

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce Thai fish dishes
Code	108459L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Thai food. There are various cooking methods for Thai style fish including pan-frying, baking, grilling, deep-frying, steaming, and used for preparing soup. It concentrates on competence for preparing whole grilled fish (Pla pao) and sauces. The competence can be applied to grilling other kind of fish dishes.
Level	2
Credit	2
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing Thai style fish</p> <ul style="list-style-type: none"> • Possess basic knowledge of different types of fish that suitable for cooking in Thai style. For example: <ul style="list-style-type: none"> ○ Snapper ○ Sea bream ○ Seabass ○ Whitefish • Possess basic knowledge and skills in preparing the fish, such as: <ul style="list-style-type: none"> ○ Gutting ○ Deboning ○ Marinating • Possess basic knowledge of temperature controlling techniques for various types of cooking. • Possess basic knowledge and skills in determining when the fish is cooked. For examples: <ul style="list-style-type: none"> ○ The fish feels firm by touching ○ The white salted skin has turned crusty and golden ○ Check the internal temperature of the thickest part of fish • Possess basic knowledge in determine freshness of fish • Possess basic knowledge of kitchen's hygiene and food safety procedures <p>2. Prepare Thai style fish:</p> <ul style="list-style-type: none"> • Comprehend the recipe • Gather fish and ingredients for cooking, including: <ul style="list-style-type: none"> ○ Acquire the fish according to the recipe (appropriate type and size) ○ Gut and clean the fish ○ Assemble, cut and chop other ingredients such as stuff lemongrass, shallot and kaffir lime leaves into the fish ○ Debone the fish according the recipe if necessary • Cook the fish: <ul style="list-style-type: none"> ○ Preheat the required utensils to optimum temperature ○ Place the fish to the utensils • Serve the fish with dipping or condiment if necessary <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment

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Assessment Criteria	The integrated outcome requirements of this UoC are the abilities to: <ul style="list-style-type: none">• Select suitable types of fish according to the way of cooking• Prepare other ingredients in accordance to the recipe• Apply appropriate technique and judge the optimal timing for cooking according to the recipe
Remark	