

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

Functional Area - Professional Skills for the Production Section

Title	Prepare and marinate Korean sides dishes
Code	108448L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Korean food. Sides dishes are normally present in a Korean meal. The most famous side dish is Kimchi which is popular in restaurants around the world due to its distinct flavor, taste and health benefits. This UoC concerns competence for marinating / producing common side dishes.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing / marinating Korean sides dishes</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of different types of Korean side dishes, such as: <ul style="list-style-type: none"> <li>○ Kimchi</li> <li>○ Namul</li> <li>○ Bokkeum</li> <li>○ Jeon</li> <li>○ Jjim</li> <li>○ Jorim</li> </ul> </li> <li>• Possess basic knowledge of main ingredients for producing side dishes. For example: <ul style="list-style-type: none"> <li>○ Napa cabbage,</li> <li>○ Korean radish (daikon)</li> <li>○ Bean sprout</li> <li>○ Garlic, scallions and ginger</li> <li>○ Korean red pepper flakes</li> <li>○ spinach</li> <li>○ Sesame oil</li> <li>○ salt</li> </ul> </li> <li>• Possess basic knowledge about fermentation and marinating method. For example: <ul style="list-style-type: none"> <li>○ Soaked in a salty brine to kill harmful bacteria</li> <li>○ Chlorinated water can inhibit fermentation. Use spring or distill water</li> <li>○ Lactobacillus bacteria convert sugars into lactic acid</li> </ul> </li> <li>• Possess the basic knowledge of principle and technique for adjusting the result of fermentation and marinating. Also understand the effects of appropriate amount of different ingredients. For example: <ul style="list-style-type: none"> <li>○ Too much garlic can make the kimchi bitter</li> <li>○ Too much ginger can make it sticky</li> <li>○ Too much red pepper powder can be too spicy</li> </ul> </li> <li>• Possess basic knowledge of tools or equipment used for making side dishes. For examples: <ul style="list-style-type: none"> <li>○ Cutting board and knife</li> <li>○ Large bowls</li> <li>○ Colander</li> <li>○ Jar with lid</li> </ul> </li> <li>• Possess basic knowledge of storing side dishes properly before use</li> <li>• Possess basic knowledge of kitchen's hygiene and food safety procedures</li> </ul> <p>2. Prepare/marinate Korean sides dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the side dish recipes</li> </ul>

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	<ul style="list-style-type: none"> <li>• Preparations Prepare the ingredients. For example: <ul style="list-style-type: none"> <li>○ Select and assemble the required ingredients</li> <li>○ Measure and weight the ingredients according to the recipe</li> <li>○ Wash and clean ingredients, utensils, and tools</li> </ul> </li> <li>• Cut and brine the ingredients <ul style="list-style-type: none"> <li>○ Cut the ingredients to the appropriate size and shape.</li> </ul> Place into the bowl <ul style="list-style-type: none"> <li>○ Kill harmful bacteria by adding salt. massages Massage the salt into ingredients until soften. Add water to cover the ingredients and leave stand for 1 to 2 hours</li> <li>○ Rinse the ingredients under cold water and drain in a colander</li> </ul> </li> <li>• Make the paste. <ul style="list-style-type: none"> <li>○ Combine the ingredients (garlic, ginger, red pepper powder, etc.) with sufficient water in a small bowl</li> </ul> </li> <li>• Marinating <ul style="list-style-type: none"> <li>○ Combine the vegetable with paste until they are thoroughly coated</li> <li>○ Pack the ingredients into the jar. Leave at least 1 inch of headspace. Seal the jar with the lid</li> <li>○ Let the jar stand at room temperature for 1 to 5 days, according to the recipe.</li> <li>○ Check the ingredients daily, pressing down to keep them submerged under the brine and release gases from the jar</li> </ul> </li> <li>• Test the taste. Transfer the jar to the refrigerator or cool place for storing and ready for use</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Comply with food safety requirements to ensure produced food are of highest quality and safe for consumption</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 all the required ingredients and tools appropriately and prepare for producing side dishes without any hindrance or interruption</li> <li>• Consider different factors to ensure appropriate fermentation. For example: room temperature, types of ingredient used, etc.</li> <li>• Select and assemble the right quantity and quality of vegetable used to prepare the side dishes that meets the recipe and/or establishment's standards</li> </ul>
Remark	<p>Note: many of the side dishes need short time for fermentation time</p>