

## Assessment Task 2

### SITHCCC005 Prepare dishes using basic methods of cookery

#### Assessment Submission details:

1. Please include following details on the top of your assessment:

- Your Name
- Your Student Id
- Your Trainer's name
- Title of your Assessment
- Assessment Due Date
- Actual Submission Date

Please Note: Any changes in the assessment due date must be approved by your trainer.

1. This assessment can be hand written or in Microsoft word format. Following settings should be made for this assignment to keep consistency among all the assessments:

Body text	Page setup
<ul style="list-style-type: none"> <li>• Font: Times New Roman</li> <li>• Font size: 12 point</li> <li>• Line spacing: Double</li> <li>• Text style: Normal</li> </ul>	<ul style="list-style-type: none"> <li>• Top: 2.54 cm</li> <li>• Bottom: 2.54 cm</li> <li>• Left: 3.17 cm</li> <li>• Right: 3.17 cm</li> <li>• Header: 1.25 cm</li> <li>• Footer: 1.25 cm</li> </ul>

2. If hand written assessments are submitted, hand writing needs to be clear and legible.
3. Do not forget to attach the Cover Sheet at the front of the assessment.
4. Make sure you have signed the Cover sheet to declare this is your own work.
5. You can e-mail this assessment to your trainer's e-mail address with following details:  
In 'subject' mention your 'student Id – Your name'.

#### Achieving Competence:

To be deemed competent in this assessment you must:

- Correctly address all of the assessment requirements as described in this task
- Correctly address all of the submission instructions
- Successfully complete the Assessment Questions
- Submit assessment on or before the due date with an assessment cover sheet

## Performance objective:

The purpose of this assessment is to assess your knowledge required to complete the tasks outlined in elements and performance criteria

## Assessment description:

You are required to address each question in Part A. Once you have completed all questions, check all responses and calculations and complete each task of Part B as outlined below, following the relevant recipes, Work Place Health and Safety practices and Hygiene procedures as instructed during the training sessions. Your trainer will be providing you with feedback.

## Assessment Questions:

### **Part A**

Answer all questions below. Each question must be addressed to demonstrate competence

Question 1: Provide 6 examples of how you would identify the required food quantities to be prepared to enable you to select ingredients and prepare your mise en place for the shift?

Examples:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Question 2: You have identified the food requirements for the dishes you have to prepare for service. List 3 details you must check when collecting these from storage areas or upon delivery from stores to ensure quality and freshness and prevent spoilage?

Details to be checked:

- 1.
- 2.
- 3.

Question 3: Complete the following table relating to the common methods of cookery, providing details for:

- The definition and principles
- a menu example for each method of cookery using protein or dairy as a main ingredient
- a menu example for each method of cookery using vegetables, farinaceous or fruit as a main ingredient

Method of Cookery	Definition	Menu example Meat or dairy product	Menu example vegetable or farinaceous product
Boiling			
Steaming			
Poaching			
Stewing			
Braising			
Roasting			
Grilling			
Baking			
Shallow-frying, sautéing and stir-frying			
Deep-frying			
Microwaving			

Question 4: Choose 4 methods of cookery and list the suitable equipment that is used for these (no repetitions)?

Method of cookery	Equipment used
1.	
2.	
3.	



Question 8: How does the location of muscle in an animal affect your choice of cookery method for the preparation of a dish? How does this affect economic aspects in commercial cookery?

The effect of location of muscle in an animal on preparation and cookery method used

Question 9: What is the meaning of cold water start and hot water start when applied to vegetables? Provide examples and reasons?

Cold water start

Hot water start (blanching)

Question 10: Provide 5 aspects which should be applied to ensure even cooking when using a microwave oven?

**Provisions for microwave cookery**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Question 11: What is the correct procedure for preparing and cooking pulses?

--

Question 12: Why is teamwork important in a commercial kitchen? Provide examples for typical communication requirements to ensure efficient preparation, cooking and service of food items?

Importance of teamwork
------------------------

Examples for communication requirements
---

Question 13: Lunch service has concluded. You have various foods in left your mise en place and your workstation needs to be cleaned for the next shift. List the processes required to store left-over foods correctly and the requirements to clean and sanitise your section to meet food safety standards?

Food Safe Storage requirements	Cleaning and Sanitation	Specific areas and equipment that need to be cleaned


#### 14. Calculation

The recipe below yields 3 portions. Calculate the required ingredients to yield 18 portions and enter the results in the grey marked fields?

