

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general roasted dishes
Code	108394L1
Range	This unit of competency is applicable to all catering food production practitioners. It focuses on the ability of producing roasting dishes in modern oven.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general roasted dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge of roasting and understand the difference to baking • Possess basic knowledge of different roasting methods, such as: <ul style="list-style-type: none"> ○ High heat roasting ○ Slow & steady roasting ○ Combination heat roasting ○ Vegetable roasting • Possess basic knowledge of different variables that affect roasting, such as: <ul style="list-style-type: none"> ○ Type of food ○ Weight ○ Pan (Utensils) ○ Accuracy of oven ○ Number of times oven door being opened • Possess basic knowledge of appropriate internal temperature of different roasting product. For example: when removed from oven <ul style="list-style-type: none"> ○ Roast beef: 120°F – 150°F ranging from rare, medium to well-done ○ Whole chicken: 160°F – 165°F ○ Whole Turkey: 150°F – 170°F • Possess basic knowledge of different techniques for keeping food moist during roasting. Such as: <ul style="list-style-type: none"> ○ Larding ○ Barding ○ Brining ○ Basting • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Produce general roast dishes:</p> <ul style="list-style-type: none"> • Preparation for roasting, including <ul style="list-style-type: none"> ○ Identify and select ingredients according to the recipe requirements ○ Preheat oven in line with the size of the food ○ Prepare and clean equipment before use, including: <ul style="list-style-type: none"> ▪ roasting pan ▪ thermometer ▪ roasting rack or tools to suspend food while roasting • Prepare food (meat and/or vegetable) for roasting including using appropriate methods to keep food moist while being roasted • Brush food lightly with oil. Season with salt, pepper and suitable flavoring • Place the food on a rack or trivet in a roasting pan/dish to allow heat to circulate and browning of the food evenly during roasting

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	<ul style="list-style-type: none"> • Check the internal temperature of food during roasting. Different types of food require different cooking times • Remove roast when cooked to the recipe's requirement. Transfer to a plate, cover loosely with foil and rest for 10-20 minutes before serving • Clean and store all equipment according to the establishment procedures <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"> • Prepare relevant ingredients and oven according to the recipe requirements • Select and apply the suitable method to keep the food moist during roasting as required by the recipe • Monitor the internal temperature of the food to ensure it is cooked well as required by the recipe.
Remark	