

<b>UNIT TITLE:</b> PREPARE VEGETABLES, EGGS AND FARINACEOUS DISHES		<b>NOMINAL HOURS:</b> 50
<b>UNIT NUMBER:</b> D1.HCC.CL2.18		
<b>UNIT DESCRIPTOR:</b> This unit deals with skills and knowledge required by cooks and chefs to prepare, present on menus and store a range of vegetables, fruits, egg and farinaceous dishes in a commercial environment		
<b>ELEMENTS AND PERFORMANCE CRITERIA</b>	<b>UNIT VARIABLE AND ASSESSMENT GUIDE</b>	
<p><b>Element 1: Prepare and cook vegetable and fruit menu items</b></p> <p><b>1.1</b> Select vegetables and fruits according to <i>availability</i></p> <p><b>1.2</b> <i>Prepare</i> and/or <i>cook</i> a variety of vegetable and fruit menu items</p> <p><b>1.3</b> Identify and prepare appropriate <i>sauces, garnish and accompaniments</i> as per the menu item</p> <p><b>1.4</b> <i>Present</i> vegetable and fruit menu items</p> <p><b>Element 2: Prepare and cook egg based menu items</b></p> <p><b>2.1</b> Prepare, use and/or cook a variety of egg menu items</p> <p><b>2.2</b> Identify and prepare appropriate <i>sauces, garnishes and accompaniments</i> as per the menu item</p> <p><b>2.3</b> Present egg menu items</p>	<p><b>Unit Variables</b></p> <p>The Unit Variables provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. It relates to the unit as a whole and facilitates holistic assessment</p> <p>This unit applies to all industry sectors that prepare vegetables, eggs and farinaceous dishes within the labour divisions of the hotel and travel industries and may include:</p> <p>1. Food Production</p> <p><i>Availability</i> may be related to:</p> <ul style="list-style-type: none"> <li>• Seasonal availability</li> <li>• Storage capacity</li> <li>• Menu styles</li> <li>• Quality, quantity</li> <li>• Cultural varieties</li> </ul> <p><i>Prepare</i> should relate to:</p> <ul style="list-style-type: none"> <li>• Cleaning, peeling, cutting of ingredients</li> <li>• Portioning, minimising wastage</li> <li>• Standard recipes</li> </ul>	

<p><b>Element 3: Prepare and cook farinaceous menu items</b></p> <p><b>3.1</b> Select farinaceous items according to availability</p> <p><b>3.2</b> Prepare and/or cook a variety of farinaceous menu items</p> <p><b>3.3</b> Identify and prepare appropriate sauces, garnish and accompaniments as per the menu item</p> <p><b>3.4</b> Present farinaceous menu items</p> <p><b>Element 4: Store vegetable, fruit, egg and farinaceous items</b></p> <p><b>4.1</b> <i>Store</i> fresh prepared and/or cooked vegetable, fruit, egg and farinaceous menu items correctly</p> <p><b>4.2</b> <i>Store</i> fresh prepared and/or cooked vegetable, fruit, egg and farinaceous products appropriately in correct containers</p> <p><b>4.3</b> <i>Label</i> fresh prepared and/or cooked vegetable, fruit, egg and farinaceous products correctly</p> <p><b>4.4</b> <i>Store</i> fresh prepared and/or cooked vegetable, fruit, egg and farinaceous products in <i>correct conditions</i> to maintain freshness and quality</p>	<ul style="list-style-type: none"> <li>• Varieties of the product</li> <li>• Properties of the products</li> <li>• Prepared and/or pre-finished products.</li> </ul> <p>Cook could include:</p> <ul style="list-style-type: none"> <li>• Braising</li> <li>• Stewing</li> <li>• Poaching</li> <li>• Boiling, simmering</li> <li>• Steaming, atmospheric and/or pressure</li> <li>• Roasting, pot roasting</li> <li>• Baking</li> <li>• Grilling</li> <li>• Deep and shallow frying</li> <li>• Wrapped food, including vine, banana leaf, paper, bark, paper bag</li> <li>• Microwave.</li> </ul> <p><i>Sauces, garnishes and accompaniments</i> may include:</p> <ul style="list-style-type: none"> <li>• Specialty flavours</li> <li>• Cultural flavours</li> <li>• Vegetables, fruit, herbs, flowers</li> <li>• Colour and flavour blends</li> <li>• Cultural flavours</li> <li>• Glazing</li> </ul>
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- Coating
- Flowers and leaves
- Pastry
- Sauces, sweet/savoury
- Dietary and cultural styles/flavours.

