

## PREPARE MEATS, FISH, SEA FOODS AND POULTRY AND SAUCES

UNIT CODE: HOS/OS/FP/CR/06/3

### UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present various meats and sauces. It requires the ability to assemble all the ingredients, cook the meats, fish, sea foods, poultry and sauces.

### ELEMENTS AND PERFORMANCE CRITERIA

<b>ELEMENT</b> These describe the key outcomes which make up workplace function.	<b>PERFORMANCE CRITERIA</b> These are assessable statements which specify the required level of performance for each of the elements. <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Assemble all the ingredients and equipment	1.1 The hands are cleaned and sanitized as per the SOPs. 1.2 The working area and surfaces cleaned and sanitized as per the HACCP and SOPs. 1.3 Equipment needed are identified and ensured functional as per the SOPs. 1.4 Identify the ingredients, weigh and measure as per the recipe. 1.5 Assemble the equipment and ingredients as per SOPs
2. Cook the meats, fish, sea foods and poultry	2.1 Hygiene procedures are observed as per HACCP 2.2 Identify the <i><b>cooking methods</b></i> as per the recipe. 2.3 Determine the quantities of meats to be cooked as per the recipe. 2.4 Establish the <i><b>cooking category</b></i> ((degree of doness) (where applicable). 2.5 Season the meat as per the recipe and customer specifications. 2.6 Carve meats (where necessary) using tools and techniques using SOPs. 2.7 Where meats are required for cold cuts, cool and store as per recipe. 2.8 Add sauces and garnishes (where applicable) according to recipe. 2.9 Present/dispense meats, fish, sea foods and poultry as per recipe and style of service. 2.10 Maintain the holding temperatures as per the SOPs and HACCP.

3.Prepare sauces	<p>3.4 Identify the <i>type of sauce</i> to be prepared as per the menu.</p> <p>3.5 Assemble the ingredients as per the recipe.</p> <p>3.6 Prepare the sauce as per the recipe.</p> <p>3.7 Add <i>thickening agents</i> (where necessary) to the sauce as per recipe.</p> <p>3.8 Season (where necessary) as per recipe and customer specifications.</p> <p>3.9 Present/dispense sauce as per recipe and style of service.</p> <p>3.10 Maintain the holding temperature as per the recipe and HACCP.</p>
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## RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Cooking method</i> include but not limited to:	<ul style="list-style-type: none"> <li>• Boiling</li> <li>• Grilling</li> <li>• Roasting</li> <li>• Braising</li> <li>• Deep frying</li> <li>• Poaching</li> <li>• Pan Frying</li> <li>• Baking</li> <li>• Steaming</li> </ul>
2. <i>Cooking category (degree)</i> include but not limited to:	<ul style="list-style-type: none"> <li>• Rare</li> <li>• Medium</li> <li>• Medium to well</li> <li>• Well done</li> </ul>
3. <i>Thickening agents</i> include but not limited to:	<ul style="list-style-type: none"> <li>• Roux</li> <li>• Potatoes</li> <li>• Rice</li> <li>• Corn starch</li> </ul>

	<ul style="list-style-type: none"> <li>• Pasta</li> </ul>
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## REQUIRED SKILLS AND KNOWLEDGE

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

### Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and use
- Food presentation techniques
- Thickening of sauces
- Carving of meat
- Knife skills
- Vegetable cuts
- Cooking methods
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Personal grooming
- Seasonings

### Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

1.1	Hazard Analysis of Critical Control Points ( HACCP)
1.2	Standard Operating Procedure (SOP)
1.3	Occupational Safety and Health (OHS)
1.4	Work place procedures
1.5	Thickening agents
1.6	Seasoning sauces
1.7	Various types of sauces and their differences
1.8	Time management
1.9	Efficient workflow
1.9	Culture and religion (kosher, halal, vegans)
1.10	Guest relations
1.11	Special needs
1.12	Waste management
1.13	Costing and cost control
1.14	Food trends (organic products, molecular gastronomy)

1.15	Hospitality law
1.16	Professional ethics
1.17	Meat carving
1.18	Cooking with wines and spirits
1.19	Fats and oils
1.20	Seasonings (Sugar, salt,pepper and herbs)
1.21	Condiments

## FOUNDATION SKILLS

<i>The individual needs to demonstrate the following fundamental skills</i>	
Communication Numeracy Interpersonal relations Management (supplies, human resource) Team work	Problem solving skills Planning and organizing ICT First Aid

## EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	Assessment requires evidences that the candidate: 1.1 Demonstrated ability to prepare sauces as per the specifications 1.2 Demonstrated ability to make requisitions. 1.3 Demonstrated ability to select equipment for cooking meats 1.4 Demonstrated ability to cook meats using various cooking methods 1.5 Demonstrated ability to interpret information specifications given to the service team from the customer. 1.6 Demonstrated ability to communicate to the team members 1.7 Demonstrated ability to present meats and sauces.
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment. 2.2 Ingredients for preparing various types of meats.
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist of the learners preparing various meats. 3.2 Written or oral questions to test knowledge.

	3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.

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