

	Unit ID: 504
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Advise others on different cooking methods as part of hospitality operations
Level: 4	Credits: 8

Purpose

This unit standard specifies the competency required to advise others on different cooking methods. People credited with this unit standard are able to apply knowledge of, as cooking methods: reheating; boiling; poaching; steaming; baking; grilling, braising and stewing; roasting; stir and shallow frying; and deep fat frying.

Special Notes

1. Entry information

Prerequisite:

- 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 order 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.
 - 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. 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
 - 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: Apply knowledge of reheating as a food cooking method

Range

Food items for reheating include but are not limited to meat, vegetables, rice, pasta, pulses.

Performance Criteria

- 1.1 Equipment needed for cooking food items by reheating is identified in line with dish requirements.

- 1.2 Cooking times and temperatures for reheating of food items are identified in line with dish requirements.
- 1.3 Cooking faults and remedies commonly associated with reheating of food are identified and described in line with establishment procedures.
- 1.4 Effects of reheating on food portion and yield are identified and described in line with establishment procedures.
- 1.5 Hazards associated with reheating of food are identified and described in line with food safety and establishment procedures.
- 1.6 Food safety and food hygiene issues associated with reheating of food are identified in line with establishment procedures.
- 1.7 Advice and training is provided to others on the use of reheating as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 2: Apply knowledge of boiling as a food cooking method

Range

Food items for boiling include but are not limited to root vegetables, green vegetables, meat, eggs, rice, pasta, pulses.

Performance Criteria

- 2.1 Food items and other ingredients are identified in line with recipe, guest and establishment procedures.
- 2.2 Equipment needed for cooking food items by boiling is identified in line with recipe and establishment procedures.
- 2.3 *Mise en place* for food is identified for boiling in line with recipe requirements and establishment procedures.
- 2.4 Cooking times and temperatures for boiling of food items are identified in line with recipe and establishment procedures.
- 2.5 Cooking faults and remedies commonly associated with boiling of food are identified and described in line with establishment procedures.
- 2.6 Hazards associated with boiling of food are identified and described in line with safety and establishment requirements.
- 2.7 Food safety and food hygiene issues associated with boiling of food are identified in line with establishment procedures.
- 2.8 Boiled food items are identified according to recipe and establishment procedures.

- 2.9 Advice and training is provided to others on the use of boiling as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 3: Apply knowledge of poaching as a food cooking method

Range

Food items for poaching include but are not limited to fish, eggs, fruit.

Performance Criteria

- 3.1 Food items and other ingredients are identified in line with recipe, guest and establishment procedures.
- 3.2 Equipment needed for cooking food items by poaching is identified in line with recipe and establishment procedures.
- 3.3 *Mise en place* for food is identified for poaching in line with recipe requirements and establishment procedures.
- 3.4 Cooking times and temperatures for poaching of food items are identified in line with recipe and establishment procedures.
- 3.5 Cooking faults and remedies commonly associated with poaching of food are identified and described in line with establishment procedures.
- 3.6 Hazards associated with poaching of food are identified in line with safety and establishment requirements.
- 3.7 Food safety and food hygiene issues associated with poaching of food are identified in line with establishment procedures.
- 3.8 Poached food items are identified according to recipe and establishment procedures.
- 3.9 Advice and training is provided to others on the use of poaching as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 4: Apply knowledge of steaming as a food cooking method

Range

Food items for steaming include but are not limited to vegetables, fish, seafood, puddings, rice.

Performance Criteria

- 4.1 Food items and other ingredients are identified in line with recipe, guest and establishment procedures.
- 4.2 Equipment needed for cooking food items by steaming is identified in line with recipe and establishment procedures.
- 4.3 *Mise en place* for steaming of food is identified in line with recipe requirements and establishment procedures.
- 4.4 Cooking times and temperatures for steaming of food items are identified in line with recipe and establishment procedures.
- 4.5 Cooking faults and remedies commonly associated with steaming of food are identified and described in line with establishment procedures.
- 4.6 Hazards associated with steaming of food are identified in line with safety and establishment requirements.
- 4.7 Food safety and food hygiene issues associated with steaming of food are identified and described in line with establishment procedures.
- 4.8 Steamed food items are identified according to recipe and establishment procedures.
- 4.9 Advice and training is provided to others on the use of steaming as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 5: Apply knowledge of baking as a food cooking method

Range

Food items suitable for baking include but are not limited to cakes, bread, pastries, fish, vegetables, desserts.

Performance Criteria

- 5.1 Food items and other ingredients for baking of food are identified in line with recipe, guest and establishment procedures.
- 5.2 Equipment needed for baking food items by boiling is identified in line with recipe and establishment procedures.
- 5.3 *Mise en place* for baking of food is identified in line with recipe requirements and establishment procedures.
- 5.4 Cooking times and temperatures for baking of food items are identified in line with recipe and establishment procedures.

- 5.5 Cooking faults and remedies commonly associated with baking of food are identified and described in line with establishment procedures.
- 5.6 Hazards associated with baking of food are identified in line with safety and establishment requirements.
- 5.7 Food safety and food hygiene issues associated with baking of food are identified in line with establishment procedures.
- 5.8 Baked food items are identified according to recipe and establishment procedures.
- 5.9 Advice and training is provided to others on the use of baking as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 6: Apply knowledge of grilling as a food cooking method

Range

Food items for grilling include but are not limited to meat, poultry, vegetables, fruit, fish, seafood, bread.

