



**CATAPULT**

# SITHCCC027

Prepare dishes using basic methods of cookery

## 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 SITHCCC027.**

**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/SITHCCC027/>**

# Trainer/assessor guide

## SITHCCC027

# Prepare dishes using basic methods of cookery

### Welcome to this unit of study

This unit describes the performance outcomes, skills and knowledge required to use a range of basic cookery methods to prepare dishes.

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 with very little independence and under close supervision and guidance of more senior chefs. They follow predefined organisational procedures and report any discrepancies to a higher-level staff member for action.

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

|   |     |
|---|-----|
| About this trainer/assessor guide .....   | 4   |
| Learning resource.....  | 5   |
| Topic 1: Select ingredients .....   | 5   |
| Confirm food production requirements from standard recipes .....  | 5   |
| Calculate ingredient amounts according to requirements.....   | 12  |
| Identify and select ingredients from stores according to recipe, quality, freshness and stock rotation requirements.....  | 14  |
| Check perishable supplies for spoilage or contamination prior to preparation .....  | 18  |
| Check your understanding .....  | 23  |
| Topic 2: Select, prepare and use equipment .....  | 25  |
| Select type and size of equipment suitable to requirements .....  | 25  |
| Safely assemble and ensure cleanliness of equipment before use .....  | 31  |
| Use equipment safely and hygienically according to manufacturer instructions .....  | 33  |
| Check your understanding .....  | 39  |
| Topic 3: Portion and prepare ingredients .....  | 41  |
| Weigh and measure ingredients and create portions according to recipe .....   | 41  |
| Prepare, cut and portion ingredients according to recipe and cooking style .....  | 43  |
| Minimise waste to maximise profitability of food items prepared .....   | 46  |
| Check your understanding .....  | 49  |
| Topic 4: Cook dishes .....  | 51  |
| Select and use cookery methods for dishes following standard recipes .....  | 51  |
| Complete cooking process in a logical, planned and safe manner .....  | 65  |
| Identify problems with the cooking process and take corrective action .....   | 70  |
| Work cooperatively with colleagues to ensure timely preparation of dishes.....  | 73  |
| Check your understanding .....  | 75  |
| Topic 5: Present and store dishes .....   | 77  |
| Present dishes on appropriate service-ware .....  | 77  |
| Add garnishes and accompaniments according to standard recipes.....   | 80  |
| Clean work area and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives..... | 82  |
| Check your understanding .....  | 89  |
| References.....   | 91  |
| Assessment workbook .....   | 93  |
| Unit information .....  | 95  |
| What is competency-based assessment?.....   | 98  |
| How will my competency be assessed?.....  | 99  |
| Assessment agreement.....   | 100 |
| Foundation skills checklist.....  | 101 |

- Skills recognition ..... 102**
  - Topic 1: Select ingredients .....103
  - Topic 2: Select, prepare and use equipment .....104
  - Topic 3: Portion and prepare ingredients .....105
  - Topic 4: Cook dishes .....106
  - Topic 5: Present and store dishes .....107
- Knowledge questions ..... 108**
  - Topic 1: Select ingredients .....109
  - Topic 2: Select, prepare and use equipment .....117
  - Topic 3: Portion and prepare ingredients .....124
  - Topic 4: Cook dishes .....128
  - Topic 5: Present and store dishes .....140
- Project ..... 146**
- Practical assessment ..... 153**
  - Overview .....153
  - Instructions for the learner .....157
  - Learner agreement .....158
  - Instructions for trainer/assessor or third party .....159
  - Third party evidence collection agreement .....160
  - Practical demonstration .....161
    - Simulations .....162
- Completion record ..... 175**
- Unit mapping..... 176**
- Trainer/assessor instructions and requirements..... 179**

# 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 dishes
- » Present and store 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.

---