

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare and cook meat dishes
Code	109652L2
Range	This unit of competency is applicable to all catering food production practitioners. Meat has large amount of protein and many other nutrients like iron, zinc and selenium, which are beneficial to our body. However, preparing and cooking meat requires skills and techniques that can be testing for many cooks. This UoC will concentrate on competence for preparing and cooking meat dishes.
Level	2
Credit	3
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing and cook meat dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge of the application methods and outcome of applying speed vs heat principle of cooking meat. Such as: <ul style="list-style-type: none"> ○ Quick and high ○ Slow and low • Possess basic knowledge of how to choose meat for different recipe and application of correct cooking methods. For example: <ul style="list-style-type: none"> ○ Different cuts / parts / anatomy of animals ○ Marbling of meats and its effect in texture, taste and cooking process ○ Wet aged and dry aged meats ○ Meat textures in raw stage and feed affection on meats • Possess basic knowledge different methods of cooking meat, such as: <ul style="list-style-type: none"> ○ Roasting, grilling (barbecuing), broiling, baking ○ Sautéing, stir frying, pan-frying ○ Poaching, stewing, braising ○ Deep frying • Possess basic knowledge of grounding and mixing, tenderizing, marinating and seasoning of meat . • Possess basic knowledge of selecting and applying cooking equipment to use. • Possess basic knowledge of different techniques to judge when meat is cooked. For example: <ul style="list-style-type: none"> ○ Using thermometer to determine the inner temperature of the meat ○ Judging the juices of the meat • Possess basic knowledge of kitchen's Occupational health and safety, principles and practices of hygiene, particularly in relation to cross-contamination <p>2. Prepare and cook meat dishes:</p> <ul style="list-style-type: none"> • Comprehend the recipe • Prepare meat and equipment for cooking, including: <ul style="list-style-type: none"> ○ Selecting and acquiring the right cut of meat, appropriate quantity ○ Cut or the meat against the grain as required by recipe ○ Marinate, seasoning of meats for roasting or deep frying ○ Select (oven, pan, grill, rotisserie, etc.) and prepare cooking equipment according to the cooking method, for example: <ul style="list-style-type: none"> ▪ Used appropriate cutting knife to skin, cut off fat, de-boning, etc. ▪ Select the right type and size cooking equipment ▪ Pre-heat oven, heat up oil ▪ Grease the pan

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	<ul style="list-style-type: none"> • Use appropriate cooking method to cook the meat to the recipe requirements and ensure the meat is not over or under cooked by taking into considerations of various cooking factors, such as: <ul style="list-style-type: none"> ○ Temperature ○ Duration ○ Size and quantity of the of meat ○ Thawing meat before cooking • Cut, carve or portioned cooked meat and placed on serving plate with garnishing and finishing methods to meet dish requirements • Wash, clean and store the cooking equipment according to the establishment 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
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Prepare the meat and other ingredients to meet the requirement of the dish. And taken extra care of ensuring no cross cross-contamination when preparing the meat for cooking by following hygiene procedures and standards • Select the appropriate cooking method and use the equipment to prepare and cook the meat according to the recipe • Judge when the meat is properly cooked according to the recipe or customer's requirement by apply appropriate techniques and taking into various cooking factors
Remark	