



**CATAPULT**

# SITHCCC014

Prepare meat dishes

## Table of Contents (Extract)

**NOTE: This is a sample only. This cover page is not included in Catapult Smallprint's printed books.**

**This Table of Contents extract is taken from Catapult Smallprint's full hardcopy Trainer/Assessor Guide for the unit SITHCCC014.**

**For more information, including using our enhanced online version of this unit in Catapult LMS, or to purchase the Learner or Trainer printed books, please see this unit on our website by clicking this link:**

**<https://catapultlearning.com.au/product/SITHCCC014/>**

# Trainer/assessor guide

## SITHCCC014

### Prepare meat dishes

#### Welcome to this unit of study

This unit describes the performance outcomes, skills and knowledge required to prepare and cook a range of meat dishes following standard recipes. It requires the ability to select, prepare and portion meat, and to use relevant equipment, cookery and food storage methods.

The unit applies to cooks working in hospitality and catering organisations. This could include restaurants, educational institutions, health establishments, defence forces, cafeterias, kiosks, cafes, residential caterers, in-flight and other transport caterers, and event and function caterers.

It applies to individuals who work under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.

It may be undertaken as:

- » part of a formal qualification nationally recognised through the Australian Qualifications Framework (AQF)
- » a stand alone unit
- » part of a formal skill set

# Contents

<b>About this trainer/assessor guide .....</b>	<b>4</b>
<b>Learning resource.....</b>	<b>5</b>
Topic 1: Select ingredients. ....	5
Food preparation and standard recipes .....	5
Selecting meat products .....	10
Check your understanding .....	33
Topic 2: Select, prepare and use equipment. ....	35
Selecting knives and other equipment .....	35
Use knives and other equipment safely .....	41
Check your understanding .....	51
Topic 3: Portion and prepare ingredients. ....	53
Thaw frozen meats .....	53
Weigh and measure ingredients .....	57
Using meat preparation techniques.....	63
Minimise waste .....	67
Check your understanding .....	77
Topic 4: Cook meat dishes. ....	79
Follow recipe .....	79
Prepare marinades and accompaniments .....	91
Quality adjustments .....	94
Check your understanding .....	99
Topic 5: Present meat dishes.....	101
Carving meats and minimising waste .....	101
Adding sauces and garnishes .....	108
Store dishes .....	115
Clean work area .....	119
Check your understanding .....	147
References.....	149
<b>Assessment workbook.....</b>	<b>151</b>
Unit information.....	153
What is competency-based assessment?.....	156
How will my competency be assessed?.....	157
Assessment agreement.....	158
Foundation skills checklist.....	159
<b>Skills recognition.....</b>	<b>160</b>
Topic 1: Select ingredients .....	161
Topic 2: Select, prepare and use equipment .....	162
Topic 3: Portion and prepare ingredients .....	163
Topic 4: Cook meat dishes .....	164
Topic 5: Present meat dishes.....	165

<b>Knowledge questions</b> .....	<b>166</b>
Topic 1: Select ingredients .....	167
Topic 2: Select, prepare and use equipment .....	171
Topic 3: Portion and prepare ingredients .....	176
Topic 4: Cook meat dishes .....	181
Topic 5: Present meat dishes .....	184
Topic 6: Specific knowledge evidence .....	194
<b>Performance tasks</b> .....	<b>203</b>
Third party evidence collection agreement .....	205
Topic 1: Select ingredients .....	206
Topic 2: Select, prepare and use equipment .....	207
Topic 3: Portion and prepare ingredients .....	208
Topic 4: Cook meat dishes .....	210
Topic 5: Present meat dishes .....	211
<b>Completion record</b> .....	<b>213</b>
<b>Unit mapping and assessment checklist</b> .....	<b>214</b>
<b>Trainer/ assessor user instructions</b> .....	<b>218</b>

# About this trainer/assessor guide

---

## Learning resource

---

The learning resource is divided into the following topics:

- » Select ingredients
- » Select, prepare and use equipment
- » Portion and prepare ingredients
- » Cook meat dishes
- » Present meat dishes

Each topic provides information to help you gain the skills and knowledge required to perform the work tasks to which they refer. Read the information and practise the skills described. You should also take the opportunity to undertake additional independent research. Your trainer/assessor may also provide supplementary information including interpretation of the contents of this resource.

At the end of each topic is:

- » a set of true or false questions
- » a set of multiple choice questions

These questions provide an opportunity to check your understanding and progress. They are self-marking and do not form part of the assessment for the unit.

---

## Assessment workbook

---

To have this unit recognised as a formal qualification you need to have your skills and knowledge assessed. The assessment workbook provides:

- » information on competency-based assessment
- » instructions on how you will be assessed
- » assessment tools to assess your competence
- » instructions on how to complete the assessment tasks within each assessment tool

To be assessed as competent you need to provide evidence that you have the skills and knowledge to undertake the requirements of this unit. This assessment of competency is made by a qualified trainer/assessor from a registered training organisation. You must complete all the assessments as directed by your trainer/assessor to the required standard. It is not necessary to work through the guide in the order in which it is written. However this is at the discretion of your trainer/assessor.

---

## Disclaimer

---

Information contained in this resource is drawn from sources believed to be reliable. The firm, its employees, agents and contractors do not warrant the correctness of the sources used and accept no responsibility to any person for any errors or omissions or for any loss or damage howsoever caused from the use of this resource.

---