

	Unit ID: 315
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Prepare, cook, and present appetisers and salads in a hospitality establishment
Level: 3	Credits: 6

Purpose

This unit standard specifies the competency required to prepare, cook, and present appetisers and salads in a hospitality establishment. People credited with this unit standard are able to: prepare and cook hot and cold finger foods; prepare and cook canapés; prepare salads; prepare and cook basic starters; and present appetisers and salads.

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

- *‘Mise en place’* means the setting out of ingredients and utensils required for the preparation of food items.
 - *‘Canapés’* are slices of bread cut into various shapes with various toppings and garnishes.
 - 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.
 - *Specifications* refers to any, or all of the following: manufacturer’s specifications and recommendations, establishment specific requirements.
6. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer’s instructions.
7. Regulations and legislation relevant to this unit standard include the following:
- Labour Act No 11 2007 as amended
 - The Social Security Act 1994
 - The Employee Compensation Amendment Act 5 of 1995
 - Tobacco Products Control Act No 1 of 2010
 - Public Health Amendment Act 45 of 1976
 - 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: Prepare and cook hot and cold finger foods

Range

Hot and cold finger foods include but are not limited to kebabs, goujons, satays, filled eggs, samoosas, fritters, bruschetta, filled pastry items, frittata, drumsticks, kofta, sushi, spring rolles, crudités, oysters.

Preparation methods for hot and cold finger foods may include but are not limited to filling, skewering, piping, crumbing, battering, marinating, portioning.

Cooking methods for hot and cold finger foods may include but are not limited to baking, grilling, poaching, shallow and deep frying, steaming, cooking in the microwave oven.

Garnishes may include various garnishing, condiments, accompaniments, sauces.

Quality includes but is not limited to smell, appearance, perishability, texture, temperature.

Performance Criteria

- 1.1 Hot and cold finger foods that are commonly served as appetisers are identified, using appropriate industry terminology.
- 1.2 *Mise en place* is prepared and ingredients assembled for preparation of a range of hot and cold finger foods in line with establishment procedures.
- 1.3 Hot and cold finger foods are prepared as appetisers, using appropriate cooking methods and garnishes in line with establishment procedures.
- 1.4 Quality of hot and cold finger foods meets establishment requirements.
- 1.5 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.
- 1.6 Food safety and safe food handling practices are applied in preparation and cooking in line with standard industry practice and legislative requirements.
- 1.7 Finger foods are labelled and stored in line with food safety and establishment requirements.

Element 2: Prepare and cook canapés

Range

Hot canapés may include but are not limited to bouchées, spring rolls.

Cold canapés may include but are not limited to bread, crackers, firm vegetables (eg peppers, cucumber, single endive leaves), pastry, filo, tortilla, crostini.

Preparation methods for canapés may include but are not limited to slicing, portioning, carving, chilling, garnishing, roasting, grilling, poaching, baking, etc.

Quality includes but is not limited to required aroma, flavour, degree of cooking, appearance, perishability, texture.

Performance Criteria

- 2.1 Hot and cold canapés required for service as appetisers are identified using appropriate industry terminology.
- 2.2 *Mise en place* is prepared and ingredients assembled for hot and cold canapés in line with establishment procedures.
- 2.3 Hot and cold canapés are prepared as appetisers, using appropriate cooking methods and finishes in line with dish requirements, agreed timeframes and establishment requirements.
- 2.4 Quality of canapés meets establishment requirements.
- 2.5 Canapés are labelled and stored in line with food safety and establishment requirements.
- 2.6 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.
- 2.7 Food safety and safe food handling practices are applied in preparation and cooking in line with standard industry practice and legislative requirements.

Element 3: Prepare salads

Range

Salads include simple and complex cold or warm salads, which may include meat, poultry, seafood, fruit, vegetable, rice, pasta, dairy products.

Quality includes but is not limited to appearance, smell, perishability, temperature.

Finishes include but are not limited to mixing, tossing, arranging, dressings.

Performance Criteria

- 3.1 Salads for preparation and service are identified in line with establishment procedures and guest requirements.
- 3.2 *Mise en place* is prepared and salad ingredients are assembled in line with guest requests and establishment procedures.
- 3.3 Salads are prepared in line with guest and establishment requirements, using appropriate cooking methods and finishes.
- 3.4 Quality of salads meets establishment requirements.
- 3.5 Salads are labelled and stored in line with food safety and establishment requirements.
- 3.6 Any waste generated during preparation is disposed of or recycled in line with safety and establishment requirements.

- 3.7 Food safety and safe food handling practices are applied in preparation and any cooking in line with standard industry practice and legislative requirements.

Element 4: Prepare and cook basic starters

Range

Starters include seafood cocktails, avocado ritz, melon and ham, melon and smoked meat, caprese (tomato, mozzarella and basil), quiche, chicken liver on toast, snails, mussels, carpaccio.

Quality indicators for basic starters include but are not limited to appearance, smell, perishability, suitable temperature.

Finishes include but are not limited to arranging, accompaniments, addition of sauces.

Performance Criteria

- 4.1 Basic starters for preparation and service are identified in line with establishment procedures and guest requirements.
- 4.2 *Mise en place* is prepared and ingredients for basic starters are assembled in line with establishment procedures.
- 4.3 Basic starters are prepared, cooked and assembled in line with guest and establishment requirements, using appropriate cooking methods and finishes.
- 4.4 Quality of basic starters meets establishment requirements.
- 4.5 Any waste generated during preparation and cooking is disposed of or recycled in line with safety, cultural, and establishment requirements.
- 4.6 Food safety and safe food handling practices are applied in preparation and cooking in line with standard industry practice and legislative requirements.

Element 5: Present appetisers and salads

Range

Portion refers to the allocation of an amount of food or beverage to each person.

Plate refers to the placement and arrangement of food for a person on their plate or in their bowl.

Serve refers to the offering or display of food to guests in accordance with their requests where relevant, or putting of food before guests.

Portioning, plating and serving must be undertaken with the dishes prepared in the other Elements of this unit standard.

Performance Criteria

- 5.1 Any sauces and garnishes are arranged in line with establishment procedures.
- 5.2 Sufficient supplies of clean, undamaged crockery are made available at temperatures appropriate for food service in line with establishment procedures.
- 5.3 Food items are portioned in line with establishment procedures.
- 5.4 Food items are plated without drips or spills and are presented in line with requirements for specified dishes and establishment procedures.
- 5.5 Effective teamwork is implemented with kitchen and food service staff to ensure timely and quality service of food in line with establishment procedures.
- 5.6 Food is served to guests or displayed in public areas as required, at the correct temperature in line with requirements for specified dish and establishment procedures.
- 5.7 Personal hygiene practices are maintained in line with food safety and establishment procedures.
- 5.8 Food items are kept covered until service and are served within acceptable timeframes or kept at acceptable temperatures for service in line with guest and establishment requirements.
- 5.9 Re-heating of stored food is undertaken in accordance with food safety requirements and establishment procedures.

Registration Data

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