

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

Functional Area - Professional Skills for the Production Section

Title	Apply basic cooking methods and techniques
Code	109643L1
Range	This unit of competency is applicable to staff from different production sections in the catering industry. While working in restaurants or relevant workplaces, practitioners should be able to carry out pre-processing procedures of cooking under guidance.
Level	1
Credit	6
Competency	<p>Performance Requirements</p> <p>1. Acquire knowledge of basic cooking techniques:</p> <ul style="list-style-type: none"> <li>• Classify, illustrate and apply the major category of cooking techniques and skills, including: <ul style="list-style-type: none"> <li>○ Concepts and types of cooking techniques, and preferable temperature degree</li> <li>○ Describe and apply principles, methods and key points of using cooking methods and its temperature degree</li> <li>○ Illustrate and apply cooking methods used in pre-preparation of food commodities, such as: <ul style="list-style-type: none"> <li>▪ marinating</li> <li>▪ pre-cook (blanching) – water-base-oil base</li> <li>▪ searing / coloring</li> </ul> </li> </ul> </li> <li>• Demonstrate and apply basic necessary steps prior to pre-preparation of basic cooking methods, including: <ul style="list-style-type: none"> <li>○ Definition and types of resources needed to complete the final cooking steps</li> <li>○ Functions of pre- and final cooking methods <ul style="list-style-type: none"> <li>▪ Controlling product quality</li> <li>▪ Preparing for large-scale banquets</li> <li>▪ Apply and perform the skills of various pre-cook and final cooking methods</li> </ul> </li> </ul> </li> </ul> <p>2. Apply basic cooking techniques:</p> <ul style="list-style-type: none"> <li>• Apply basic cooking techniques in either pre-cooking phase and / or final cooking stage and highlight the key factor outcome</li> <li>• Apply and demonstrate basic skills in cooking methods such as: <ul style="list-style-type: none"> <li>○ Water heating up</li> <li>○ Boiling</li> <li>○ Deep-frying</li> <li>○ Blanching</li> <li>○ Poaching</li> <li>○ Sautéing</li> </ul> </li> <li>• Apply basic cooking methods and skills to enhance the required cooking outcome : <ul style="list-style-type: none"> <li>○ Use appropriate methods of containing food and follow the concepts, requirements and methods of containing food</li> </ul> </li> <li>• Classify, able to differentiate and applies seasonings skills and its application method <ul style="list-style-type: none"> <li>○ Able to identify the variants and components of compound seasoning; such as: <ul style="list-style-type: none"> <li>▪ Salty and scent</li> <li>▪ Hot and spicy</li> <li>▪ Specialty Taste</li> </ul> </li> <li>○ Definiate types of seasonings that are served with dishes; and applies their preparation method; such as:</li> </ul> </li> </ul>

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	<ul style="list-style-type: none"><li>▪ Spice marinate mixture dried / wet</li><li>▪ Minced Garlic Sauces</li><li>▪ Sweet Soybean sauces</li></ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"><li>• Always apply basic cooking techniques in a professional and focused manner during work</li></ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"><li>• Identify, apply and demonstrate various cooking methods and basic skills of various cooking techniques under guidance, including concept of moist heat and dry heat.</li><li>• Know about the basic cooking methods and its techniques.</li></ul>
Remark	