

	<b>Unit ID: 321</b>
<b>Domain</b>	<b>COMMERCIAL COOKERY AND CATERING</b>
<b>Title:</b>	<b>Prepare and cook food using a range of cooking methods in a hospitality establishment</b>
<b>Level: 3</b>	<b>Credits: 12</b>

### Purpose

This unit standard specifies the competency required to prepare and cook food using a range of cooking methods in a hospitality establishment. People credited with this unit standard are able, in a hospitality establishment, to cook foods by: reheating; boiling; poaching; steaming; baking; grilling; braising and stewing; roasting; shallow and stir frying; and using a microwave oven.

### 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. To demonstrate competence, at a minimum, the preparation and cooking of one recipe for each of the following cooking methods is required: reheating, boiling, poaching, steaming, baking, grilling, braising and stewing, roasting, shallow or stir frying.

4. Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

5. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.
6. 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.
7. Glossary of terms
  - *Mise en place* means the setting out of ingredients and utensils required for the preparation of food items.
  - *Low fat absorption* means using techniques and practices which minimize fat absorption by 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.
8. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
9. 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
  - 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: Cook food items by reheating**

#### **Range**

*Food items for reheating* include any of meat, vegetables, rice, pasta, pulses.

#### **Performance Criteria**

- 1.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 1.2 Equipment needed for cooking food items by reheating is selected in line with dish requirements.
- 1.3 Cooking times and temperatures for reheating of food items are identified in line with dish requirements.
- 1.4 Cooking faults commonly associated with reheating of food are prevented or minimised in line with establishment procedures.
- 1.5 Effects of reheating on food portion and yield are applied in line with establishment procedures.
- 1.6 Cooking equipment used for reheating of food is safely operated in line with food safety and establishment procedures.
- 1.7 Hazards associated with reheating of food are identified and minimized in line with food safety and establishment procedures.
- 1.8 Food safety and food hygiene issues associated with reheating of food are identified and applied in line with establishment procedures.

### **Element 2: Cook food items by boiling**

#### **Range**

*Food items for boiling* include any of root vegetables, green vegetables, meat, eggs, rice, pasta, pulses.

#### **Performance Criteria**

- 2.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 2.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 2.3 Equipment needed for cooking food items by boiling is selected in line with recipe and establishment procedures.

- 2.4 *Mise en place* for food is prepared for boiling in line with recipe requirements and establishment procedures.
- 2.5 Cooking times and temperatures for boiling of food items are identified in line with recipe and establishment procedures.
- 2.6 Cooking faults commonly associated with boiling of food are prevented or minimized in line with establishment procedures.
- 2.7 Food items are boiled to meet cooked dish quality requirements in line with recipe and establishment procedures.
- 2.8 Cooking equipment used for boiling of food is safely operated in line with in line with recipe and establishment procedures.
- 2.9 Hazards associated with boiling of food are identified and minimized in line with safety and establishment requirements.
- 2.10 Food safety and food hygiene issues associated with boiling of food are identified and applied in line with establishment procedures.
- 2.11 Boiled food items are finished, portioned, plated, and presented according to recipe and establishment procedures.

### **Element 3: Cook food items by poaching**

#### **Range**

*Food items suited for poaching* include any of fish, eggs, fruit, poultry.

#### **Performance Criteria**

- 3.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 3.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 3.3 Equipment needed for cooking food items by poaching is selected in line with recipe and establishment procedures.
- 3.4 *Mise en place* for food is prepared for poaching in line with recipe requirements and establishment procedures.
- 3.5 Cooking times and temperatures for poaching of food items are identified in line with recipe and establishment procedures.
- 3.6 Cooking faults commonly associated with poaching of food are prevented or minimized in line with establishment procedures.
- 3.7 Food items are poached to meet cooked dish quality requirements in line with recipe and establishment procedures.

- 3.8 Cooking equipment used for poaching of food is safely operated in line with in line with recipe and establishment procedures.
- 3.9 Hazards associated with poaching of food are identified and minimized in line with safety and establishment requirements.
- 3.10 Food safety and food hygiene issues associated with poaching of food are identified and applied in line with establishment procedures.
- 3.11 Poached food items are finished, portioned, plated, and presented according to recipe and establishment procedures.

#### **Element 4: Cook food items by steaming**

##### **Range**

*Food items suitable for steaming* include any of vegetables, fish, seafood, puddings, rice.

