

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general braising dishes
Code	108391L1
Range	This unit of competency is applicable to all catering food production practitioners. It focuses on the ability of producing general braised dishes.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general braised dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge of braising technique: , including: <ul style="list-style-type: none"> ○ Browning ○ Amount of liquid to be used ○ Control of heat • Possess knowledge of cooking temperature for braising, such as: start with high heat to boil the liquid and then cook at simmering temperature • Possess basic knowledge of equipment to be used for braising, 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 braising dishes:</p> <ul style="list-style-type: none"> • Prepare all the ingredient meat and/or vegetable in larger cuts or whole pieces. • Sear the meat and vegetables to provide better coloring and flavoring, according to the recipe • Select the suitable equipment for braising 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 braising. Use at least one acidic liquid to help break down the connective tissue and tenderize tough meat. For example: tomatoes, vinegar or wine • Place ingredients into the cooking utensil with selected liquid. Use sufficient liquid that partially covers the ingredients • Boil the liquid first, then reduce the temperature to simmering temperature (about 180-200°F). When using oven, temperature should be set to 300°F to achieve the normal 180-200°F pot temperature • Cook the food at simmering temperature 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/or vegetable with properly searing to the right color before braising • Select the right liquid for braising and use sufficient liquid to partially cover the ingredient for braising

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	<ul style="list-style-type: none">• Use appropriate braising cooking equipment and control the temperature around 200°F throughout the braising process
Remark	