

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce Japanese Miso soup
Code	108440L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Japanese food. Soup is one of the vital components of a Japanese meal and served from breakfast to evening meal. This UoC concerns competences in making the authentic Japanese soups.
Level	2
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing Japanese miso soup</p> <ul style="list-style-type: none"> • Possess basic knowledge of the steps in making Japanese soup • Possess basic knowledge of different types of miso paste, including: <ul style="list-style-type: none"> ○ Shiromiso or 'white' miso Su-zuke (vinegar) ○ Akamiso or 'red' miso Nuka-zuke (rice bran) ○ Awasemiso or 'blended' miso Shoyuzuke (Soya Sauce) • Possess basic of knowledge of different types of dashi which to be used for producing Japanese soup, including: <ul style="list-style-type: none"> ○ Awase Dashi (combination of kombu and bonito flakes) ○ Kombu Dashi (Kombukombu) ○ Iriko Dashi (dried baby anchovies/sardines) ○ Shiitake Dashi (dried shiitake mushrooms) • Possess basic knowledge and skills in preparing dashi. For example: <ul style="list-style-type: none"> ○ Place kombu in water and heat at medium heat ○ Remove kombu once the water starts to boil ○ Add the bonito flakes and simmer for about 1 minute then remove the pan from heat and let bonito soak for additional 5 minutes. ○ Strain the bonito from the dashi • Possess knowledge of basic ingredient of making Japanese soup. For examples: <ul style="list-style-type: none"> ○ Dashi ○ White-fleshed fish ○ Wakame seaweed ○ Tofu ○ Prawns ○ Shellfish ○ Fowl ○ Vegetables • Possess basic knowledge of kitchen's hygiene and food safety procedures <p>2. Produce Japanese miso soup:</p> <ul style="list-style-type: none"> • Comprehend the recipes of Japanese soup dish • Prepare ingredients to be used in the making Japanese soup. For examples: <ul style="list-style-type: none"> ○ Cut the ingredients into required size and shape such as small cubes or thin slices ○ Soak the Wake in water to reconstitute • Measure required amount of dashi according to the recipe • Pour into the saucepan and bring to a rapid simmer over medium-high heat • For miso soup, mix required amount of miso in a small bowl with required amount of dashi. Whisk until miso is entirely dissolved in the dashi with no lumps

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	<ul style="list-style-type: none"> • Pour the dissolved miso into the simmering dashi as required • Reduce to medium-low heat and add other ingredients such as tofu, wakame. The ingredients are simmered instead of being cooked. • Scatter other pre-warmed ingredients in the bowl • Add the heated soup into the bowl just before serving <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Treat food with respect and not to waste good food
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Understand the importance of dashi to the Japanese soup and able to create the required type of dashi stock suitable to match different type of Japanese soup • Select the appropriate miso paste according to the requirements in soup recipe • Control temperature to ensure the miso and other ingredients are not over-boiled which may cause chemical change and leave a bitter after taste. When making the dashi stock, over-boiling will also kill the active enzymes in miso and affect the taste and health benefits
Remark	