Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general poaching dishes
Code	108386L1
Range	This unit of competency is applicable to all catering food production practitioners. Poaching is a moist-heat cooking method that involves cooking by submerging (fully or partially) the food in a liquid, such as water, milk, stock or wine and cooked in a relative low heat.
Level	1
Credit	2

Competency	Performance Requirements
	1. Knowledge for producing general poaching dishes
	
	• Possess knowledge of whicj liquid can be used for poaching:
	    o Water
	    o Stock (fresh, convenience)
	    o Milk
	    o Wine
	• Possess basic knowledge of temperature control for poaching i.e.160–180°F (71–82°C)
	• Possess knowledge of 2 different types of poaching:
	    o Shallow poaching
	    o Deep poaching
	• Possess basic knowledge of the difference between boiling, poaching and simmering
	• Possess basic knowledge of Occupational health and safety
	
	2. Produce general poaching dishes:
	
	• Determine the food to be cooked and decide to use shallow or deep poaching. For example:
	    o Shallow poaching: suitable for boneless, naturally tender, single serving size, sliced or diced pieces of meat or vegetable, poultry or fish
	    o Deep poaching: suitable for large or whole poultry, meat and fish fillets., Seafood
	• Grasp the dish requirements and select the appropriate cooking liquid such as: wine, broth, water, milk, etc.
	• Bring liquid to simmer with temperature between 160–180°F (71–82°C). Add favoring ingredients, if required by the dish
	• Place food into the poaching liquid. Control temperature until food is cooked
	• Once food is cooked, remove from the poaching liquid and serve as required by the dish
	
	3. Exhibit professionalism
	
	• Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment
	• Respect the food, ingredients, co-workers and guests

Assessment Criteria	The integrated outcome requirements of this UoC are the abilities to: • Grasp the type of food and select appropriate liquid for using in the poaching dish • Control the temperature to poach the food to produce the right texture as required by the dish
Remark	