

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

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| Title | Prepare Korean ginseng chicken soup |
| Code | 108450L2 |
| Range | This unit of competency is applicable to all catering food production practitioners involved in preparing Korean food. Korean ginseng chicken soup is the one of the most popular food served in the summer in Korea. This UoC concerns competence for cooking Korean ginseng chicken soup including selecting appropriate type of chicken and ginseng as well as the preparation of the dish. |
| Level | 2 |
| Credit | 2 |
| Competency | <p>Performance Requirements</p> <p>1. Knowledge for preparing Korean ginseng chicken soup</p> <ul style="list-style-type: none"> • Possess basic knowledge of the custom about Korean ginseng chicken soup • Possess basic knowledge of the main ingredients of Korean ginseng chicken soup, such as: <ul style="list-style-type: none"> ○ Chicken ○ Ginseng (fresh is preferred) ○ Garlic ○ Glutinous rice ○ Jujubes (Korean red date) • Possess basic knowledge of different types of ginseng and their properties. For example: <ul style="list-style-type: none"> ○ Korean ginseng (red ginseng) – Warming properties, most potent and helps reduce fatigue, etc. ○ American ginseng – Cooling properties ○ Siberian ginseng – Not a true ginseng • Possess basic knowledge of suitable chicken to use. For example: <ul style="list-style-type: none"> ○ A poussin, or "spring chicken," ○ Cornish hen • Possess basic knowledge of kitchen's hygiene and food safety procedures <p>2. Prepare Korean ginseng chicken soup:</p> <ul style="list-style-type: none"> • Comprehend the Korean ginseng chicken soup recipe • Preparations for cooking Korean ginseng chicken soup. For example: <ul style="list-style-type: none"> ○ Select and acquire the appropriate type and size of chicken ○ Clean the chicken ○ Select and acquire appropriate ginseng ○ Soak rice and ginseng (if using dried type) as required • Stuff the chicken with rice, garlic and other ingredients specified by the recipe. • Depending cooking recipe of the establishment ginseng, garlic and jujubes are either placed inside the chicken with the rice or placed in the liquid for making the soup or both • Tightly close the chicken cavity with a toothpick or a small skewer to prevent rice flow out during cooking • Place the chicken in pan and add water / stock until just covers the chicken • Bring to boil then reduce heat to medium low until chicken is cooked or time specified y recipe • Prepare for serving by transfer the chicken to a hot stone pot or other appropriate tableware |

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| | <p>3. Exhibit professionalism</p> <ul style="list-style-type: none">• Ensure the quality of food in accordance to the food safety standards. |
| Assessment Criteria | <p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none">• Select suitable type and size of chicken for the dish• Select ginseng type for cooking the Korean ginseng chicken soup based on the establishment's recipe• Control the cooking temperature during the boiling process to ensure the chicken and filling are cooked in accordance to recipe. |
| Remark | |