

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare ingredients for cooking
Code	109644L1
Range	This unit of competency is applicable to all catering food production practitioners. No matter what size of the restaurant (establishment), pre-preparation of ingredients in advance is necessary, even just cooking a simple recipe. This UoC concerns competences preparing ingredients. Ingredients can be a variety of vegetable, meat, herbs, etc.
Level	1
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing ingredients for cooking</p> <ul style="list-style-type: none"> • Possess basic knowledge of the advantages and disadvantages of preparation of ingredients in advance (Mise en Place). For example: <ul style="list-style-type: none"> ○ Loss of food quality aspects due to preparation in advance ○ Multi-tasks work assignments in the kitchen ○ No missing ingredients during cooking • Possess basic knowledge of different preparation techniques to be used in preparing different ingredients, including but not limited to the following: <ul style="list-style-type: none"> ○ Selecting raw-ingredients ○ Measuring of food commodities ○ Washing, trimming, straining ○ Cutting, chopping, slicing, peeling, dicing, tounring ○ Mixing, marinating, soaking, coating ○ Defrosting, storage ○ Storing • Possess basic knowledge of the order for preparing ingredients such as placing/storing in the refrigerator to facilitate speed cooking. For example: vegetables, meat, fish, etc. • Possess basic literacy skill to read and understand recipes, and work procedures • Possess basic knowledge of food hygiene regulation for handling and storing food as well as food shelf life • Possess basic knowledge of kitchen's general Occupational health and safety, including fire hazards <p>2. Prepare ingredients for cooking:</p> <ul style="list-style-type: none"> • Comprehend the recipe or instructions for the preparation of ingredients • Assemble the appropriate tools or equipment for the task. For example: <ul style="list-style-type: none"> ○ Knives, ○ Utensils, ○ Crockery, ○ Scale, etc. • Select and weight the appropriate amount of ingredients according to the recipe and avoid wastage • Wash and dry ingredients according to the need of different types of ingredients • Cut, chop, or slice the ingredients to appropriate size as required by the recipe or instruction • Mix, marinate, and glaze in accordance with recipe or instruction • Sort and arrange ingredients according to their type and quantity

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	<ul style="list-style-type: none"> • For storing, follow food safety regulation and establishment's procedure for stock rotation to place into prepared storage area, such as: dry store, cold room, fridge, freezer, etc. • Clean work area and equipment in accordance with the establishment's procedures <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Follow the organization or kitchen rules to maintain cleanliness of equipment and environment • Avoid food wastage by not over prepared ingredients for use or exceeded stored shelf life
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Understands the importance of having all the ingredients being well prepared and ready for cooking • Use appropriate preparation method or techniques to select, measure, wash, cut the ingredients that complied with the recipe or instructions requirements • Follow the hygiene standards and establishment's procedures to package and store the ingredients in appropriate storage area under appropriate temperature
Remark	