

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare and make sushi
Code	108477L3
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing Japanese food. Sushi is the worldwide famous Japanese dish and there are many types of sushi. Sushi is not just about the freshness and high quality of the ingredients. It also concerns about the quality of rice. This UoC concerns competences in the preparations as well as the making of sushi.
Level	3
Credit	3
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing and making sushi</p> <ul style="list-style-type: none"> • Possess basic knowledge of different types/styles of sushi, such as: <ul style="list-style-type: none"> ○ Nigirizushi: hand-pressed sushi ○ Chirashizushi: scattered sushi ○ Inarizushi: a pouch of fried tofu (abura age) filled with sushi rice ○ Oshizushi: pressed sushi ○ Makizushi: rolled sushi • Possess basic knowledge of equipment or method of making sushi, including: <ul style="list-style-type: none"> ○ Rice cooking tools ○ Wooden sushi rice bucket (Sushi Oke/Hangiri) ○ Bamboo Rice Paddle ○ Bamboo Rolling Mat ○ Knife • Possess basic knowledge and skills in preparing sushi rice, including: <ul style="list-style-type: none"> ○ Using appropriate rice types ○ Acidity balance - adding appropriate amount of vinegar ○ Storing of cooked sushi rice • Possess basic knowledge of kitchen's hygiene and food Safety procedures <p>2. Prepare and make sushi:</p> <ul style="list-style-type: none"> • Comprehend the sushi type recipes • Perform preparation including: <ul style="list-style-type: none"> ○ Acquire and prepare the primary ingredients (fish, shrimp, shellfish, etc.) ○ Accurately measure quantity of ingredients (seasoned vinegar, wasabi, pickled ginger, soy sauce, garnish, condiments, etc.) ○ Assemble and ensure cleanliness of sushi making tools, rice cooking equipment, etc. ○ Acquire the appropriate amount and type of rice (Japonica) and acquire appropriate size pan/pot for cooking use ○ Wash and rinse the rice repeatedly until water is almost clear. Cook the rice according to required temperature and duration • Prepare sushi rice: <ul style="list-style-type: none"> ○ Pour the cooked rice into wooden bucket ○ Quickly cool it off using a fan ○ Slowly mix the seasoning with the rice (vinegar, salt, sugar and Japanese rice wine) ○ Cover rice with wet cloth • Prepare sushi:

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	<ul style="list-style-type: none"> ○ Place sushi rice in hand, gently slap into shape using two fingers and a cupped palm, add wasabi if required and main fresh ingredient (fish, shrimp, etc.) ○ For roll sushi, rice is spread on a piece of nori. Place major ingredients in the center and roll into a cylinder using a rolling mat. Then slice crosswise into serving size ○ Etc. <ul style="list-style-type: none"> ● Present and serve sushi with required garnishes, sauces, dips and accompaniments. <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> ● Perfecting the art of making sushi rice ● Comply with food safety requirements to ensure produced sushi are of highest quality and safe for consumption
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> ● Select and acquire major ingredients that are fresh in quality required by the establishment's standards and the recipe ● Prepare the sushi rich with appropriate seasoning to deliver the texture and taste that is required by the establishment and recipe ● Prepare the sushi using appropriate preparation method according to the sushi recipe and present the sushi to the standard required by the establishment for serving
Remark	