

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general deep fry dishes
Code	108387L1
Range	This unit of competency is applicable to all catering food production practitioners. It focuses on the ability of producing general deep-fried dishes.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general deep-fried dishes</p> <ul style="list-style-type: none"> • Possess knowledge of cooking temperature and its effect on food. If temperature is too low, oil seep into the food. If it is too hot, it dries out the food: <ul style="list-style-type: none"> ○ Partially cook the food: 160 – 175°C ○ Completely cook food :170-190°C • Knowledge of suitable type of oil for frying such as: <ul style="list-style-type: none"> ○ High smoking point: canola, peanut, palm, soybean, & coconut oil ○ Low smoking point: sesame, olive oil (extra virgin), sunflower oil(unrefined), & corn oil(unrefined) • Knowledge of amount of oil to use, including: <ul style="list-style-type: none"> ○ Enough to submerge the ingredient ○ Not too much that overflows the pan when ingredient is placed in ○ Allowance for foaming over when ingredient has moisture • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards and safety <p>2. Produce general deep-fried dishes:</p> <ul style="list-style-type: none"> • Understand factors that affect the dish, such as: <ul style="list-style-type: none"> ○ Oil temperature ○ Completely or pre-cook the food • Select suitable oil for the dish according to the oil characteristics, including: <ul style="list-style-type: none"> ○ Smoking point ○ Flavor and fragrance of the oil ○ Used oil will affect the taste and color of food • Pour oil into appropriate fryer or pan and bring to the optimum temperate required for frying. • Prepare food in appropriate portion size and dry it as much as possible or coat it with breadcrumb or batter • Place the food into the oil or fat using the basket method (breaded) or swimming method (battered). Leave enough space around each piece so the food will cook evenly. • Closely monitor the food during the cooking process, regulate the temperature, until food is browned according to the recipe. • Remove food from oil onto drainer or paper towel • For better results, some recipes may require double frying <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

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Assessment Criteria	The integrated outcome requirements of this UoC are the abilities to: <ul style="list-style-type: none">• Select the suitable oil for frying the food to the standard required by the recipe, considering of temperature characteristics of oils• Bring the oil to the appropriate optimum temperature before placing food into the oil• Complete the fried food to the color and texture that meet the recipe requirements
Remark	