

PREPARE FOOD ACCOMPANIMENTS

UNIT CODE: HOS/OS/FP/CR/03/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present food accompaniments. It involves organizing entremetier section, identifying, cleaning, preparing, cooking, presenting and dispensing food accompaniments.

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. Organise entremétier section	1.1. Kitchen is aerated as per SOPs. 1.2. Lights are turned on and stoves are checked for defects. 1.3. Tools and equipment are assembled. 1.4. Temperatures of the cold rooms/fridges are checked 1.5. Cleaning and sanitization is performed. 1.6. Stock levels of perishables and dry ingredients are checked. 1.7. Additional ingredients are requisitioned. 1.8. The menu of the day is interpreted.
2. Identify ingredients for food accompaniments	2.1. Recipes are interpreted according to organizations SOP's 2.2. Ingredients are collected as per the recipes 2.3. Organization standards and FIFO procedures are adhered to. 2.4. Ingredients are weighed/measured as per specifications
3. Clean ingredients for food accompaniments	3.1 Hygienic standards and procedures are observed while cleaning. 3.2 Quality of ingredients is checked during cleaning. 3.3 Cereals and legumes are selected before washing. 3.4 Ingredients are placed in specified containers after washing.
4. Prepare ingredients for food accompaniments	4.1 <i>Vegetable ingredients are prepared</i> as per specifications 4.2 <i>Starch</i> ingredients are prepared as per specifications

<p>5. Cook food accompaniments</p>	<p>1.1 Cooking methods applied as per the recipe 1.2 Recommended equipment for cooking each food item used. 1.3 Temperatures are observed as per the recipe. 1.4 Timings are adhered to as per the recipe. 1.5 Recipe is adhered to. 1.6 Food accompaniments are either presented or preserved.</p>
<p>6. Prepare salad e.g. green salads Kachumbari</p>	<p>1.1 Select type and size of equipment suitable to prepare the simple salads. 1.2 Ingredients identified and selected as per the recipe. 1.3 Ingredients are weighed and measured according to recipe. 1.4 Hygiene procedures are observed as per HACCP 1.5 Special vegetable cuts used to prepare salads according to recipe. 1.6 Portion and prepare salad ingredients as per recipe. 1.7 Prepare dressings and store at recommended temperature until required. 1.8 Make adjustments as per recipe.</p>
<p>7. Present food accompaniments</p>	<p>1.1 Equipment for presentation selected as per SOPs. 1.2 Aesthetics and hygiene standards are observed. 1.3 Food accompaniment temperatures are observed and maintained as per the recipe specification. 1.4 Portion sizes are maintained as per the recipe.</p>
<p>8. Dispense food accompaniments</p>	<p>8.1 Hygiene standards are observed as per SOP. 8.2 Temperatures are maintained as recipe. 8.3 Timings are adhered to as per the recipe.</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
<p>1. Accompaniments include but not limited to:</p>	<ul style="list-style-type: none"> • Starches

	<ul style="list-style-type: none"> • Vegetables • Salads
2. <i>Vegetables</i> include but not limited to:	<ul style="list-style-type: none"> • Leaf • Tuber • Root vegetables • Bulbs • Flower • Fruit vegetables • Fungi • Stems • Seeds
3. <i>Vegetables prepared</i> include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • De-stocking • Chopping • Turning • Shredding • Slicing • Mashing • Grating • Piping
4. <i>Starch</i> include but not limited to:	<ul style="list-style-type: none"> • Rice • Potatoes • Pasta • Wheat • Maize • Sorghum • Millet
5. <i>Cooking method</i> include but not limited to:	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Pan frying • Poaching • Baking

	5.1 Shallow frying (Sauté, Stir Fry, Sweating)
6. Menu include but not limited to:	<ul style="list-style-type: none"> • A La Carte • Table D' Hote • Buffet • Cocktail
7. Salad ingredients include but not limited to:	<ul style="list-style-type: none"> • Lettuce • Cucumber • Onions • Tomatoes • Carrots • Cabbage • Assorted sweet capsicums • Parsley • Onions • Cappers • Gherkin • Sweet peppers • Green chilli
8. Salad dressing ingredients include but not limited to:	<ul style="list-style-type: none"> • Oils eg Sunflower, olive, coconut oil, siseme • Black peper • Vinegar • Salad dresings eg Mayonnaise, vinaigrette • Tomato ketchup

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 placement
- Knife skills
- Cooking methods e.g. blanching, steaming, grilling, baking, simmering
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use tools and equipment
- Methods of preparation e.g. kneading, whisking, shaping, rolling

- Garnishing
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Methods of cooking
- Product knowledge
- Food safety and hygiene e.g. contamination
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

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: <ul style="list-style-type: none"> 1.1 Identified and assembled all tools and equipment for preparing food accompaniments 1.2 Assembled all the ingredients for preparing food accompaniments 1.3 Combined texture, colour and taste when preparing food
-----------------------------------	---

	<p>accompaniments.</p> <p>1.4 Demonstrated ability to use expertise in using various cooking methods in preparing food accompaniments.</p> <p>1.5 Portioned food and maintained ratios.</p> <p>1.6 Demonstrated complete understanding of the different nutritional values of various food items.</p> <p>1.7 Demonstrated ability to present food.</p> <p>1.8 Managed waste effectively.</p> <p>1.9 Communicated effectively.</p> <p>1.10 Demonstrated a positive attitude.</p> <p>1.11 Managed time effectively.</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped kitchen</p> <p>2.2 A working environment meeting the OSHA standards</p> <p>2.3 A variety of ingredients</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Direct observation using a checklist</p> <p>3.2 Written or oral questions</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
4. Context for Assessment	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>