Performance Criteria

- 6.1 Food items and other ingredients are identified in line with recipe, guest and establishment procedures.
- 6.2 Equipment needed for cooking food items by grilling is identified in line with recipe and establishment procedures.
- 6.3 *Mise en place* for grilling of food is identified in line with recipe requirements and establishment procedures.
- 6.4 Cooking times and temperatures for grilling of food items are identified in line with recipe and establishment procedures.
- 6.5 Cooking faults and remedies commonly associated with grilling of food are identified and described in line with establishment procedures.
- 6.6 Hazards associated with grilling of food are identified and minimized in line with safety and establishment requirements.
- 6.7 Food safety and food hygiene issues associated with grilling of food are identified in line with establishment procedures.
- 6.8 Grilled food items are identified according to recipe and establishment procedures.
- 6.9 Advice and training is provided to others on the use of grilling as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 7: Apply knowledge of braising and stewing as food cooking methods

Range

Food items for braising and stewing include but are not limited to meat, fruit, vegetables.

Performance Criteria

- 7.1 Food items and other ingredients are selected in line with recipe, guest and establishment procedures.
- 7.2 Equipment needed for cooking food items by braising and stewing is identified in line with recipe and establishment procedures.
- 7.3 *Mise en place* for braising and stewing of food is identified in line with recipe requirements and establishment procedures.
- 7.4 Cooking times and temperatures for braising and stewing of food items are identified in line with recipe and establishment procedures.
- 7.5 Cooking faults and remedies commonly associated with braising and stewing of food are identified and described in line with establishment procedures.
- 7.6 Hazards associated with braising and stewing of food are identified and described in line with safety and establishment requirements.
- 7.7 Food safety and food hygiene issues associated with braising and stewing of food are identified in line with establishment procedures.
- 7.8 Braised and stewed food items identified according to recipe and establishment procedures.
- 7.9 Advice and training is provided to others on the use of braising and stewing as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 8: Apply knowledge of roasting as a food cooking method

Range

Food items for cooking by roasting include but are not limited to meat, poultry, fish, and vegetables.

Performance Criteria

- 8.1 Food items and other ingredients are identified in line with recipe, guest and establishment procedures.

- 8.2 Equipment needed for cooking food items by roasting is identified in line with recipe and establishment procedures.
- 8.3 *Mise en place* for roasting of food is identified in line with recipe requirements and establishment procedures.
- 8.4 Cooking times and temperatures for roasting of food items are identified in line with recipe and establishment procedures.
- 8.5 Cooking faults and remedies commonly associated with roasting of food are identified and described in line with establishment procedures.
- 8.6 Hazards associated with roasting of food are identified in line with safety and establishment requirements.
- 8.7 Food safety and food hygiene issues associated with roasting of food are identified in line with establishment procedures.
- 8.8 Roasted food items are identified according to recipe and establishment procedures.
- 8.9 Advice and training is provided to others on the use of roasting as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 9: Apply knowledge of stir and shallow frying as food cooking methods, including using low fat absorption techniques

Range

Food items for stir and shallow frying include but are not limited to meat, vegetables, fish, rice.

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 Food items and other ingredients are identified in line with recipe and establishment procedures.
- 9.2 Equipment needed for cooking food items by stir and shallow frying are identified in line with recipe and establishment requirements.
- 9.3 Cooking times and temperatures for stir and shallow frying of food items are identified in line with dish requirements.
- 9.5 *Mise en place* for stir and shallow frying of food is prepared in line with recipe and establishment requirements.

- 9.6 Cooking faults and remedies commonly associated with stir and shallow frying of food are identified and described in line with establishment procedures.
- 9.8 Hazards associated with stir and shallow frying of food are identified in line with safety and establishment requirements.
- 9.9 Food safety and food hygiene issues associated with stir and shallow frying of food are identified in line with establishment requirements.
- 9.10 Stir fried and shallow fried food items are identified according to recipe requirements and establishment procedures.
- 9.11 Advice and training is provided to others on the use of stir and shallow frying as a food cooking method in line with scope of responsibilities and establishment procedures.

Element 10: Apply knowledge of deep fat frying as a food cooking method, including using low fat absorption techniques

- 10.1 Food items and other ingredients are identified in line with recipe and establishment procedures.
- 10.2 Equipment needed for cooking food items by deep frying are identified in line with recipe and establishment requirements.
- 10.3 Cooking times and temperatures for deep frying of food items are identified in line with dish requirements.
- 10.4 Required oil temperature, calibration date and data for low fat absorption is identified and described.
- 10.5 Mise en place for deep frying of food is prepared in line with recipe and establishment requirements.
- 10.6 Cooking faults and remedies commonly associated with deep frying of food are identified and described in line with establishment procedures.
- 10.7 Deep frying techniques using low fat absorption techniques are identified and described, including the temperature of initial frying medium, weight and volume of product complying with recipe and establishment requirements.
- 10.8 Hazards associated with deep frying of food are identified in line with safety and establishment requirements.
- 10.9 Food safety and food hygiene issues associated with deep frying of food are identified in line with establishment requirements.
- 10.10 Deep fried food items are identified according to recipe requirements and establishment procedures.

- 10.11 Advice and training is provided to others on the use of deep frying as a food cooking method in line with scope of responsibilities and establishment procedures.

Registration Data

Subfield:	Hospitality and Tourism
Date first registered:	13 November 2008
Date this version registered:	15 November 2012
Anticipated review:	2017
Body responsible for review:	Namibia Training Authority