

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general stir fry dishes
Code	108389L1
Range	This unit of competency is applicable to all catering food production practitioners. It focuses on the ability of producing general stir-fried dishes.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general stir-fried dishes</p> <ul style="list-style-type: none"> • Possess knowledge of different types of stir-frying: <ul style="list-style-type: none"> ○ Dry stir-fry: only a little bit of sauce is added. ○ Moist stir-fry: extra stock or liquid is added. ○ Simple stir-fry: very often used for ingredients containing lots of liquid inside, such as vegetables. • Possess knowledge of optimal cooking temperature for stir-frying, such as medium-high to high heat • Possess knowledge of suitable type of oil for stir-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) • Possess knowledge of equipment to be used for stir-frying, such as: <ul style="list-style-type: none"> ○ A wok (round bottom for gas burner, enamel-clad cast-iron wok, 14 inches across, with a flat bottom for electric). In place of a wok, a 12-inch stainless-steel sauté pan with sloped sides can be used ○ Wok spatulas or a wide spatula ○ A lid for vegetables that may need to be briefly steamed at the end of cooking • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Produce general stir fry dishes:</p> <ul style="list-style-type: none"> • Prepare all the ingredient and cut the meat and/or vegetable into bite size • Select the most suitable equipment for stir frying of the dish, including: <ul style="list-style-type: none"> ○ Size of the wok or pan ○ Type of spatula suitable for used with the wok, such as non-stick coated wok/pan, cast iron, etc. • Select the most suitable oil for the dish taking into account factors of the oil characteristics, including: <ul style="list-style-type: none"> ○ Smoking point ○ Flavor and fragrance of the oil affecting the food • Heat wok/pan over medium-high to high heat • Pour small amount of oil into wok/pan , turn the wok/pan so the oil and coat the wok/pan with oil to create a natural non-stick surface • Cook food by small batches. For example: <ul style="list-style-type: none"> ○ Cook meet first and remove meat from the wok/pan ○ Followed by cooking vegetables ○ Place the meat back and stir for 15-20 seconds ○ Thicken the sauce with corn starch, if required • Remove food from wok/pan and place on dish for serving

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	<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">• Well prepared for stir-frying, such as: meat and vegetables are cut to right size, oil, stock, salt and other condiment are organized nearby• Heat the wok/pan at optimum temperature• All the food is cooked in the right sequence so that the dishes is in the right the right color, aroma and tastes with a hint of smokiness– “wok hay”. (鑊氣)
Remark	