

**Specification of Competency Standards**  
**for the Catering Industry**  
**Unit of Competency**

Functional Area - Professional Skills for the Production Section

Title	Master general cooking (stove) skills and techniques
Code	108419L2
Range	This unit of competency is applicable to practitioners of the kitchen section in the Chinese restaurants. While working in restaurants or relevant workplaces, practitioners should be capable of producing various hot dishes and desserts with different cooking methods under guidance to assist in the work of the kitchen section.
Level	2
Credit	18
Competency	<p>Performance Requirements</p> <p>1. Knowledge of general cooking (stove) skills and techniques:</p> <ul style="list-style-type: none"> <li>• Master the workflow and job divisions of the production of hot dishes, including: <ul style="list-style-type: none"> <li>○ Definitions and concepts of cooking (烹飪) and cookery (烹調), and their interrelationship</li> <li>○ Procedures for producing hot dishes and the supplementary work during stock preparation, including: <ul style="list-style-type: none"> <li>▪ Purchase</li> <li>▪ Stock management, etc.</li> </ul> </li> <li>○ Functions and job divisions of chopping board staff (砧板) and water desk staff (水檯) during the production of hot dishes</li> <li>○ Duties, functions, job divisions and techniques of the production of hot dishes by roasting and lo shui methods</li> </ul> </li> <li>• Master different techniques of stir-frying (炒) and sautéing (爆), including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of stir-frying</li> <li>○ Key points and techniques of different kinds of sautéing</li> <li>○ Techniques and characteristics of different kinds of quick deep-frying (泡) (e.g. quick deep-frying in oil)</li> <li>○ Techniques of different kinds of stewing (燴)</li> </ul> </li> <li>• Master the techniques of boiling/cooking (烹/煮) and deep-frying (炸), including: <ul style="list-style-type: none"> <li>○ Techniques of different kinds of boiling/cooking</li> <li>○ Techniques and characteristics of different kinds of deep-frying</li> </ul> </li> <li>• Master different techniques of pan-frying (煎) and coated pan-frying (塌), including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of pan-frying</li> <li>○ Key points and techniques of coated pan-frying (note: “coated pan-frying” refers to the cooking method that coats the ingredients with corn starch and then with egg solution, and then pan-fries both sides until they are cooked)</li> <li>○ Techniques and characteristics of different kinds of pan-cooking (貼), e.g. the cooking method of pan-cooked dumplings (窩貼)</li> <li>○ Techniques and characteristics of spreading out (攤) (note: “spreading out” refers to spreading out mushy ingredients to a flat shape)</li> </ul> </li> <li>• Master different techniques of grilling (燒) and stir-fried braising (扒), including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of grilling</li> <li>○ Key points and techniques of different kinds of stir-fried braising</li> <li>○ Techniques and characteristics of braising (扣)</li> </ul> </li> <li>• Master different techniques of stewing (炆/燴), including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of stewing (燜)</li> <li>○ Techniques and characteristics of different kinds of soup-stewing (煨)</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Master different techniques of simmering (炖), prolonged boiling (熬) and scalding (灼), including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of simmering</li> <li>○ Key points and techniques of prolonged boiling</li> <li>○ Techniques and characteristics of cooking (煮)</li> <li>○ Techniques of different kinds of scalding (灼)</li> </ul> </li> <li>• Know about different types of hot pots, including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of cooking by dipping in boiling water (涮)</li> <li>○ Identify the key points and types of different kinds of hot pots</li> </ul> </li> <li>• Master different techniques of roasting (烤) and baking (焗), including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of roasting</li> <li>○ Techniques of different kinds of baking</li> </ul> </li> <li>• Master the methods of making desserts, including: <ul style="list-style-type: none"> <li>○ Techniques and characteristics of different kinds of toffee sticking (拔絲)</li> <li>○ Key points and techniques of sugar frosting (掛霜)</li> <li>○ Techniques and characteristics of different honey sauces (蜜汁)</li> <li>○ Techniques of preparing different sweet soups (糖水)</li> </ul> </li> <li>• Master the techniques for preparing side dishes and decorating hot dishes, including: <ul style="list-style-type: none"> <li>○ Styles of different side dishes and decorations</li> <li>○ Techniques for decorating different containers of hot dishes</li> <li>○ Techniques for decorating side dishes produced by different cooking methods</li> <li>○ Concepts of colour, cold/hot and soft/hard in decoration</li> </ul> </li> </ul> <p>2. Master general cooking (stove) skills and techniques:</p> <ul style="list-style-type: none"> <li>• Follow the guidance of the supervisors and apply the acquired cooking (stove) skills and techniques to carry out daily work</li> <li>• During the production of hot dishes, follow the following: <ul style="list-style-type: none"> <li>○ Senior (steaming) cooks (上什)</li> <li>○ Service cooks (打荷)</li> <li>○ Different stove staff work, etc.</li> </ul> </li> <li>• Make use of the above-mentioned cooking (stove) skills and techniques to produce relevant dishes and desserts</li> <li>• Familiarise with the principles, skills and techniques of side dish preparation and decoration for the hot dishes</li> <li>• Coordinate with staff of other kitchen sections to produce a variety of dishes</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Always apply cooking (stove) skills and techniques in a professional manner according to the required standards at work</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>• Produce various hot dishes with the eighteen cooking methods under guidance</li> <li>• Master the cooking methods of desserts and produce relevant dishes under guidance</li> </ul>
Remark	