Functional Area - Professional Skills for the Production Section

Title	Prepare Italian risotto dishes
Code	109656L2
Range	This unit of competency is applicable to all catering food production practitioners. Risotto is a northern Italian rice dish. Normally, this rice dish is cooked in a broth to a creamy consistency. The broth can be derived from meat, fish, or vegetables. This UoC concerns competence in producing basic risotto using freshly made stock. Although the number of recipes for risotto is endless, the basic cooking technique remains the same for all.
Level	2
Credit	2

Competency	Performance Requirements
	1. Knowledge for preparing Italian risotto
	
	• Possess basic knowledge and is able to describe the of characteristics of Italian risotto, for example:
	    o Origin and rice plantation
	    o rich and creamy
	    o Pre preparation (not to be pre-rinsed, boiled, or drained)
	    o all'onda (wavy, or flowing in waves)
	• Possess basic knowledge of the types of rice (short- to medium-grain round that are high in amylopectin) suitable for cooking risotto. For example:
	    o Arborio: the most common rice of choice
	    o Carnaroli or Vialone Nano with good balance between creaminess and intact texture
	• Possess basic knowledge of making high-quality stock or broth, measure the appropriate quantity and bring to a simmer before starting to cook
	• Possess butter or olive oil to contribute a sweet, rich flavor to a risotto. Add the grated Parmesan or Romano cheese as close to service time to assure the best flavor.
	• Possess basic techniques of adding stock during the cooking of risotto. For example:
	    o small amount of simmering stock is added at the beginning
	    o Stir the rice constantly until the stock is absorbed
	    o Add another ladle and repeat the steps needed until the rice is plump and the broth is creamy
	• Possess basic knowledge of the equipment and utensils to be used for making risotto. Such as:
	    o High-sided sauté pan or Dutch oven or risotto pot
	    o Saucepan
	    o Spatula
	    o Ladle or measuring scoop
	• Possess basic knowledge of kitchen's hygiene and food safety procedures
	
	2. Prepare Italian risotto:
	
	• Comprehend recipe
	• Prepare for cooking of risotto:
	    o Measure and cut the ingredients required by the risotto recipe
	    o Make the stock from scratch or warm the pre-made fresh stock in a saucepan
	• In a separate pan or risotto pot, saute the chopped onion, shallot or leek at low heat to soft but not colored
	• Add the rice. Lightly coat the rice and stir until slightly translucent
	• Deglaze with white wine and reduce

Functional Area - Professional Skills for the Production Section

<table>
<tr>
<td></td>
<td>

Add first ladle of hot stock and a pinch of sea salt. Turn the heat down to a simmer and continue to stir until stock is absorbed
Keep adding ladleful of stock and stir until the creamy starch is out of the rice. Allow each ladleful of stock to be absorbed before adding the next. This will take around 20 minutes
Check the rice regularly until it's "al-dente"
Remove the pan from heat and add some butter and cheese such as: Parmesan. Stir well. Then place a lid on the pan and allow to sit for 2 minutes
Serve as basic risotto immediately on heated plates or pasta plates. Alternatively add other ingredients as required by recipe

3. Exhibit professionalism

Follow the establishment's kitchen rules to maintain cleanliness of equipment and environment
Follow good practices of the establishment to make risotto dishes

</td>
</tr>
<tr>
<td>Assessment Criteria</td>
<td>The integrated outcome requirements of this UoC are the abilities to:

Appropriately assemble, measure and prepare all ingredients for cooking the risotto dish. Prepare required amount of stock or heat up appropriate amount of pre-made fresh stock from fridge
Able to select the appropriate type of rice for cooking the risotto
Apply the cooking techniques that prevent rice from sticking or forming lumps and produce a creamy texture. Being able to determine when the risotto is appropriately cooked

</td>
</tr>
<tr>
<td>Remark</td>
<td>Refer to 108397L1 – prepare stock</td>
</tr>
</table>