

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

Functional Area - Professional Skills for the Production Section

Title	Prepare Japanese salad
Code	108438L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Japanese food. There is a certain variety of Japanese salad dishes such as osozai and gomaae. Most popular ones are salad with wafu, sesame and sanbaizu dressing. This UoC concerns competences in preparing Japanese seaweed salad with simple Japanese style dressing. These competences can also be applied to preparing other Japanese green salad.
Level	2
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing Japanese salad</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of common types of Japanese salad, such as: <ul style="list-style-type: none"> <li>○ Potato salad</li> <li>○ Seaweed salad</li> <li>○ Shiraae salad (boiled vegetables mixed with mashed tofu)</li> <li>○ Namasu (pickled daikon &amp; carrot salad)</li> </ul> </li> <li>• Possess basics knowledge of popular Japanese salad dressing. For examples: <ul style="list-style-type: none"> <li>○ Wafu</li> <li>○ ginger</li> <li>○ Miso dressing</li> <li>○ sesame</li> <li>○ Sanbaizu dressings</li> <li>○ Etc.</li> </ul> </li> <li>• Possess basic skills in mixing simple salad dressing, such as: vinegar dressing and miso dressing, etc.</li> <li>• Possess basic knowledge of ingredients to be used for salad. For examples: <ul style="list-style-type: none"> <li>○ Wakame and wakame stem</li> <li>○ Kombu</li> <li>○ hijiki seaweed</li> <li>○ White alga (meristotheca papulosa)</li> <li>○ Red alga (meristotheca papulosa)</li> <li>○ vegetables</li> </ul> </li> <li>• Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards</li> </ul> <p>2. Prepare Japanese salad:</p> <ul style="list-style-type: none"> <li>• Comprehend the salad and dressing recipe</li> <li>• Prepare the ingredients: <ul style="list-style-type: none"> <li>○ Acquire the required types and amount of ingredients (fresh or dried)</li> <li>○ Clean the ingredients and dry if necessary</li> <li>○ Slice into appropriate size and shape</li> </ul> </li> <li>• Prepare salad dressing: <ul style="list-style-type: none"> <li>○ Assemble required ingredients for the salad dressing according to the recipe (For example: miso, soy sauce, mirin, sesame seeds, sesame oil, rice vinegar, etc.)</li> <li>○ Assemble utensils for mixing the dressing</li> <li>○ Put the ingredients in a suitable size bowl and whisk until mixture is fused</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"> <li>• Place prepared ingredients in a bowl and pour over the dressing. Stir, and sprinkle sesame seeds on top if required and chill before serving</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> <li>• Always make fresh nutritious salads that meets health standards</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>• Assemble, clean and cut the ingredients to the standard required by the recipe or the establishment</li> <li>• Mix all the dressing ingredients and fuse them together to meet the standards of the recipe or establishment</li> <li>• Decorate and present the salad as required by the recipe</li> </ul>
Remark	Refer to 108399L1 - Produce salad dishes