

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

Functional Area - Professional Skills for the Production Section

Title	Produce general raw meat dishes
Code	108435L2
Range	This unit of competency is applicable to all catering food production practitioners. It is well known that cooking may cause the loss of part of valuable nutrients, like vitamins and enzymes. There are many well-known raw food dishes by using fruits, vegetables, nuts, seeds, eggs, fish, meat, and dairy products. This UoC concerns competences of producing general raw fresh meat dishes, such as: hoe, carpaccio, steak tartare, etc.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing general raw meat dishes</p> <ul style="list-style-type: none"> <li>• Possess the knowledge of the meaning of raw food. For example: food that have not been heated above 40–49°C (104–120°F)</li> <li>• Possess basic knowledge of the benefits of consuming raw meat. For example: <ul style="list-style-type: none"> <li>○ Reduce loss of certain types of vitamins through cooking</li> <li>○ Helps to control blood pressure</li> <li>○ Low in calories, fat, and sodium, and high in fiber</li> </ul> </li> <li>• Possess basic knowledge of hazards caused by consuming raw foods. For example: <ul style="list-style-type: none"> <li>○ Increase the risk of getting food-borne illness, such as E. coli, salmonella or listeria</li> <li>○ Worms and other parasites</li> <li>○ Missing certain vitamins, such as vitamin D, etc.</li> </ul> </li> <li>• Possess basic knowledge of preparing raw meat techniques, such as: <ul style="list-style-type: none"> <li>○ Marinating</li> <li>○ Applying citric acids and vinegar</li> </ul> </li> <li>• Possess basic knowledge of the types of meat suitable for raw consumption</li> <li>• Possess knowledge of selecting meat for producing raw dishes</li> <li>• Possess basic knowledge on handling and storing of meat for producing raw meat dishes</li> <li>• Possess basic knowledge of food hygiene and food safety</li> </ul> <p>2. Produce general seafood dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the raw meat dish recipe</li> <li>• Preparing for production of raw meat dish <ul style="list-style-type: none"> <li>○ Select the meat required for dish</li> <li>○ Partially freeze the meat to make it fit for cutting</li> <li>○ Assemble and weight the ingredients for preparing the marinade</li> <li>○ Wash and clean work surface and the cutting tools</li> </ul> </li> <li>• Prepare the marinade or citric juice (lemon juice) for the seasoning according to the recipe</li> <li>• Slice the meat as thin as possible or mince the meat as required by the recipe. Handle and store all unused meat properly</li> <li>• Cover the meat with marinade or citric juice or vinaigrette</li> <li>• Garnish to present the dish to meet recipe requirements and serve</li> </ul> <p>3. Exhibit professionalism</p>

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	<ul style="list-style-type: none"><li>• Follow the organisation's or kitchen's rules to maintain cleanliness of equipment and environment</li></ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"><li>• Select the suitable type and judge the right portion of meat for producing the raw meat dish</li><li>• Comply with hygiene standards to prepare equipment and worktop for cutting the raw meat</li><li>• Determine amount of time used for marinating meat and avoid using citric juice to marinate the meat</li></ul>
Remark	