

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general shallow fry dishes
Code	108388L1
Range	This unit of competency is applicable to all catering food production practitioners. It focuses on the ability of producing general shallow fried dishes.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general shallow fried dishes</p> <ul style="list-style-type: none"> • Possess knowledge of optimal cooking temperature for shallow fried, such as around 190°C and control of crowded pan reduces the oil temperature the food might steam instead of fry • Knowledge of suitable type of oil for shallow 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 equipment to be used for shallow/pan frying, such as: <ul style="list-style-type: none"> ○ Heavy-bottomed pan for evenly distributed heat ○ Skillet or sauté pan - wide, with sloped or straight sides ○ Nonstick to help ensure the coatings stay on the food • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Produce general shallow fried dishes:</p> <ul style="list-style-type: none"> • Understand factors that affect the dish, such as: <ul style="list-style-type: none"> ○ Frying oil temperature ○ Temperature of the food <ul style="list-style-type: none"> ▪ Beef should be at least 140°F ▪ White meat chicken should be at least 160°F ▪ Dark meat chicken should be at least 165°F ▪ Fish should be at least 140°F ▪ Pork should be at least 145°F • Select the suitable oil for the dish according to characteristics of the oil , including: <ul style="list-style-type: none"> ○ Smoking point ○ Flavor and fragrance of the oil affecting the food • Pour oil into appropriately sized pan and bring to the optimum temperate. Test the temperature of the oil. For example, with a thermometer. • Prepare food in appropriate portion size and dried or coated with flour or breadcrumb • Place the food into the pan. Don't overcrowd the pan, leave enough space around each piece so the food can be cooked evenly and will not stick to the pan • Closely monitor the food during cooking as it cooks, regulate the temperature, until food is browned according to the recipe. • Remove food from oil onto drainer or paper towel <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, after considering the characteristics of oils• Bring the oil to the optimum temperature before placing food into the oil and keep the food not sticking to the pan during cooking• Completed the cooking of the food to the color and texture that meet the recipe requirements
Remark	