

PREPARE VEGETABLES, STARCHES AND SOUPS

UNIT CODE: HOS/OS/FP/CR/02/3

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present prepared vegetables, starches and soups. It involves assembling the ingredients, working equipment, preparing vegetables, starches and soups.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Assemble the ingredients	1.1. Familiarize with <i>events</i> of the day 1.2. Stock levels is checked 1.3. Requisitions is made as per the recipes 1.4. Ingredients are collected as per the recipes 1.5. Store the ingredients in accessible chefs ladder
2. Assemble working equipment	2.1. Clean and sanitize the work surfaces as per HACCP 2.2. Test equipment as per SOPs 2.3. Report defaults to the supervisor as per the SOPs 2.4. Assemble small kitchen equipment e.g. knives, spoons, <i>probes</i> 2.5. Assemble <i>cleaning materials</i>
3. Prepare vegetables	3.1 FIFO procedures are followed. 1.1 Freshness and quality (where applicable) is checked as per the SOPs. 3.2 The vegetables are washed under running water as per HACCP standards 3.3 Vegetables are <i>prepared as per recipe</i> 3.4 Vegetables are stored under the right temperature 3.5 Present/dispense vegetable as per recipe and style of service.
4. Prepare starches	4.1 Starches are cleaned and rinsed (where necessary) (e.g. potatoes, green bananas, rice). 4.2 Starches are <i>prepared as per specification</i> .

	<p>4.3 Starches are cooked as per the recipe.</p> <p>4.4 Present/dispense starches as per recipe and style of service.</p> <p>4.5 Required temperatures are maintained as per the SOPs.</p>
5. Prepare soups	<p>3.6 FIFO procedures are followed.</p> <p>1.1 Ingredients are assembled (e.g. tomatoes, onions, leeks celery, carrots, potatoes, herbs, spices, <i>mirepoix</i>, and cream).</p> <p>1.2 Soup is prepared as per the recipe.</p> <p>1.3 Present/dispense meats as per recipe and style of service.</p>

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>Events</i> include but not limited to:	<ul style="list-style-type: none"> • Wedding • Anniversaries • Birthdays • Parties
3. <i>Probes</i> include but not limited to:	<ul style="list-style-type: none"> • Device used to take food temperature
4. <i>Cleaning materials</i> include but not limited to:	<ul style="list-style-type: none"> • Sanitizers • Protective gears • Sponge • Kitchen towel • Disinfectant • Cleaning detergents
5. <i>Vegetables prepared as per specifications</i> include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • Chopping • Turning • Shredding • Slicing • Blanching • Grilling

	<ul style="list-style-type: none"> • Steaming
6. <i>Mirepoix</i>	<ul style="list-style-type: none"> • Rough cut vegetables

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:

- Consistency
- Knife skills
- Vegetable cuts
- Cooking methods (e.g. steaming, grilling, baking)
- Cleaning methods
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Communication
- Interpersonal relations
- Creativity/innovations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

1.1	HACCP- Hazard Analysis of Critical Control Points
1.2	SOPs - Standard Operating Procedures
1.3	OHS-Occupational Health and Safety
1.4	Product knowledge
1.5	Vegetables varieties
1.6	Food safety and hygiene
1.8	Quality and control and waste management
1.9	Proper storage
1.10	Purchase specification
1.12	Processed foods
1.14	Herbs and spices
1.15	Fats and oils
1.15	Sugar and salt
1.16	Allergens (gluten free & nut allergy, milk intolerance)
1.17	Special needs

1.18	Garnishes
1.19	Professional ethics

FOUNDATION SKILLS

<i>The individual needs to demonstrate the following fundamental skills</i>	
Communication Numeracy Interpersonal relations	Computer literacy First aid Time Management

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 the ability to manage time effectively. 1.2 Demonstrated ability to adhere to the recipe. 1.3 Demonstrated expertise in using various cooking methods in preparing vegetables, starches and soups. 1.4 Demonstrated ability to manage waste and control. 1.5 Demonstrated ability to handle equipment. 1.6 Demonstrated ability to communicate effectively. 1.7 Demonstrated positive attitude.
2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped safe kitchen 2.2 Proper working equipment 2.3 A working environment meeting the OSHA standards 2.4 A variety of ingredients
3. Method of Assessment	Competency may be assessed through: 3.1 Direct observation using a checklist 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.