

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general steamed dishes
Code	108385L1
Range	This unit of competency is applicable to all catering food production practitioners. Steaming is a moist-heat cooking method that is perfect for cooking delicate food such as vegetables, white meat fowl, and fish. It is considered to be a gentle cooking method because the food is not agitated by bubbling liquid during the process.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general steamed dishes</p> <ul style="list-style-type: none"> • Possess knowledge of characteristics of steam • Knowledge of benefits of steaming as cooking method, such as: <ul style="list-style-type: none"> ○ Frugal cooking ○ Health benefits ○ Retains nutrient • Knowledge of different steaming utensils <ul style="list-style-type: none"> ○ Steamers ranging from bamboo to silicone ○ a steamer for large meat or fish (if not allowing food touching cooking liquid) ○ Steamer for microwave oven • Possess basic knowledge of kitchen's occupational health and safety <p>2. Produce general steam dishes:</p> <ul style="list-style-type: none"> • Understand various properties of steaming <ul style="list-style-type: none"> ○ Formation and temperature of steam ○ Factors that affect the formation of steam • Select a suitable cooking vessel (wok, pot, steam oven, etc.) • Pour appropriate amount of water to the bottom of lidded cooking vessel • Select the appropriate steamer to ensure food not touching the cooking liquid. • Place food ingredient onto steamer for steaming. Control time and temperature throughout steaming period <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment • Respect the food, ingredients, co-workers and guests
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Considering of the factors that may affect the steaming process • Select the appropriate steaming utensil/equipment with appropriate amount of water to ensure the food can be steamed properly • Control of time as required for the dish
Remark	