##### **Performance Criteria**

- 4.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 4.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 4.3 Equipment needed for cooking food items by steaming is selected in line with recipe and establishment procedures.
- 4.4 *Mise en place* for food is prepared for steaming in line with recipe requirements and establishment procedures.
- 4.5 Cooking times and temperatures for steaming of food items are identified in line with recipe and establishment procedures.
- 4.6 Cooking faults commonly associated with steaming of food are prevented or minimized in line with establishment procedures.
- 4.7 Food items are steamed to meet cooked dish quality requirements in line with recipe and establishment procedures.
- 4.8 Cooking equipment used for steaming of food is safely operated in line with in line with recipe and establishment procedures.
- 4.9 Hazards associated with steaming of food are identified and minimized in line with safety and establishment requirements.
- 4.10 Food safety and food hygiene issues associated with steaming of food are identified and applied in line with establishment procedures.

- 4.11 Steamed food items are finished, portioned, plated and presented according to recipe and establishment procedures.

### **Element 5: Cook food items by baking**

#### **Range**

*Food items suitable for baking* include any of cakes, bread, fish, desserts.

#### **Performance Criteria**

- 5.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 5.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 5.3 Equipment needed for baking food items by boiling is selected in line with recipe and establishment procedures.
- 5.4 *Mise en place* for food is prepared for baking in line with recipe requirements and establishment procedures.
- 5.5 Cooking times and temperatures for baking of food items are identified in line with recipe and establishment procedures.
- 5.6 Cooking faults commonly associated with baking of food are prevented or minimized in line with establishment procedures.
- 5.7 Food items are baked to meet cooked dish quality requirements in line with recipe and establishment procedures.
- 5.8 Cooking equipment used for baking of food is safely operated in line with in line with recipe and establishment procedures.
- 5.9 Hazards associated with baking of food are identified and minimized in line with safety and establishment requirements.
- 5.10 Food safety and food hygiene issues associated with baking of food are identified and applied in line with establishment procedures.
- 5.11 Baked food items are finished, portioned, plated, and presented according to recipe and establishment procedures.

### **Element 6: Cook food items by grilling**

#### **Range**

*Food items suitable for grilling* include any of meat, poultry, vegetables, fruit, fish, seafood.

### **Performance Criteria**

- 6.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 6.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 6.3 Equipment needed for cooking food items by grilling is selected in line with recipe and establishment procedures.
- 6.4 *Mise en place* for food is prepared for grilling in line with recipe requirements and establishment procedures.
- 6.5 Cooking times and temperatures for grilling of food items are identified in line with recipe and establishment procedures.
- 6.6 Cooking faults commonly associated with grilling of food are prevented or minimized in line with establishment procedures.
- 6.7 Food items are grilled to meet cooked dish quality requirements in line with recipe and establishment procedures.
- 6.8 Cooking equipment used for grilling of food is safely operated in line with in line with recipe and establishment procedures.
- 6.9 Hazards associated with grilling of food are identified and minimized in line with safety and establishment requirements.
- 6.10 Food safety and food hygiene issues associated with grilling of food are identified and applied in line with establishment procedures.
- 6.11 Grilled food items are finished, plated, portioned, and presented according to recipe and establishment procedures.

### **Element 7: Cook food items by braising and stewing**

#### **Range**

*Food items suitable for braising and stewing include any of meat, vegetables.*

#### **Performance Criteria**

- 7.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 7.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 7.3 Equipment needed for cooking food items by braising and stewing is selected in line with recipe and establishment procedures.

- 7.4 *Mise en place* for food is prepared for braising and stewing in line with recipe requirements and establishment procedures.
- 7.5 Cooking times and temperatures for braising and stewing of food items are identified in line with recipe and establishment procedures.
- 7.6 Cooking faults commonly associated with braising and stewing of food are prevented or minimized in line with establishment procedures.
- 7.7 Food items are braised and stewed to meet cooked dish quality requirements in line with recipe and establishment procedures.
- 7.8 Cooking equipment used for braising and stewing of food is safely operated in line with in line with recipe and establishment procedures.
- 7.9 Hazards associated with braising and stewing of food are identified and minimized in line with safety and establishment requirements.
- 7.10 Food safety and food hygiene issues associated with braising and stewing of food are identified and applied in line with establishment procedures.
- 7.11 Braised and stewed food items are finished, plated, portioned and presented according to recipe and establishment procedures.

