

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general stewed dishes
Code	108390L1
Range	This unit of competency is applicable to all catering food production practitioners. It focuses on the ability of producing general stewed dishes.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general stewed dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge of stewing technique including: <ul style="list-style-type: none"> ○ Browning ○ Amount of liquid to be used ○ Heat control • Possess knowledge of cooking temperature for stewing, such as: start with high heat to boil the liquid and then cook at simmering heat • Possess basic knowledge of equipment to be used for stewing, such as: <ul style="list-style-type: none"> ○ Crock pot ○ Dutch Oven • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Produce general stewing dishes:</p> <ul style="list-style-type: none"> • Prepare all the ingredient and cut the meat and/or vegetable into suitable size. If cooking small pieces of meat as well as vegetables, make sure they will be cooked properly. In some cases, vegetables are cut into a larger size than the meat • Sear the meat and vegetables to provide better coloring and flavoring, according to the recipe • Select the suitable equipment for stewing of the dish. Use a heavy gauge stockpot or cast-iron pan with a tight cover, if available. • Select suitable liquid to be used for stewing. Use at least one acidic liquid to help break down connective tissue and tenderize tougher meats. For example: tomatoes, vinegar or wine • Place ingredients into the cooking utensil with selected liquid that fully submerged the ingredients. • Boil the liquid first, then reduce the temperature to simmering temperature (about 180-200°F) • Cook the food at simmering temperature or until the meat is tender according to the recipe • Remove food and place on dish for serving <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"> • Select the suitable type of meat and cut the meat and vegetable into the appropriate size and sear to the right color before stewing

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

	<ul style="list-style-type: none">• Select the right liquid for stewing and use sufficient liquid to fully submerge all the ingredient for stewing• Control the temperature throughout the stewing process
Remark	