*Present* should include:

- Colour
- Height
- Service and storage temperature
- Classical and cultural
- Neatly and attractively
- Planning location
- Service and storage temperature
- Ceramics
- Glass
- Crystal
- Mirrors
- Trays
- Classical and cultural aspect
- Neatly and attractively
- Ease of service.

*Store* may include:

- Cool room temperature
- Cool room placement
- Length of time in cool storage
- Length of time in freezer storage
- Appropriate process followed, such as cryovac, ice packed
- Storage containers before assembly
- Storage containers after assembly
- Dietary and cultural styles/flavours
- Labelled
- Freshness, quality and presentation
- Temperature and humidity.

*Label* must include:

- Date
- Item name
- Handler's name
- Time, temperature, storage.

Correct conditions should include:

- Temperature and humidity
- Stock rotation
- Reporting faults
- Changing containers.

### **Assessment Guide**

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

- Knowledge of correct cookery method is demonstrated for all vegetable, eggs and farinaceous dishes
- Ability to identify food products by sight, taste and consistency
- Ability to match ingredient quality to intended final product/use
- Ability to clean and maintain food working and storage areas
- Knowledge of general occupational health and safety procedures in the workplace
- Knowledge of the relevant legislation in relation to food handling, food storage, chemical storage and general premises food safety
- Ability to demonstrate safe equipment/utensils practical skills.

### **Linkages To Other Units**

- Comply with workplace hygiene procedures
- Implement occupational health and safety procedures
- Work effectively with colleagues and customers
- Maintain strategies for safe food storage
- Prepare and store food
- Present and display food products
- Apply basic techniques of commercial cookery.

### **Critical Aspects of Assessment**

Evidence of the following is essential:

- Knowledge of the classifications and characteristics of vegetables, fruits, eggs and farinaceous items

- Demonstrate safe and hygienic handling of products
- Demonstrate appropriate portion control
- Demonstrate complimentary presentation, garnishing and techniques
- Ability to prepare a variety of vegetable, egg and farinaceous items from different recipes, including cultural cuisines using the cooking methods within industry realistic timeframes and constraints
- Demonstrate correct knife skills, use of equipment and utensils.

#### **Context of Assessment**

This unit may be assessed on or off the job:

- Assessment should include practical demonstration either in the workplace or through a simulation activity, supported by a range of methods to assess underpinning knowledge
- Assessment must relate to the individuals work area or area of responsibility
- Demonstration of skills on more than one occasion
- Preparation and display of various vegetable, fruit, egg and farinaceous products items within typical workplace conditions and timeframes.

#### **Resource Implications**

Training and assessment must include access and use to a fully equipped commercial kitchen, use of real ingredients and service equipment; and access to workplace standards, procedures, policies, guidelines, tools and equipment.

#### **Assessment Methods**

The following methods may be used to assess competency for this unit:

- Observation of practical candidate performance
- Oral and written questions
- Third party reports completed by a supervisor

- Project and assignment work
- Sampling of dishes prepared by the student.

**Key Competencies in this Unit**

*Level 1 = competence to undertake tasks effectively*

*Level 2 = competence to manage tasks*

*Level 3 = competence to use concepts for evaluating*

<b>Key Competencies</b>	<b>Level</b>	<b>Examples</b>
Collecting, organising and analysing information	2	Determine requirements of standard recipes and/or menus; collect equipment, commodities and ingredients; read menus, recipes and task sheets; select and obtain commodities; organise ingredients and task sheets
Communicating ideas and information	2	Share information with other kitchen, floor service staff; read recipes, menus, instructions and orders
Planning and organising activities	2	Work within time constraints in a logical sequence; plan logical and efficient sequencing and timing of tasks
Working with others and in teams	2	Work cooperatively with other team members
Using mathematical ideas and techniques	2	Calculate portions, weigh and measure quantities against standard recipes and/or menu requirements
Solving problems	1	Identify and correct problems in the preparation and production of products, such as ingredient quality and equipment failure
Using technology	1	Use mechanical kitchen equipment, including weighing equipment