

Unit ID 1081	
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Prepare, cook and present indigenous cuisine
Level: 4	Credits: 8

Purpose

This unit standard specifies the competency required to prepare and present indigenous, Namibian cuisine in a hospitality establishment. People credited with this unit standard are able to: demonstrate knowledge of indigenous cuisine; select and obtain foods for menu items; prepare and cook menu items; and present menu items.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
- Unit 292 *Practice food safety methods in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. Assessment evidence may be collected from a real workplace or simulated workplace in which there is a high degree of realism that replicates a commercial workplace setting. Where a simulated workplace is used, candidates must:

- be placed under realistic time pressures
- use commercial equipment for both training and assessment
- encounter realistic customer/staff ratios.

While the end user in the assessment activity need not be a guest, there must be documented evidence of multiple occasions where the candidate has produced product or similar for guests who have the expectations of a paying guest.

3. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.

4. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.

5. Glossary of terms

For the purposes of this unit standard, *indigenous cuisine* refers to the preparation and service of authentic items that reflect a particular cuisine composition and style associated with an indigenous tribal group or grouping in Namibia.

For credit, a minimum of three items consistent with the fare offered by the hospitality establishment must be prepared, cooked and presented. The items may represent a single cuisine style or a combination of aspects of different cuisines. The items may use a variety of standard food items but must include food items specific to the cuisine style. Related techniques and equipment must be used.

For the purposes of this unit standard, *indigenous tribal group* refers to: Caprivian; Damara; Ovaherero; Kavango; Nama; KhoiSan; Ovahimba; Owambo; Rehoboth Baster; and Tswanas.

Mise en place means the setting out of ingredients and utensils required for the preparation of food items

The term *establishment requirements* or *procedures* refers to any policy, procedure, recipe, or agreed requirement, either written or oral, that is made known to the worker in the kitchen for use in their work.

Safe working practices include day to day observation of safety policies and procedures, legislative requirements and professional requirements. All safe working practices must be complied with.

Specifications refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.

Specialised equipment refers to such things as: open fires; ovens, such as wood-fired, earth; smoking equipment; etc, as relevant.

Cultural requirements refers to such things as: prohibitions, sanctions, requirements and sequences related to food items and types, combinations, origins, handling, preparation, cooking and serving; rituals associated with slaughter, storing, and preparation; temperatures for cooking and serving; etc, as relevant.

6. All food items must be stored and handled in a manner that accords with health regulations and product and establishment requirements.
7. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.

8. Regulations and legislation having relevance to this unit standard include the following:
- Labour Act No 11 2007 as amended
 - Public Health Amendment Act 45 of 1976
 - Tobacco Products Control Act No 1 of 2010
 - The International Health Regulation Act 28 of 1974
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Demonstrate knowledge of indigenous cuisine

- 1.1 Cultural and historical background relevant to the cuisine are described in terms of traditional settings, festivals, religious and cultural customs, traditions and sanctions as are relevant.
- 1.2 Regional and/or intra tribal variations are described.
- 1.3 Effects of methods of preparation and cooking on flavour, portion, and appearance of the menu items are described.
- 1.4 Culinary terms associated with the menu items, associated equipment, and preparation and cooking techniques are described.

Element 2: Select and obtain foods for menu items

Performance Criteria

- 2.1 Menu items to be presented are appropriate to the cuisine style and take into account quality, price, and seasonal availability of the required food.
- 2.2 Suitable suppliers of the required food and standard of items are identified in accordance with establishment procedures.

- 2.3 Food is selected according to required range, quality, and price and obtained in accordance with establishment procedures.
- 2.4 Food ordered represents quantities that will likely minimise wastage in storage.

Element 3: Prepare and cook menu items

Performance Criteria

- 3.1 Work area, and utensils, including specialised equipment, are cleaned and prepared for use in line with establishment procedures.
- 3.2 Any necessary recipes for the menu items are identified and are available in accordance with establishment procedures.
- 3.3 *Mise en place* is prepared and ingredients assembled for preparation of the menu items in line with establishment procedures.
- 3.4 Food items are cut, portioned and/or prepared according to menu requirements.
- 3.5 Preparation and cooking steps and practices required to meet any relevant cultural requirements associated with the cuisine style are observed.
- 3.6 Menu items are cooked to required, authentic, standards using suitable cooking methods and in line with recipe requirements.
- 3.7 Garnishes and accompaniments are prepared relevant to the menu items being produced in accordance with cuisine style and establishment procedures.
- 3.8 Any waste generated during preparation and cooking is disposed of in line with safety, cultural, and establishment requirements.
- 3.9 Food safety and safe food handling practices are applied in preparation and cooking in line with standard industry practice and legislative requirements.

Element 4: Present menu items

Performance Criteria

- 4.1 Prepared and cooked items are stored where necessary in line with food safety and establishment procedures.
- 4.2 Dishes are portioned in line with guest, recipe and establishment procedures.
- 4.3 Dishes are presented and served in a manner and sequence that accords with the cuisine style and establishment procedures.
- 4.4 Presentation and service uses equipment appropriate to the cuisine style.

- 4.5 Presentation and service uses accompaniments and garnishes required for specific menu items.
- 4.6 Food safety and safe food handling practices are applied in presentation and service in line with standard industry practice and legislative requirements.

Registration Data

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