"> • electric, gas or induction range • ovens • microwaves • grills and griddles • deep-fryers • salamanders • food processors • blenders • mixers • steamers • cutlery and utensils • slicers • combi ovens • tilting frypan and bratt pan. <p>A working knowledge of a range of equipment and technology.</p> <p>Knowledge safe work practices and procedures for working with cooking utensils and equipment including knives and heated surfaces.</p> |
| | 1.2 Use equipment hygienically, safely and according to manufacturer instructions. | | |

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| | | | Hygienic work practices including: <ul style="list-style-type: none"> • personal hygiene • food hygiene. |
| 2 Prepare and cook food using basic methods of cookery. | 2.1 Use various <i>cookery methods</i> to prepare dishes to enterprise standard. | <i>Cookery methods</i> may include any used within an enterprise but <u>must</u> include the following: <ul style="list-style-type: none"> • boiling • poaching • steaming • stewing • braising • roasting • baking • grilling • shallow-frying • deep-frying • stir-frying • pan-frying. | Learning experiences for the HSC must address: Knowledge of a range of methods of cookery. Underlying principles of each method of cookery including: <ul style="list-style-type: none"> • definition of cookery method • suitable foods • characteristics of foods prepared using this method • utensils and equipment • procedures for method of cookery • safe and hygienic work practices • suitable recipes • associated culinary terms • common problems and solutions • effect on the nutritional value of food • waste minimisation techniques. |
| | 2.2 Calculate correct quantities and ratios of <i>commodities</i> for specific cookery methods. | Dishes to be prepared <u>must</u> use a range of commonly found <i>commodities</i> including <ul style="list-style-type: none"> • dairy products, such as milk, butter, yoghurt, cheeses and alternatives • dry goods, such as flours, sugars, pastas and rice • standard fruit and vegetables • eggs • meat, seafood and poultry, which may be fresh, frozen, preserved or pre prepared, and may also include meat products such as standard cuts, sausages, hams, salami and other meat products • general food items, such as oils, sauces, condiments and flavourings, garnishes, coatings and batters. | Learning experiences for the HSC must address: Definition of: <ul style="list-style-type: none"> • commodity. Knowledge of a range of commodities including: <ul style="list-style-type: none"> • characteristics • classification based on major industry food groupings • appropriate cooking methods. Knowledge of a range of menu types. Interpretation, use and modification of standard recipes. The standard features of a recipe including: <ul style="list-style-type: none"> • preliminary preparation • equipment • quantity of ingredients |

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| | | | <ul style="list-style-type: none"> • method • cooking temperature • cooking time • number of portions recipe will produce • total cost of product. <p>Interpretation of orders to calculate quantities/portions required for cooking.</p> <p>Measurement of dry and wet ingredients.</p> <p>Waste minimisation techniques and environmental considerations relating to food preparation including:</p> <ul style="list-style-type: none"> • correct portion control • correct storage, handling and preparation of foodstuffs • use of off-cuts <ul style="list-style-type: none"> - accurate measurements and calculations - recycling - using recyclable products - resource efficiency. |
| | <p>2.3 Complete cooking process in a logical and safe manner.</p> | | <p>Learning experiences for the HSC must address:</p> <p>Features of effective work flow management including:</p> <ul style="list-style-type: none"> • logical sequence • time efficient • planning and organisation • time constraints • cooperation. <p>Acknowledgement of the effect poor work flow has on:</p> <ul style="list-style-type: none"> • colleagues • customers • workplace/organisation/venue. <p>Application of workflow management techniques to a range of food preparation activities in an industry context.</p> <p>Safe work practices including:</p> |

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| | | | <ul style="list-style-type: none"> • safe posture (sitting, standing, bending and lifting) • correct manual handling (lifting and transferring) • working with electricity, knives, equipment and heated surfaces in a safe manner. |
| | <p>2.4 Identify problems with the cooking process promptly and take corrective action.</p> | | <p>Learning experiences for the HSC must address:</p> <p>Indicators of problems with the cookery process including:</p> <ul style="list-style-type: none"> • texture • colour • flavour • viscosity • aroma. <p>An awareness of problems caused by incorrect:</p> <ul style="list-style-type: none"> • temperature • time • method • foods/ingredients • selection and/or use of utensils and equipment. <p>Strategies to deal with a range of problems including:</p> <ul style="list-style-type: none"> • shortage of food items • problems with <ul style="list-style-type: none"> - ingredients/commodities - cookery process - meals produced • spillages • mistakes • equipment failure. |
| | <p>2.5 Prepare dishes using a range of methods and current technology within acceptable enterprise and customer timeframes.</p> | | |
| | <p>2.6 Work cooperatively with kitchen and front of house colleagues to ensure timely preparation of dishes.</p> | | <p>Learning experiences for the HSC must address:</p> <p>Basic principles and characteristics of team building and effective teamwork.</p> |

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| | | | <p>Features and characteristics of successful teamwork including:</p> <ul style="list-style-type: none"> • identification of purpose and aim of team • goal-setting • planning and organising work routines. <p>Strategies for the promotion of cooperative working environments including:</p> <ul style="list-style-type: none"> • good communication • mutual respect • understanding roles and responsibilities • positive working relationships • application of <ul style="list-style-type: none"> - codes of conduct - workplace policies and procedures • teamwork. <p>An understanding of the relationship between food production and:</p> <ul style="list-style-type: none"> • food and beverage • room service. <p>An awareness of the consequences of not maintaining positive and effective working relationships between key areas.</p> |