

**Specification of Competency Standards**  
**for the Catering Industry**  
**Unit of Competency**

Functional Area - Professional Skills for the Production Section

Title	Master basic cooking (stove) skills and techniques
Code	108378L1
Range	This unit of competency is applicable to staff of the production section in the catering industry. While working in restaurants or relevant workplaces, practitioners should be able to carry out work related to basic stir-frying processes under certain guidance and assist in cooking the relevant dishes.
Level	1
Credit	9
Competency	<p>Performance Requirements</p> <p>1. Knowledge of basic cooking (stove) skills and techniques:</p> <ul style="list-style-type: none"> <li>• Understand the concepts of cooking, including: <ul style="list-style-type: none"> <li>○ Basic cooking concepts, functions and purposes</li> <li>○ Categories and features of various cooking skills</li> </ul> </li> <li>• Master the functions of heat stove cooking tools and basic wok-flipping skills, including: <ul style="list-style-type: none"> <li>○ Functions and features of various heat stove cooking tools, such as stir-fry woks and turners</li> <li>○ The use of various heat stove cooking tools, and their cleaning and maintenance methods</li> <li>○ Various turner-holding and wok-flipping skills for applying in suitable cooking processes</li> </ul> </li> <li>• Master various basic stir-frying techniques and understand the concepts, principles and skills of various stir-frying processes, such as raw frying, and assist in preparing the relevant dishes</li> <li>• Master quick boiling skills and the preparation techniques of basic soups, including: <ul style="list-style-type: none"> <li>○ Concepts, key points and skills of various quick boiling processes such as quick boiling in clear water (清汆), and assist in preparing the relevant dishes</li> <li>○ Understand the categories, features and skills of various soups, and assist in preparing the relevant dishes</li> </ul> </li> <li>• Master the principles and techniques of various steaming processes, and assist in preparing the relevant dishes, such as: <ul style="list-style-type: none"> <li>○ Steaming</li> <li>○ Flour-coated steaming</li> </ul> </li> </ul> <p>2. Master basic cooking (stove) skills and techniques:</p> <ul style="list-style-type: none"> <li>• Use basic cooking (stove) skills and techniques in food production appropriately at work</li> <li>• Follow instructions to assist in preparing the relevant dishes</li> <li>• Use various heat stoves and cooking tools appropriately</li> <li>• Control various basic cooking and steaming methods</li> <li>• Follow the requirements of the working posts, including: <ul style="list-style-type: none"> <li>○ Preparation work before business</li> <li>○ Cooking during business</li> <li>○ Cleaning up after business, etc.</li> </ul> </li> <li>• Follow the individual and environment hygiene requirements, including: <ul style="list-style-type: none"> <li>○ Appropriate working posture</li> <li>○ Safety requirements, etc.</li> </ul> </li> </ul> <p>3. Exhibit professionalism</p>

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	<ul style="list-style-type: none"><li>• Always apply basic cooking (stove) skills and techniques in a professional and focused manner at work</li></ul>
Assessment Criteria	The integrated outcome requirements of this UoC are the abilities to: <ul style="list-style-type: none"><li>• Master basic wok-flipping skills</li><li>• Master basic cooking techniques such as stir-frying, steaming and quick boiling</li><li>• Prepare basic soup-related dishes</li></ul>
Remark	