

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce Japanese simmered dishes (Nimono)
Code	108443L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Japanese food. Simmered dishes have existed in Japan for a long time and are typically eaten as part of a meal with rice and various side dishes. Nimono is a simmered dish in Japanese cuisine which generally consists of a base ingredient simmered in shiru stock flavored with sake, soy sauce, and a small amount of sweetening. This UoC concerns competences producing simmered dish-nimono.
Level	2
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing Japanese simmered dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge of common types of simmered dishes, such as: <ul style="list-style-type: none"> ○ Kakuni ○ Nizakana ○ Misoni ○ Nikujaga • Possess basic knowledge of the basic ingredients for making the stock, such as: <ul style="list-style-type: none"> ○ Dashi stock ○ Soy sauce ○ Sugar ○ Sake ○ Mirin (sweetened rice wine) • Possess basic knowledge of the common ingredients for simmered dishes, such as: <ul style="list-style-type: none"> ○ Vegetables: onions, carrots, and mushrooms ○ Starchy ingredients: kabocha pumpkin, potatoes, and taro root ○ Meats: chicken and pork ○ Fish: mackerel and salmon • Possess basic knowledge and skills for cutting vegetable and meat for simmering. • Possess basic knowledge of temperature required for simmering food, such as: maintaining the temperature just below boiling point • Possess basic knowledge of the technique for using a drop lid called “otoshi-buta” during simmering dishes • Possess basic knowledge of kitchen’s hygiene and food safety procedures <p>2. Produce Japanese simmered dishes:</p> <ul style="list-style-type: none"> • Comprehend the recipe of simmered dish • Prepare ingredients and equipment for cooking. For example: <ul style="list-style-type: none"> ○ Acquire the required ingredients ○ Measure and cut the vegetable and meat to appropriate size and shape ○ Prepare the tableware • Cooking method <ul style="list-style-type: none"> ○ Brown the meat with appropriate size pan. ○ Add required ingredients that constitute the simmering sauce for the dish (for examples: mirin, sugar, sake, and soy sauce) ○ Add required vegetables according to recipe ○ Add sufficient dashi stock or water to cover the main ingredients

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	<ul style="list-style-type: none"> • Place the “drop lid” directly on top of the food to weigh it down with the lid to keep temperature spreading evenly • Control temperature at low heat for specified time in accordance with the recipe • Garnish and serve with condiment on the side as indicated by the recipe <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"> • Comprehend the purpose of using “drop lid” during simmering of food • Apply suitable cutting technique for preparing the food ingredients for simmering • Control the heat to ensure the food are simmered to produce quality required by the recipe
Remark	Also refer to 108390L1 – Produce general stewed dishes