

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

Functional Area - Professional Skills for the Production Section

Title	Prepare Korean stone pot rice dishes (dolsot-bap)
Code	108449L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Korean food. A dolsot is a Korean granite stone bowl used in Korean cooking and serving, and most notably used in dolsot bibimbap-Korean stone pot mixed rice. This UoC concerns competences in cooking general Korean rice dishes using traditional granite stone bowl.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing Korean stone pot rice dishes</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of common types of stone pot rice dishes, for examples: <ul style="list-style-type: none"> <li>○ Bibimbap</li> <li>○ Yukhoe bibimbap</li> <li>○ Gulbap</li> </ul> </li> <li>• Possess basic knowledge of the benefits of using dolsot, such as: <ul style="list-style-type: none"> <li>○ Retains heat well. - it can continue to cook the food after removed from heat source</li> <li>○ It can be used as a serving ware</li> <li>○ As a porous material which absorbs water, dolsot releases moist during cooking and make the cooked food moist, juicy and tender</li> </ul> </li> <li>• Possess basic knowledge of caring for the dolsot. For example: <ul style="list-style-type: none"> <li>○ Cleaning</li> <li>○ Avoid sudden huge temperature change</li> <li>○ Heating and cooling the dolsot</li> </ul> </li> <li>• Possess basic knowledge of the type of rice for Korean stone pot rice, such as: short grain rice</li> <li>• Possess basic knowledge of cooking Korean white rice or multigrain rice</li> <li>• Possess basic knowledge of equipment or method of cooking Korean stone pot rice dishes, such as: <ul style="list-style-type: none"> <li>○ Rice cooker</li> <li>○ Korean stone pot (dolsot)</li> <li>○ Sautee pan</li> </ul> </li> <li>• Possess basic knowledge of kitchen's hygiene and food safety procedures</li> </ul> <p>2. Prepare Korean stone pot rice dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the Korean stone pot rice dishes recipe</li> <li>• Preparations for cooking Korean stone pot rice. For example: <ul style="list-style-type: none"> <li>○ Acquire and cook the rice</li> <li>○ Acquire other ingredients for the stone pot rice (meat, bean sprouts, carrots, mushroom, spinach, radish, etc.)</li> <li>○ Prepare the vegetables and sauces for the stone pot rice, including cutting vegetable into required size and shape and sauté the ingredient individually</li> <li>○ Assemble all utensils and tools used for the cooking process, including the dolsot</li> </ul> </li> <li>• Place your dolsot over the stove and let it heat up. Coat the surface of the dolsot with some sesame oil</li> <li>• Spoon the required amount of cooked rice into the dolsot</li> </ul>

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	<ul style="list-style-type: none"> <li>• Arrange the vegetables and meat ingredient, according to the recipe, on top of the rice, leaving a space in the middle for the raw egg</li> <li>• Cover the lid and cook over low heat for 10-15 minutes which scorch the rice at the bottom of the pot but without burning</li> <li>• Prepare for serving by cracking the egg into the middle</li> <li>• Serve the stone pot rice dish with hot sauce or other side dishes as required by the recipe</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, acquire and prepare all the ingredients for cooking of the stone pot rice dishes</li> <li>• Heat the stone pot to the appropriate temperature and coat the pot with sufficient amount of oil that prevent the rice and other ingredients sticking to the pot when served</li> <li>• Control the cooking time and heat. After all ingredients have been arranged into the pot, scorch the rice at the bottom of the pot without burning</li> </ul>
Remark	Refer to 108410L1 – Prepare Japanese rice