

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare Japanese rice
Code	108410L1
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Japanese food. This UoC concerns competences in cooking plain Japanese rice using traditional manual control method.
Level	1
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing Japanese rice</p> <ul style="list-style-type: none"> • Possess basic knowledge of different types of Japanese rice suitable for cooking plain Japanese rice, such as: <ul style="list-style-type: none"> ○ Shinmai ○ Sasanishiki ○ Koshihikari ○ Akita Komachi ○ Hitomebore • Possess basic knowledge of equipment or method of cooking Japanese rice, including: <ul style="list-style-type: none"> ○ Rice cooker ○ Traditional manual control method with heavy bottom cooking pan/pot with tight fit lid ○ Sieve • Possess basic knowledge of rice preparation methods which includes: <ul style="list-style-type: none"> ○ Measuring ○ Washing ○ Rinsing ○ Soaking if necessary • Possess knowledge of basic principle of water control. For example: <ul style="list-style-type: none"> ○ Age of the rice grain (new rice needs less water) ○ The pot/pan used (more steam evaporates with a wider pot) • Possess knowledge of basic technique of rice cooking steps: <ul style="list-style-type: none"> ○ Boil water with rice, initially at medium heat, with lid on ○ Reduce to low heat when the water starts boiling and bubbles comes out of the pot ○ Simmer until there is not much water at the bottom of the pot or no bubbling sound from inside the pot ○ Turn the heat off and leave for at least 10 minutes with the lid on • Possess basic knowledge of kitchen's hygiene and food safety procedures <p>2. Prepare Japanese rice:</p> <ul style="list-style-type: none"> • Prepare the rice for cooking, including: <ul style="list-style-type: none"> ○ Accurately measure quantity of rice ○ Acquire appropriate size pan/pot for cooking use ○ Wash and rinse the rice until water is almost clear and rice become a bit opaque • Place the rice in pot/pan and add required amount of water, the ratio is approximately 1-to-1 • Cook the rice according to cooking method to deliver cooked rice in required quality • Breathe rice loose using a rice spatula to remove excess moisture within the cooked rice

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	<ul style="list-style-type: none">• Prepare rice for serving using a small bowl called ochawan or to be used in other rice dishes. Any cooked rice not for immediate consumption must be stored appropriately <p>3. Exhibit professionalism</p> <ul style="list-style-type: none">• Treat cooking rice like an art to produce perfect cook rice
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none">• Select and acquire the appropriate rice type for cooking plain Japanese rice• Appropriately perform the pre-cooking preparations, including washing, rinsing and soaking the rice, as well as preparing the pot/pan for cooking• Apply basic rice cooking techniques with appropriate control of timing to cook the rice to the quality required by the establishment
Remark	