

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce general sautéed dishes
Code	108395L1
Range	This unit of competency is applicable to all catering food production practitioners. Sauté is a form of dry-heat cooking that the food and small amount of fat are tossed in a very hot pan very quickly. Sauté can brown the food surface and gives complex flavor and essence to the food.
Level	1
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general sauté dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge and principles of dry-heat cooking • Possess basic knowledge of other dry-heat cooking techniques and it's difference to sautéing, such as: <ul style="list-style-type: none"> ○ Pan-frying ○ Stir-frying ○ Deep/shallow frying • Possess knowledge of suitable type of oil/fat suitable for sautéing use, such as: <ul style="list-style-type: none"> ○ High smoking point: canola, peanut, palm, soybean, & coconut oil ○ Pork fat ○ Butter adds great flavor, but it may burn • Possess knowledge of equipment to be used for sautéing, such as: <ul style="list-style-type: none"> ○ Skillet (a wide pan with slanted sides) or sauté pan (a wide pan with straight sides) ○ A pan capable of distributing heat evenly. Nonstick, anodized aluminum, and stainless-steel options work • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Produce general sauté dishes:</p> <ul style="list-style-type: none"> • Select and prepare relevant ingredients and cut the meat and/or vegetable into appropriate size. • Select the suitable cooking equipment for sautéing of the dish. Need to allow enough space for sautéing and avoid overcrowding • Heat wok/pan over medium-high to high heat • Add fat into the pan which forms a coating on the food surface and prevent the food from sticking to the surface of the pan and adding flavor to the food. • Add food into the pan. Toss and turn the food. When sautéing tender vegetables and bite-sized pieces of meat, stir frequently (but not constantly) to promote even browning and cooking • Remove food from wok/pan and place on dish for serving. If sautéing is the first phase of cooking for a recipe then remove food from pan and proceed to next phase according to recipe <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">• Prepare well for sautéing including: select the right type of meat and vegetable for sautéing, the meat and vegetables are cut into right size, oil, stock, salt and other seasonings are placed nearby• Choose right type and amount of oil/fat for cooking and heat the pan to optimum temperature before adding oil/fat• Toss and turn the food to produce the required color, aroma and flavor required by the recipe.
Remark	