

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Perform seasoning and marinating
Code	108404L1
Range	This unit of competency is applicable to all catering food production practitioners. Seasoning and marinating are methods for enhancing flavor of food. Marinating is soaking the food in seasonings to allow them to soak into the food or whatever. But some regards seasoning is the use of herbs, salt, species spices and other ingredients to apply to food at ends of food production, prior to serving. Knowing what seasoning to use, the duration to marinate different foods is the key to the flavoring process. This UoC will concentrate on competence of enhancing the flavor of food using different seasonings in marinating at the beginning of food production.
Level	1
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for performing seasoning and marinating</p> <ul style="list-style-type: none"> • Possess basic knowledge of marinating principles • Process knowledge of the basic ingredients for marinades, including: oil, an acid and some seasoning • Possess basic knowledge of marinating techniques for different types of foods, including: <ul style="list-style-type: none"> ○ Marinating beef, pork, poultry ○ Marinating fish and seafood ○ Marinating vegetable and fruits • Possess knowledge of marinating, including: <ul style="list-style-type: none"> ○ Includes an acidic component to tenderize the meat and help the flavor infuse deeper ○ Use high smoke point oils in your marinade, especially food for grilling and roasting ○ Prepare approximately half cup of marinade per pound of meat, seafood, or vegetables ○ Don't use too much salt ○ Don't reuse marinades ○ Don't marinate with metallic container • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Perform seasoning and marinating:</p> <ul style="list-style-type: none"> • Comprehend the marinade recipe requirements • Acquire the required oil, acidic (vinegar, lemon juice, etc.) ingredient and seasoning required for the marinade recipe • Prepare the meat, fish, vegetables, fruits by washing and cutting to the recipe's required size • Mix the marinade. For example: <ul style="list-style-type: none"> ○ Add salt, pepper, and extra seasoning such as: onions, shallots, garlic, parsley, and thyme ○ A bit of sugar or honey to add a bit depth of flavor • Transfer the marinade to a non-metallic pan or plastic bowl • Place the meat, fish, vegetable or fruit in the marinate liquid and soak it for required period in the refrigerator. For example: <ul style="list-style-type: none"> ○ Vegetables for 15 to 30 minutes

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	<ul style="list-style-type: none"> ○ Fish and seafood for 15 minutes to one hour ○ Poultry for 30 minutes to 3 hours ○ Meat (beef, pork, lamb, etc.) for 30 minutes to over night ● Use the marinated food for cooking required dish. Marinade may be used as sauce, but it needs to be boiled to kill off the bacteria, according to the food safety standards ● Wash, clean and store the 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"> ● Select and measured the appropriate quantity of ingredients (oil, lemon juice, salt, pepper, seasoning, etc.) according to the marinade recipe ● Follow the do's and don'ts or the establishment's procedures while performing marinating ● Marinate the food to suitable period according to the recipe requirement
Remark	