

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

Functional Area - Professional Skills for the Production Section

Title	Produce Japanese steam food (Mushimono)
Code	108441L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Japanese food. Steaming is a traditional cooking method that has been used in Japan for over thousands of years. This method of cooking, where steam is used to cook the food to retain their natural flavors and goodness to the maximum. This UoC concerns competences on producing Japanese steam food
Level	2
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing Japanese steaming dishes</p> <ul style="list-style-type: none"> <li>• Possess basic principle of steam cooking</li> <li>• Possess basic knowledge Japanese steam cooking method. For examples: <ul style="list-style-type: none"> <li>○ Chawanmushi.</li> <li>○ Foods are steamed in a large platter or in layers of platters in a large steamer and then portioned out individually</li> </ul> </li> <li>• Possess basic knowledge of the type of ingredients suitable for different methods. For example: Japanese savory steam egg is steamed in cups. Sweets and cakes are steamed in a steamer</li> <li>• Possess basic of knowledge of equipment used in steaming dishes, including: <ul style="list-style-type: none"> <li>○ Japanese steamer</li> <li>○ Chinese bamboo steamer</li> <li>○ Bowls or heatproof cups</li> </ul> </li> <li>• Possess basic knowledge of kitchen's hygiene and food safety procedures</li> </ul> <p>2. Produce Japanese steam dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the recipe of steam dish</li> <li>• Prepare ingredients for the steaming dish, for examples: <ul style="list-style-type: none"> <li>○ Acquire the required quantity and quality of ingredients</li> <li>○ Wash and cut ingredients to required size and shape, including: vegetables, fish, chicken, etc.</li> <li>○ Soak konbu kombu in sake (for steam sake fish/seafood dishes)</li> <li>○ Marinate meat as required</li> <li>○ Prepare ingredients and mix the dough for sweet recipe</li> <li>○ Prepare the steamer of right size and adjust the heat to required temperature</li> </ul> </li> <li>• Place the food on appropriate cookware and arrange into the steamer</li> <li>• Cook the food with careful control of temperature and time to ensure the food is cooked according to requirement</li> <li>• Garnish and serve as required by the recipe</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Treat food with respect and not to waste good food</li> </ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>• Comprehend the recipe requirements and complete the preparations for steaming process</li> <li>• Select and apply the appropriate steaming method for the recipe</li> </ul>

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	<ul style="list-style-type: none"><li>• Control temperature and time to complete the steaming of food according to the required standards of the dish</li></ul>
Remark	Also refers to 108385L1 – Produce general steam dishes