

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

Functional Area - Professional Skills for the Production Section

Title	Apply alcohol in cooking
Code	108437L2
Range	This unit of competency is applicable to all catering food production practitioners. Alcohol is widely used in cooking to improve the food's aromas and flavor. In marinade, alcohol helps to season the meat and enhance flavor. It functions similarly in cooked sauces which help to make the food smell and taste better. Many recipes use alcohol as a major ingredient for cooking. This UoC will concentrate on competences for applying alcohol in general cooking as an ingredient or combusting alcohol for heat or effect.
Level	2
Credit	3
Competency	<p>Performance Requirements</p> <p>1. Knowledge for applying alcohol in cooking</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of different types of alcohol for cooking, such as: Wine, beer, sherry, liqueurs and specialized cooking alcohols, etc.</li> <li>• Possess basic knowledge of alcohols' characteristics as an ingredient, such as: sweetness, acidity, fruitiness, alcohol level, boiling point of alcohol, etc.</li> <li>• Possess basic knowledge of evaporation rate or retained level of alcohol during cooking. For example: <ul style="list-style-type: none"> <li>○ 85% alcohol is retained if added to boiling liquid and removed from heat:</li> <li>○ 75% alcohol is retained after flamed:</li> <li>○ 70% alcohol is retained if not heat and stored overnight:</li> <li>○ 45% alcohol is retained if baked for 25 minutes without stirring into mixture:</li> </ul> </li> <li>• Possess basic knowledge of the principles of pairing alcohol with right type of food for cooking. For examples: <ul style="list-style-type: none"> <li>○ Light colored alcohol (or beers, spirits or wine) with similar colored food irrespective of meats, sauces or cheese</li> <li>○ Darker alcohol should be paired with darker food</li> </ul> </li> <li>• Understand some basic techniques of applying alcohol: <ul style="list-style-type: none"> <li>○ Alcohol freezes at a lower temperature to other liquids, avoid excessive use in frozen desserts</li> <li>○ Using alcohol for milk or cream sauces requires burn off before adding to the milk or sauce to avoid curdling</li> <li>○ Pre-heat the alcohol before ignition</li> </ul> </li> <li>• Possess basic knowledge of occupational health and safety</li> </ul> <p>2. Apply alcohol in cooking:</p> <ul style="list-style-type: none"> <li>• Comprehend the recipe of the dish</li> <li>• Acquire the appropriate type and quality of the alcohol required by the recipe</li> <li>• Determine when the alcohol will be applied during cooking</li> <li>• Prepare other ingredients according to the recipe and prepare the marinades with alcohol. For example: <ul style="list-style-type: none"> <li>○ Marinade for meats (for example: steak, poultry, etc.)</li> <li>○ Marinade with fruit (for example: watermelon with vodka, or soak ripe peaches in a dessert wine, etc.)</li> <li>○ Marinade for seafood (for example: drunken crab)</li> </ul> </li> <li>• Cook the food using appropriate cooking method, such as: <ul style="list-style-type: none"> <li>○ Boiling</li> <li>○ Shallow/deep frying</li> </ul> </li> </ul>

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

Functional Area - Professional Skills for the Production Section

	<ul style="list-style-type: none"> <li>○ Baking</li> <li>○ Etc.</li> <li>• Add the required amount of alcohol to the food during cooking or finishing with flame and cook the food according to the required amount of time, with consideration to expected amount of alcohol to be retained in the finished dish</li> <li>• Portion cooked meat and place on serving plate with garnishing and finishing methods to meet recipe requirements</li> <li>• Wash, clean and store the cooking equipment according to the establishment's procedures</li> </ul> <p>3. Exhibit professionalism</p> <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 appropriate alcohol to be used for cooking the dish</li> <li>• Apply the appropriate amount of alcohol for the marinade or during cooking as required by the recipe</li> <li>• Apply alcohol cooking techniques and time to ensure the food is cooked to the required quality with the appropriate amount of alcohol retained in the food</li> </ul>
Remark	