

	Unit ID: 319
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Prepare, cook, and present meat, poultry and fish dishes in a hospitality establishment
Level: 3	Credits: 8

Purpose

This unit standard specifies the competency required to prepare and present meat, poultry and fish dishes in a hospitality establishment. People credited with this unit standard are able to: prepare and cook meat dishes; prepare and cook poultry dishes; prepare and cook fish dishes; and present meat, poultry, fish and seafood 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. Glossary of terms

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

3. 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.

4. All establishment order and production cost control systems must be used in accordance with systems requirements and establishment procedures.
5. 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.
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 Social Security Act 1994
 - The Employee Compensation Amendment Act 5 of 1995
 - Public Health Amendment Act 45 of 1976
 - The International Health Regulation Act 28 of 1974
 - Occupational Health and Safety Regulations No.18, 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 meat dishes

Range

Meat types include but are not limited to game, beef, lamb, pork, mutton, goat. Meat types may be fresh, aged or matured.

Selection of meat includes but is not limited to ageing of meat types and/or cuts, colour, fat content and appearance, smell, texture.

Meat cuts, as applicable to the meat type, include but are not limited to: topside, silverside, rump, sirloin, fillet, shoulder, leg, loin, best end, shanks, offal, spare rib, chops, brisket.

Characteristics of meat include but are not limited to connective tissue including elastin and collagen, extractives, tenderness, flavour, moistness, colour, ageing.

Food safety of meat includes but is not limited to spoilage, bacteria.

Preparation methods include but are not limited to cleaning, trimming, defrosting, cutting, chopping, skinning, jointing, deboning, seasoning, marinating, portioning, larding, barding, trussing.

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

Cooking methods include but are not limited to roasting, grilling, shallow frying, stewing, braising, boiling.

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

Finishes include but are not limited to basic garnishings, accompaniments, seasoning, sauces.

Storage requirements include but are not limited to temperatures, use-by dates.

For assessment purposes, two slow moist methods and two dry cooking methods are required for meats and cuts of different types.

Performance Criteria

- 1.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 1.2 Appropriate recipes for meat dishes are identified in line with guest and establishment requirements.
- 1.3 Meat types suitable for meat dishes are selected in line with recipes, cooking methods and guest and establishment requirements, considering characteristics of meat and effects of cooking on meat.
- 1.4 Food safety and safe food handling practices for meat dish preparation, cooking and storage, are identified and applied in line with standard industry practice and legislative requirements.
- 1.5 *Mise en place* is prepared and ingredients assembled for preparation of the meat dish.
- 1.6 Meat is cut according to required meat cuts, joints and offals of meat.
- 1.7 Meat and meat dishes are prepared in line with guest and recipe requirements.

- 1.8 Meat and meat dishes are cooked to required standard and cooking methods in line with recipe requirements, with effect of cooking on meat type taken into account.
- 1.9 Quality of meat dishes meets establishment requirements.
- 1.10 Meat and meat dishes are stored in line with food safety and establishment requirements.
- 1.11 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 2: Prepare and cook poultry dishes

Range

Poultry pieces include but are not limited to drumstick, thigh, wing, breast, quarter chicken, whole chicken.

Poultry includes but is not limited to chicken, guinea fowl, turkey, duck, goose.

Selection of poultry includes but is not limited to appearance, smell, freshness.

Food safety of poultry includes but is not limited to spoilage, bacteria.

Preparation methods include but are not limited to cleaning, trimming, defrosting, cutting, chopping, skinning, jointing, deboning, seasoning, marinating, portioning, barding, trussing.

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

Cooking methods include but are not limited to roasting, grilling, shallow frying, stewing, braising, boiling.

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

Finishes include but are not limited to basic garnishings, accompaniments, seasoning, sauces.

Storage requirements include but are not limited to temperatures, use-by dates.

For assessment purposes, two slow moist methods and two dry cooking methods are required for different poultry and cut types.

Performance Criteria

- 2.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 2.2 Appropriate recipes for poultry dishes are identified in line with guest and establishment requirements.

- 2.3 Poultry types suitable for poultry dishes are selected in line with recipes and guest and establishment requirements, considering characteristics of poultry and effects of cooking on poultry meat.
- 2.4 Food safety and safe food handling practices for poultry 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 the poultry dish.
- 2.6 Poultry is cut according to required poultry cuts, joints and offals of poultry.
- 2.7 Poultry and poultry dishes are prepared by deboning, stuffing in line with guest and recipe requirements.
- 2.8 Poultry and poultry dishes are cooked to required standard and cooking methods in line with recipe requirements, with effect of cooking on meat type taken into account.
- 2.9 Quality of poultry dishes meet establishment requirements.
- 2.10 Poultry dishes are labeled, dated and stored for next use in line with food safety and establishment requirements.
- 2.11 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 3: Prepare and cook fish dishes

Range

Fish types include but are not limited to fresh and sea water types.

Seafood types include but are not limited to crustacean, molluscs, cephalopods and shellfish.

Fish cuts include but are not limited to fillet, whole fish, goujon, steaks, suprême, medallion.

Selection of fresh and frozen fish includes but is not limited to smell, appearance, and standard quality requirements for 'fresh' fish.

Selection of seafood includes but is not limited to closed shells, absence of water in shell, appropriate smell, shells and limbs intact, appropriate colour.

Preparation methods for fish and seafood dishes include but are not limited to defrosting, cleaning (scaling and gutting), filleting, coating (crumbing, battered, egg, flour).

Methods of cooking include but are not limited to poaching, grilling, deep frying, shallow frying, boiling, steaming.

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

Finishes include but are not limited to basic garnishings, accompaniments, sauces. For assessment purposes, the preparation, cooking and presentation of one fish and one seafood dish are required, using two different methods of cooking as per dish requirements.

Performance Criteria

- 3.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 3.2 Appropriate recipes for fish and seafood dishes are identified in line with guest and establishment requirements.
- 3.3 Fish and seafood types suitable for fish and seafood dishes are selected in line with recipes and guest and establishment requirements.
- 3.4 Food safety and safe food handling practices for fish and seafood 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 fish and seafood dishes in line with establishment procedures.
- 3.6 Fish and seafood are cut according to required fish cuts and prepared in line with guest and recipe requirements.
- 3.7 Fish and seafood and dishes are cooked to required standard using suitable cooking methods in line with recipe requirements.
- 3.8 Quality of fish and seafood dishes meets establishment requirements.
- 3.9 Fish and seafood dishes are stored in line with food safety and establishment requirements.
- 3.10 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 4: Present meat, poultry, fish and seafood 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

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