

Domain

**COMMERCIAL COOKERY AND  
CATERING**

Title: **Make fruit and/or vegetable preserves  
for use in a hospitality establishment**

Level: 4

Credits: 8

**Purpose**

This unit standard specifies the competency required to prepare and make preserves for use in a hospitality establishment. People credited with this unit standard are able to: demonstrate knowledge of preserving; prepare for preserving; make preserves; and prepare preserves for next use.

**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.

While the end user in the assessment activity need not be a guest or client, 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 or client.

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, *making fruit preserves* refers to the preparation of fruits for placement in containers, generally for long-term storage. In particular, this unit standard uses fruit preserves to mean:
  - Fruit chutneys
  - Confits; conserves; fruit butters; fruit curds; jams and jellies (including marmalade).

For credit, a minimum of one fruit chutney, one conserve, and one other preserve must be made. The total volume of preserve made must not be less than 400gms.

The preservation may be carried out using either the open pan method and/or the use of a vacuum vessel.

- *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.

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](http://www.nta.com.na)

## **Elements and Performance Criteria**

### **Element 1: Demonstrate knowledge of fruit or vegetable preserving**

#### **Performance Criteria**

- 1.1 Different ingredients used to assist the preservation of fruit or vegetables are described in terms of their contribution to the preserving process and their association with different types of preserves.
- 1.2 Reference to preparation and cooking methods is used to differentiate between types of preserves.
- 1.3 Descriptions of storage methods and processes are used to differentiate between types of preserves.

### **Element 2: Prepare for preserving fruit or vegetables**

#### **Performance Criteria**

- 2.1 Work area and utensils are cleaned and prepared for use in line with establishment procedures.
- 2.2 *Mise en place* is prepared and ingredients assembled for preparation of the food items in line with establishment procedures.
- 2.3 Food items are cleaned and prepared in a manner that will optimise the preserving process.
- 2.4 Any necessary recipes for the menu items are identified and are available in accordance with establishment procedures.
- 2.5 Food items are added to or mixed with ingredients or liquids as required for the intended outcome of the preserving process.
- 2.6 Preserving pans and heating equipment are prepared in accordance with establishment procedures and manufacturers' specifications.

- 2.7 Any waste generated during preparation is disposed of in line with safety and establishment requirements.
- 2.8 Food safety and safe food handling practices are applied in preparation activities in line with standard industry practice and legislative requirements.

### **Element 3: Make preserves**

#### **Performance Criteria**

- 3.1 Temperature and behaviour of the fruit or vegetable mixture when being heated is monitored and adjustments are made where necessary to achieve the desired preserving outcome.
- 3.2 Any ingredients required to be added to the fruit or vegetable during cooking are added in accordance with recipe requirements. Adjustments are made to the quantity of added ingredients as required to achieve the desired preserve outcomes.
- 3.3 The fruit or vegetable is preserved to the desired effect and outcome.
- 3.4 Any waste generated during the making of the preserve is disposed of in line with safety and establishment requirements.
- 3.5 Food safety and safe food handling practices are applied in preserving activities in line with standard industry practice and legislative requirements.

### **Element 4: Prepare preserves for next use**

#### **Performance Criteria**

- 4.1 Prepared preserves are placed into containers and sealed in accordance with relevant industry practice and establishment procedures.
- 4.2 Containers of preserves are labelled to show the contents, type and date of preparation in accordance with establishment procedures.
- 4.3 Preserves are stored in line with food safety and establishment procedures.
- 4.4 Any food item that is not preserved to the desired outcome is prepared for re-processing and/or other uses in accordance with establishment procedures.
- 4.5 Equipment and utensils are cleaned and prepared for next intended use in accordance with manufacturers' specifications and/or establishment procedures.

## **Registration Data**

<b>Subfield:</b>	Tourism and Hospitality
<b>Date first registered:</b>	15 November 2012
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