

PREPARE SALADS AND SALAD DRESSINGS

UNIT CODE: HOS/OS/FP/CR/06/4

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to do mis-en -place, wash and sanitize, spin (remove excess water), arrange and prepare salad dressings.

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. Mis-en -place (pre-prepare) ingredients for salad	1.1 Equipment are assembled according to the recipe 1.2 FIFO procedures are followed. 1.3 <i>Salad ingredients</i> are assembled per the recipe. 1.4 Working area organized and cleaned as per HACCP and SOPs.
2. Wash and sanitize the vegetables	2.1 Freshness and quality is checked as per the SOPs. 2.2 Ingredient are washed, rinsed and sanitized (where necessary) as per the three container system. 2.3 Exces water removed e.g by spinning, patting dry or placing in a strainer.
3. Prepare simple salads	3.1 Uses of simple salads are identified as per the recipe. 3.2 Ingredients for preparing simple salads are identified and selected as per the recipe. 3.3 Equipment and tools for preparing simple salads are assembled as per the recipe. 3.4 Simple salads are prepared following the recipe 3.5 Simple salads are held at the required

	<p>temperatures.</p> <p>3.6 Recognizing health eating options and variations are considered as per customer requests.</p>
4. Prepare cooked salads	<p>4.1 Uses of cooked are identified as per the recipe.</p> <p>4.2 Ingredients for cooked are identified and selected as per the recipe.</p> <p>4.3 Equipment and tools for preparing cooked are assembled as per the recipe.</p> <p>4.4 Cooked are prepared following the recipe.</p> <p>4.5 cooked salads are held at the required temperatures.</p> <p>4.6 Recognizing health eating options and variations are considered as per customer requests.</p>
5. Prepare salad dressings	<p>2.1 FIFO procedures are followed.</p> <p>2.2 Salad dressing ingredients are identified and selected as per the recipe.</p> <p>2.3 Dressings are prepared as per the recipe.</p> <p>2.4 Present/dispense salads 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. Salad ingredients include but not limited to:	<ul style="list-style-type: none"> • Lettuce • Cucumber • Onions • Tomatoes • Carrots • Cabbage • Assorted sweet capsicums • Parsley

Variable	Range
	<ul style="list-style-type: none"> • Onions • Cappers • Green chilli
<p>2. <i>Salad dressing ingredients</i> include but not limited to:</p>	<ul style="list-style-type: none"> • Oil e.g olive, coconut, sunflower, sesame • Black peper • Vinegar • Mayonnaise • Tomato ketchup • Lemmon Juice

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
- Vegetable cuts
- Garnishing
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use of tools and equipment
- Methods of preparing salads
- Portioning
- Seasoning
- 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
- 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)
- Special needs
- 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	<p>Assessment requires evidence that the candidate:</p> <ul style="list-style-type: none"> 1.1 Identified tools and equipment for preparing salads and salad dressings. 1.2 Identified ingredients for salads and salad dressings. 1.3 Sanitised the working area and surfaces as they worked. 1.4 Checked the quality of the ingredients by using quality standards ie. colour, smell, texture and freshness. 1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces 1.6 Prepared salads and salad dressings using various methods. 1.7 Dressed the salads as per the recipe. 1.8 Seasoned the salads and salad dressings as per the recipe 1.9 Garnished the salads and salad dressings and presented appropriately 1.10 Portioned salads as per the specifications
-----------------------------------	--

2. Resource Implications	The following resources MUST be provided: 2.1 Fully equipped kitchen. 2.2 A working environment meeting the OSHA standards. 2.3 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. 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.

easytvvet.com