

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

Functional Area - Professional Skills for the Production Section

Title	Produce general boiled dishes
Code	108384L1
Range	This unit of competency is applicable to all catering food production practitioners. Boiling is a convective (direct heat transfer) moist-heat cooking method that uses large amounts of liquid to transfer heat and flavor from the liquid to the food item.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general boiled dishes</p> <ul style="list-style-type: none"> <li>• Possess knowledge of liquid type that can be used for boiling: <ul style="list-style-type: none"> <li>○ Water</li> <li>○ Stock</li> <li>○ Milk</li> <li>○ Broth</li> <li>○ Wine</li> </ul> </li> <li>• Possess basic knowledge of temperature control</li> <li>• Possess basic knowledge of the difference between boiling, poaching and simmering</li> <li>• Possess basic knowledge of Occupational health and safety</li> </ul> <p>2. Produce general boil dishes:</p> <ul style="list-style-type: none"> <li>• Understand properties of boiling as cooking method <ul style="list-style-type: none"> <li>○ Boiling points of different liquids</li> <li>○ Factors that affect the boiling point- atmospheric pressure(altitude) and soluble substance in liquids</li> <li>○ Heat energy transfer in boiling</li> </ul> </li> <li>• Understand the dish requirement and select the appropriate cooking liquid</li> <li>• Select the appropriate cooking utensil (pots, pans, etc.) for the boiling task</li> <li>• Add appropriate amount of liquid in the utensil to ensure sufficient liquid adding to the amount of food and efficient heat energy and flavor transfer</li> <li>• Place utensil with liquid over heating source and bring it to boil</li> <li>• Place the food ingredient into liquid</li> <li>• Control time and temperature throughout boiling until ingredient is cooked</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment</li> <li>• Respect the food, ingredients, co-workers and guests</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>• Apply knowledge of liquid properties to have better control of boiling task</li> <li>• Select the appropriate utensil/equipment and use the appropriate portion of liquid to ensure the food is properly cooked according to the dish requirement</li> <li>• Control of time and temperature throughout the cooking process according to the dish requirement</li> </ul>
Remark	