

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

Functional Area - Professional Skills for the Production Section

Title	Prepare Italian pasta dishes
Code	109654L2
Range	This unit of competency is applicable to all catering food production practitioners. Italian Pasta is a universal enjoyed food and one of the world's most popular stable dishes, ahead of meat, rice and pizza. Spaghetti is the most well-known type of pasta. There are over 600 different types and shapes of pasta in Italy. This UoC concerns competence in producing common Italian pasta dishes in Hong Kong using ready to cook pasta (dried or fresh).
Level	2
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing Italian pasta dishes</p> <ul style="list-style-type: none"> <li>• Possess basic knowledge and describe the characteristics and differences between fresh egg pasta, fresh pasta and dried pasta. For example: <ul style="list-style-type: none"> <li>○ Storage of Italian pasta</li> <li>○ Sauces to be used: wide and tuber pasta with hearty meaty sauces; long, skinny thin pasta with seafood, oil or cream based sauces; twisted pasta with smooth sauces; others with a filling</li> <li>○ Cooking time: pasta takes an average 8-12 minutes</li> </ul> </li> <li>• Possess good knowledge of when to use dried or fresh pasta. For example: <ul style="list-style-type: none"> <li>○ Possess basic knowledge of knowing when pasta is cooked to perfection i.e. “al dente”</li> <li>○ Possess basic knowledge why salt is used during the boiling of the pasta</li> <li>○ Possess knowledge when to keep pasta water for preparation of sauces</li> </ul> </li> <li>• Possess basic knowledge the equipment and utensils to be used in cooking pasta dishes, such as: <ul style="list-style-type: none"> <li>○ Large pot</li> <li>○ Pasta Tongs, colander</li> <li>○ Timer</li> </ul> </li> <li>• Possess basic knowledge of kitchen’s hygiene and food safety procedures</li> </ul> <p>2. Prepare pasta dishes:</p> <ul style="list-style-type: none"> <li>• Comprehend the pasta recipe</li> <li>• Preparations for cooking of pasta dish. For example: <ul style="list-style-type: none"> <li>○ Assemble the cooking utensils</li> <li>○ Acquire the appropriate pasta required by the dish</li> <li>○ Assemble and ready other ingredients</li> </ul> </li> <li>• Fill a large pot with water and bring to boil</li> <li>• Add salt to the water according to the establishment’s stated quantity</li> <li>• Add the pasta (slowly) to the boiling water. Stir to prevent pasta sticking together.</li> <li>• Start timing when the water returns to boil. Most pastas cook in 8 to 12 minutes or as stated by package instruction</li> <li>• Monitor and check whether the pasta is cooked and “al dente” is achieved.</li> <li>• Finish cooking the pasta dish according to the recipe. For example: <ul style="list-style-type: none"> <li>○ Toss in simmering sauce,</li> <li>○ Add final touch to enhance as per recipe</li> </ul> </li> <li>• Serve as required by the dish</li> </ul>

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	<p>3. Exhibit professionalism</p> <ul style="list-style-type: none"><li>• Produce the best pasta dish that comply with the establishment's standards</li><li>• Pasta can be served as appetizer in Italy by half portion.</li></ul>
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"><li>• Appropriately select the right type (fresh or dried) of pasta for the dish according to the recipe.</li><li>• Cook the pasta appropriately with texture meeting the "al dente" requirement</li><li>• Apply appropriate sequence of cooking pasta to ensure the production of required quality.</li></ul>
Remark	