

<b>Training Package</b>	Tourism, Hospitality and Events (SIT07)		<b>HSC Requirements and Advice</b>
<b>Unit title</b>	<b>Prepare vegetables, fruit, eggs and farinaceous dishes</b>		
<b>Unit code</b>	<b>Competency field</b>	<b>Sector</b>	<b>HSC Indicative Hours</b>
<b>SITHCCC009A</b>	Commercial Cookery	Hospitality	<b>35</b>

<b>Unit descriptor</b>	<p>This unit describes the performance outcomes, skills and knowledge required to prepare various vegetables, fruit, eggs and farinaceous dishes in a commercial kitchen or catering operation.</p> <p>Vegetables and fruit may be fresh, preserved or frozen, and selected according to seasonal availability, menu and enterprise requirements. A variety of vegetables and fruit, and vegetable and fruit dishes must be prepared and cooked. These may be classical or contemporary, from various ethnic or cultural origins, and may be offered as main dishes, appetisers or salads, or accompaniments.</p> <p>Potato accompaniments must include both classical and contemporary dishes.</p> <p>Egg dishes should, unless otherwise required, use hen eggs that may be fresh, dried, frozen or preserved.</p> <p>No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.</p>
<b>Prerequisite units</b>	<p>This unit must be assessed after the following prerequisite units:</p> <ul style="list-style-type: none"> <li>• SITHCCC001A Organise and prepare food</li> <li>• SITHCCC002A Present food</li> <li>• SITHCCC005A Use basic methods of cookery</li> <li>• SITXOHS002A Follow workplace hygiene procedures.</li> </ul>
<b>Application of the unit</b>	<p>This unit applies to all 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.</p>
<b>Employability skills</b>	<p>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.</p>

## 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
<p>Evidence of the following is <b>essential</b>:</p> <ul style="list-style-type: none"> <li>• ability to prepare a variety of dishes using vegetables and fruit</li> <li>• ability to prepare a variety of egg-based dishes, both classical and contemporary of varying cultural origins, using a variety of methods</li> <li>• ability to make a variety of farinaceous dishes and present them with suitable accompanying sauces</li> <li>• detailed understanding of the different classifications of vegetables, fruit, eggs and farinaceous products</li> <li>• preparation of dishes for customers within typical workplace time constraints.</li> </ul>	<p>Assessment <b>must</b> ensure:</p> <ul style="list-style-type: none"> <li>• demonstration of skills within a fully equipped operational commercial kitchen, including industry-current equipment, as defined in <i>Appendix 1</i> of this Syllabus</li> <li>• use of authentic ingredients</li> <li>• industry-realistic ratios of kitchen staff to customers.</li> </ul>	<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"> <li>• direct observation of the candidate preparing dishes</li> <li>• sampling of dishes cooked by the candidate</li> <li>• written or oral questions to test knowledge of safety issues and appropriate cooking methods for various commodities</li> <li>• review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.</li> </ul> <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"> <li>• SITHCCC006A Prepare appetisers and salads.</li> </ul>	<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>

## 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:

- cutting and presentation techniques, particularly in relation to vegetables and fruit
- organisational skills and teamwork
- logical and time-efficient work flow
- waste minimisation techniques and environmental considerations in relation to vegetables, fruit, eggs and farinaceous dishes
- safe work practices, particularly in relation to using knives
- 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 orders and instructions
- numeracy skills to calculate quantities and portions against orders.

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

- varieties and characteristics of vegetables, fruit, eggs and farinaceous foods
- past and current trends in culinary uses and dishes using vegetables, fruit, eggs and farinaceous foods
- nutrition related to vegetables, fruit, eggs and farinaceous dishes, in particular the food values of commodities and the effects of cooking on the nutritional value of food
- culinary uses and common industry terms in relation to vegetables, fruit, egg and farinaceous dishes
- principles and practices of hygiene, in particular those related to the use of raw ingredients.

Element	Performance Criteria	Range Statement
1 Prepare vegetable and fruit dishes.	1.1 Select vegetables and fruit in season according to availability, quantity, quality and price. 1.2 Select vegetables, fruit and potato accompaniments to complement and enhance menu items. 1.3 Prepare and, where appropriate, cook a variety of vegetables and fruit dishes using suitable cookery methods and preserving optimum quality and nutrition. 1.4 Where appropriate, select suitable sauces and accompaniments to be served with vegetables. 1.5 Present vegetable and fruit attractively using suitable garnishes, where appropriate.	The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. <b><i>Bold italicised</i></b> wording in the performance criteria is detailed below.
2 Prepare farinaceous dishes.	2.1 Select and prepare a variety of <b><i>farinaceous foods</i></b> according to standard and enterprise recipes. 2.2 Prepare farinaceous foods using appropriate methods to ensure optimum quality. 2.3 Select sauces and accompaniments that are appropriate to farinaceous foods.	<b><i>Farinaceous foods</i></b> may include: <ul style="list-style-type: none"> <li>• pasta</li> <li>• rice</li> <li>• polenta</li> <li>• noodles</li> <li>• couscous</li> <li>• semolina</li> <li>• pulses</li> <li>• cracked wheat.</li> </ul>
3 Prepare and cook egg-based dishes.	3.1 Prepare and cook a variety of <b><i>egg-based dishes</i></b> according to standard recipes, using a range of methods including boiling, poaching, frying and scrambling.	<b><i>Egg-based dishes</i></b> <u>must</u> include: <ul style="list-style-type: none"> <li>• omelettes and frittatas</li> <li>• soufflés</li> <li>• eggs benedict</li> <li>• egg salads</li> <li>• egg dips.</li> </ul>

Element	Performance Criteria	Range Statement
	3.2 Prepare and cook egg dishes to ensure optimum and desired quality, consistency and appearance.	
	3.3 Select sauces and accompaniments appropriate to eggs.	
	3.4 Use eggs for a variety of <i>culinary uses</i> .	<p><i>Culinary uses</i> <u>must</u> include:</p> <ul style="list-style-type: none"> <li>• aerating</li> <li>• binding</li> <li>• setting</li> <li>• coating</li> <li>• enriching</li> <li>• emulsifying</li> <li>• glazing</li> <li>• clarifying</li> <li>• garnishing</li> <li>• thickening.</li> </ul>
4 Store vegetables, eggs and farinaceous foodstuffs.	4.1 Store fresh and processed eggs, vegetables and fruit, and farinaceous foodstuffs at correct temperatures and under correct conditions to maintain optimum freshness and quality.	