

**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 and cook poultry dishes  |
| Code       | 109651L2   |
| Range      | This unit of competency is applicable to all catering food production practitioners. Poultry is a versatile meat that is suitable for many different methods of cooking. However, it is important to make sure that it is not overcooked. Although poultry include turkey, duck, quail, goose, pigeon, but chicken is the most common type. This UoC will concentrate on competences for preparing and cooking poultry (mainly chicken) dishes using raw “ready to cook” packaged poultry.   |
| Level      | 2  |
| Credit     | 2  |
| Competency | <p>Performance Requirements</p> <p>1. Knowledge for preparing and cooking poultry dishes</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge of different methods of cooking poultry, such as: <ul style="list-style-type: none"> <li>○ Roasting, grilling, baking</li> <li>○ Sautéing</li> <li>○ Poaching, steaming, stewing, braising</li> <li>○ Deep and shallow frying</li> <li>○ Simmering in flavored stock</li> </ul> </li> <li>• Possess basic knowledge of the anatomy of poultry, and which part is considered to be white or dark meat</li> <li>• Possess basic knowledge of different techniques to judge when poultry is cooked, including: <ul style="list-style-type: none"> <li>○ Using thermometer</li> <li>○ Judging the juices of the meat</li> <li>○ Judging the looseness of the thighs and wings</li> </ul> </li> <li>• Possess basic knowledge of storage and defrosting requirements, if frozen, as well as the safe cooking temperature (165°F) for all poultry to kill of bacteria</li> <li>• Possess basic knowledge of techniques or methods of defrosting poultry, including: <ul style="list-style-type: none"> <li>○ In refrigerator</li> </ul> </li> <li>• Possess good knowledge of kitchen’s occupational health and safety, principles and practices of hygiene, particularly in relation to cross- contamination</li> </ul> <p>2. Prepare and cook poultry dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the recipe</li> <li>• Prepare poultry and equipment for cooking, including: <ul style="list-style-type: none"> <li>○ Selecting and acquiring the poultry, including quantity, type, age and size that match the recipe</li> <li>○ Defrosting</li> <li>○ Select (oven, pan, steamer, grill, rotisserie, etc.) and prepare cooking equipment according to the cooking method, for example: <ul style="list-style-type: none"> <li>▪ Select the right size cooking equipment</li> <li>▪ Pre-heat oven and heat up the oil</li> <li>▪ Grease the pan</li> </ul> </li> <li>○ Cut, fillet, debone, skinned, and/or marinate poultry according to recipe</li> <li>○ Weight, measure and mix other ingredients to meet dish requirements</li> <li>○ Stuffing if necessary</li> </ul> </li> <li>• Season and flavor poultry before cooking</li> </ul> |

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|                     | <ul style="list-style-type: none"> <li>• Cook the poultry to meet recipe requirements using appropriate cooking methods. Also, ensure the poultry not to be over or under cooked by taking into considerations of various cooking factors, such as: <ul style="list-style-type: none"> <li>○ Temperature</li> <li>○ Duration</li> <li>○ Size of the poultry</li> </ul> </li> <li>• Place cooked poultry on serving plate and finish using appropriate methods to meet dish requirements</li> <li>• Wash, clean and store the cooking equipment according to the establishment procedures</li> </ul> <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> <li>• Follow the organization or kitchen rules to maintain cleanliness of equipment and environment</li> <li>• Follow the prevention of Avian Influenza (flu) by the Centre for Food Safety by Hong Kong Government</li> </ul> |
| Assessment Criteria | <p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> <li>• Prepare the poultry and other ingredients to meet the requirement of the dish. And take extra care of ensuring no cross cross-contamination during preparation by following hygiene procedures and standards</li> <li>• Select the appropriate cooking method and well prepare the equipment to cook the poultry according to the recipe</li> <li>• Judge when the poultry is properly cooked according to the recipe requirement by apply appropriate techniques and taking into various cooking factors</li> </ul>  |
| Remark              |   |