## **Element 8: Cook food items by roasting**

### **Range**

*Food items suitable for cooking by roasting* include any of meat, poultry, fish, vegetables.

### **Performance Criteria**

- 8.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 8.2 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 8.3 Equipment needed for cooking food items by roasting is selected in line with recipe and establishment procedures.
- 8.4 *Mise en place* for food is prepared for roasting in line with recipe requirements and establishment procedures.
- 8.5 Cooking times and temperatures for roasting of food items are identified in line with recipe and establishment procedures.
- 8.6 Cooking faults commonly associated with roasting of food are prevented or minimized in line with establishment procedures.



- 8.7 Food items are roasted to meet cooked dish quality requirements in line with recipe and establishment procedures.
- 8.8 Cooking equipment used for roasting of food is safely operated in line with in line with recipe and establishment procedures.
- 8.9 Hazards associated with roasting of food are identified and minimized in line with safety and establishment requirements.
- 8.10 Food safety and food hygiene issues associated with roasting of food are identified and applied in line with establishment procedures.
- 8.11 Roasted food items are finished, plated, portioned and presented according to recipe and establishment procedures.

### **Element 9: Cook food items by shallow and stir frying**

#### **Range**

*Food items suitable for frying* include any of meat, vegetables, fish, fruit, doughs.

*Requirements of ingredients* include but are not limited to appearance, smell, expiry date and appearance.

*Quality requirements of fried dishes* include but are not limited to flavour, aroma, degree of cooking, appearance, temperature.

#### **Performance Criteria**

- 9.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 9.2 Food items and other ingredients are selected in line with recipe and establishment procedures.
- 9.3 Equipment needed for cooking food items by frying are selected in line with recipe and establishment requirements.
- 9.4 Cooking times and temperatures for frying of food items are identified in line with dish requirements.
- 9.5 *Mise en place* for food is prepared for frying in line with recipe and establishment requirements.
- 9.6 Cooking faults commonly associated with frying of food are prevented or minimized in line with establishment procedures.
- 9.7 Food items are fried as required to meet recipe and establishment requirements.
- 9.8 Cooking equipment used for frying of food is safely operated in line with safety and establishment requirements.

- 9.9 Fried food is drained at completion of cooking to remove exterior fat in line with establishment requirements.
- 9.10 Hazards associated with frying of food are identified and minimized in line with safety and establishment requirements.
- 9.11 Food safety and food hygiene issues associated with frying of food are identified and applied in line with establishment requirements.
- 9.12 Fried food items are finished, plated, portioned and presented according to recipe requirements and establishment procedures.

### **Element 10: Cook food items using a microwave oven in a hospitality establishment**

#### **Range**

This Element refers to the use of the microwave as an aid in the preparation and/or cooking of foods in a kitchen. It excludes the use of a microwave oven to cook ready-to-cook meals or part meals.

#### **Performance Criteria**

- 10.1 Work area, utensils and ingredients are cleaned and prepared in line with establishment procedures.
- 10.2 Food items and other ingredients are selected in line with recipe requirements and establishment procedures.
- 10.3 Equipment needed for microwave oven cooking is selected in line with recipe requirements and establishment procedures.
- 10.4 *Mise en place* for food is prepared for microwave oven cooking in line with recipe requirements and establishment procedures.
- 10.5 Cooking times and power settings for microwave oven cooking are identified in line with recipe requirements and establishment procedures.
- 10.6 Cooking faults commonly associated with microwave oven cooking are prevented or minimized in line with establishment procedures.
- 10.7 Food items are cooked in a microwave oven in line with recipe requirements and establishment procedures.
- 10.8 Cooking equipment used for microwave oven cooking is safely operated in line with establishment procedures.
- 10.9 Hazards associated with microwave oven cooking are identified and minimized in line with safety and establishment procedures.

10.10 Food safety and food hygiene issues associated with microwave oven cooking are identified applied in line with establishment procedures.

10.11 Food items cooked in a microwave oven are finished, plated, portioned and presented according to recipe requirements and establishment procedures.

### **Registration Data**

<b>Subfield:</b>	Hospitality and Tourism
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<b>Body responsible for review:</b>	Namibia Training Authority