

	<b>Unit ID: 318</b>
<b>Domain</b>	<b>COMMERCIAL COOKERY AND CATERING</b>
<b>Title:</b>	<b>Prepare, cook, and present rice, pasta and pulse dishes in a hospitality establishment</b>
<b>Level: 3</b>	<b>Credits: 6</b>

### Purpose

People credited with this unit standard are able to: prepare and cook rice based dishes; prepare and cook pasta dishes; prepare and cook pulse dishes; and present rice, pasta and pulse dishes.

### 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

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

- *Convenience* means the use of food items which have already undergone a level of preparation ranging from cleaning and portioning to pre-packaged, ready to cook products.
  - 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
  - Tobacco Products Control Act No 1 of 2010
  - The Employee Compensation Amendment Act 5 of 1995
  - 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](http://www.nta.com.na)

### **Elements and Performance Criteria**

#### **Element 1: Prepare and cook rice based dishes**

##### **Range**

*Standard rice dishes* should include but are not limited to fried, risotto, pilaf, paella, rice pudding.

*Selection of rice* includes but is not limited to appearance, smell, freshness, free from pests and disease.

*Types of rice* include but are not limited to long grain, short grain, brown, specialty-white.

*Preparation methods* include but are not limited to washing, draining.

*Cooking methods* include but are not limited to boiling, steaming, braising, frying, baking.

*Processes* include but are not limited to time or degree of cooking, temperature, change in condition, identification and correction of faults.

*Rice dish requirements* include but are not limited to flavour, aroma, degree of cooking, appearance, texture.

### **Performance Criteria**

- 1.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 1.2 Appropriate recipe for rice dish is identified in line with guest and establishment requirements.
- 1.3 Rice types suitable for rice dish are selected in line with recipe and guest and establishment requirements.
- 1.4 Food safety and safe food handling practices for rice dish preparation, cooking and storage, are identified and applied in line with standard industry practice and food safety requirements.
- 1.5 *Mise en place* is prepared and ingredients assembled for preparation of rice dish in line with establishment procedures.
- 1.6 Rice and rice dishes are prepared and cooked according to rice type and in line with recipes and standard industry practice.
- 1.7 Quality of rice dishes meets establishment requirements.
- 1.8 Portion amounts and yields for rice dish are explained in line with recipe and establishment requirements.
- 1.9 Rice dish is labelled, dated and stored in line with food safety and establishment requirements.
- 1.10 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

### **Element 2: Prepare and cook pasta dishes**

#### **Range**

*Pasta types* include but are not limited to flat, cylindrical, filled, shaped. For assessment purposes, one freshly made and one convenience type is required.

*Selection of pasta* includes but is not limited to appearance, smell, consistency, freshness.

*Preparation methods* include but are not limited to refreshing, draining.

*Cooking methods* include but are not limited to boiling, baking, sautéing, gratinating.

*Processes* include but are not limited to time or degree of cooking, temperature, change in condition, identification and correction of faults.

*Required standard* includes but is not limited to flavour, aroma, degree of cooking, appearance, texture.

### **Performance Criteria**

- 2.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 2.2 Appropriate recipe for pasta dish is identified in line with guest and establishment requirements.
- 2.3 Pasta type suitable for pasta dish is selected and prepared in line with recipe, guest and establishment requirements.
- 2.4 Food safety and safe food handling practices for pasta dish preparation, cooking and storage, are identified and applied in line with standard industry practice and legislative requirements.
- 2.5 *Mise en place* is prepared and ingredients assembled for preparation of pasta dish in line with establishment procedures.
- 2.6 Pasta and pasta dish is prepared and cooked in line with recipe and standard industry practice.
- 2.7 Portion amounts and yields for pasta dish are explained in line with recipe and establishment requirements.
- 2.8 Quality of pasta dishes meets establishment requirements.
- 2.9 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.
- 2.10 Pasta dish is labeled, dated and stored for next use in line with food safety and establishment requirements.

### **Element 3: Prepare and cook pulse dishes**

#### **Range**

*Pulse types* include but are not limited to beans, peas, lentils.

*Selection of ingredients* includes but is not limited to appearance, smell, within expiry date, free from disease and pests.

*Preparation methods* include but are not limited to soaking, cleaning, draining.

*Pulse dish quality* includes but is not limited to aroma, flavour, degree of cooking, appearance.

*Cooking methods* include but are not limited to boiling, baking, stewing, braising.

Processes include but are not limited to time or degree of cooking, temperature, change in condition, puréeing, identification and correction of faults.

Finishes include but are not limited to saucing, moulding, garnishes, and accompaniments.

### **Performance Criteria**

- 3.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 3.2 Appropriate recipe for pulse dish is identified in line with guest and establishment requirements.
- 3.3 Pulse variety suitable for pulse dish is selected and prepared in line with recipe, guest and establishment requirements.
- 3.4 Food safety and safe food handling practices for pulse dish preparation, cooking and storage, are identified and applied in line with standard industry practice and legislative requirements.
- 3.5 *Mise en place* is prepared and ingredients assembled for preparation of pulse dish in line with establishment procedures.
- 3.6 Dried pulse varieties are cooked to required standard in line with recipe requirements.
- 3.7 Pulses and pulse dish is prepared and cooked in line with recipe and standard industry practice.
- 3.8 Quality of pulse dishes meets establishment requirements.
- 3.9 Portion amounts and yields for pulse dish are explained in line with recipe and establishment requirements.
- 3.10 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.
- 3.11 Pulse dish is labeled, dated and stored for next use in line with food safety and establishment requirements.

## **Element 4: Present rice, pasta and pulse dishes**

### **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**

- 4.1 Any sauces and garnishes are arranged in line with establishment procedures.
- 4.2 Sufficient supplies of clean, undamaged crockery are made available at temperatures appropriate for food service in line with establishment procedures.
- 4.3 Food items are portioned in line with establishment procedures.
- 4.4 Food items are plated without drips or spills and are presented in line with requirements for specified dishes and establishment procedures.
- 4.5 Effective teamwork is implemented with kitchen and food service staff to ensure timely and quality service of food in line with establishment procedures.
- 4.6 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.
- 4.7 Personal hygiene practices are maintained in line with food safety and establishment procedures.
- 4.8 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.
- 4.9 Re-heating of stored food is undertaken in accordance with food safety requirements and establishment procedures.

## **Registration Data**

<b>Subfield:</b>	Hospitality and Tourism
<b>Date first registered:</b>	29 March 2007
<b>Date this version registered:</b>	15 November 2012
<b>Anticipated review:</b>	2017
<b>Body responsible for review:</b>	Namibia Training Authority