#### Standard Recipe Card

Name of dish: **Tandoori Chicken**

Portions: **3**

Commodities		3 Portions	18 Portions
Item	Specification	Weight kg/l/Unit	Weight kg/l/Unit
Chicken	Breast	0.240 kg	.....kg
Tandoori	Paste	0.010 kg	.....kg
Yoghurt		0.090 kg	.....kg
Mesclun	Lettuce	0.030 kg	.....kg
Cucumber	Telegraph	0.250 ea	.....ea
Tomatoes	Grape	0.500 pun	.....pun
Pooris		6.000 ea	.....ea
Coriander	Fresh	0.125 bch	.....bch
Lemon		0.500 ea	.....ea
Accompaniments		2.000 ea	.....ea

#### Part B

Prepare the following dishes to the criteria set out below:

Dish to be prepared	Method(s) of cookery applied	Major food groups used
<b>Dish 1: Example</b> Roast Striploin in Cabernet Jus, grilled tomato, bean bundles, Pommes Dauphine Recipe Source: Futura Group, e- coach recipes MOC No. of serves: <u>2 customers</u>	<input type="checkbox"/> baking <input checked="" type="checkbox"/> blanching <input checked="" type="checkbox"/> boiling <input type="checkbox"/> braising <input checked="" type="checkbox"/> deep-frying <input checked="" type="checkbox"/> grilling <input type="checkbox"/> poaching <input checked="" type="checkbox"/> roasting <input type="checkbox"/> shallow frying (pan-fry, sauté or stir-fry) <input checked="" type="checkbox"/> steaming <input type="checkbox"/> stewing <input type="checkbox"/> microwaving	<input checked="" type="checkbox"/> dairy products <input checked="" type="checkbox"/> dry goods <input type="checkbox"/> frozen goods <input type="checkbox"/> fruit <input checked="" type="checkbox"/> meat <input type="checkbox"/> poultry <input type="checkbox"/> seafood <input checked="" type="checkbox"/> vegetables
<b>Dish 2:</b>	<input type="checkbox"/> baking	<input type="checkbox"/> dairy products

	<input type="checkbox"/> blanching <input type="checkbox"/> boiling <input type="checkbox"/> braising <input type="checkbox"/> deep-frying <input type="checkbox"/> grilling <input type="checkbox"/> poaching <input type="checkbox"/> roasting <input type="checkbox"/> shallow frying (pan-fry, sauté or stir-fry) <input type="checkbox"/> steaming <input type="checkbox"/> stewing <input type="checkbox"/> microwaving	<input type="checkbox"/> dry goods <input type="checkbox"/> frozen goods <input type="checkbox"/> fruit <input type="checkbox"/> meat <input type="checkbox"/> poultry <input type="checkbox"/> seafood <input type="checkbox"/> vegetables
<b>Dish 3:</b>	<input type="checkbox"/> baking <input type="checkbox"/> blanching <input type="checkbox"/> boiling <input type="checkbox"/> braising <input type="checkbox"/> deep-frying <input type="checkbox"/> grilling <input type="checkbox"/> poaching <input type="checkbox"/> roasting <input type="checkbox"/> shallow frying (pan-fry, sauté or stir-fry) <input type="checkbox"/> steaming <input type="checkbox"/> stewing <input type="checkbox"/> microwaving	<input type="checkbox"/> dairy products <input type="checkbox"/> dry goods <input type="checkbox"/> frozen goods <input type="checkbox"/> fruit <input type="checkbox"/> meat <input type="checkbox"/> poultry <input type="checkbox"/> seafood <input type="checkbox"/> vegetables
<b>Dish 4:</b>	<input type="checkbox"/> baking <input type="checkbox"/> blanching <input type="checkbox"/> boiling <input type="checkbox"/> braising <input type="checkbox"/> deep-frying <input type="checkbox"/> grilling <input type="checkbox"/> poaching <input type="checkbox"/> roasting <input type="checkbox"/> shallow frying (pan-fry, sauté or stir-fry) <input type="checkbox"/> steaming <input type="checkbox"/> stewing <input type="checkbox"/> microwaving	<input type="checkbox"/> dairy products <input type="checkbox"/> dry goods <input type="checkbox"/> frozen goods <input type="checkbox"/> fruit <input type="checkbox"/> meat <input type="checkbox"/> poultry <input type="checkbox"/> seafood <input type="checkbox"/> vegetables
<b>Dish 5:</b>	<input type="checkbox"/> baking <input type="checkbox"/> blanching <input type="checkbox"/> boiling <input type="checkbox"/> braising <input type="checkbox"/> deep-frying <input type="checkbox"/> grilling <input type="checkbox"/> poaching <input type="checkbox"/> roasting <input type="checkbox"/> shallow frying (pan-fry, sauté or stir-fry) <input type="checkbox"/> steaming <input type="checkbox"/> stewing <input type="checkbox"/> microwaving	<input type="checkbox"/> dairy products <input type="checkbox"/> dry goods <input type="checkbox"/> frozen goods <input type="checkbox"/> fruit <input type="checkbox"/> meat <input type="checkbox"/> poultry <input type="checkbox"/> seafood <input type="checkbox"/> vegetables
<b>Dish 6</b>	<input type="checkbox"/> baking <input type="checkbox"/> blanching <input type="checkbox"/> boiling <input type="checkbox"/> braising <input type="checkbox"/> deep-frying	<input type="checkbox"/> dairy products <input type="checkbox"/> dry goods <input type="checkbox"/> frozen goods <input type="checkbox"/> fruit <input type="checkbox"/> meat



	<input type="checkbox"/> grilling <input type="checkbox"/> poaching <input type="checkbox"/> roasting <input type="checkbox"/> shallow frying (pan-fry, sauté or stir-fry) <input type="checkbox"/> steaming <input type="checkbox"/> stewing <input type="checkbox"/> microwaving	<input type="checkbox"/> poultry <input type="checkbox"/> seafood <input type="checkbox"/> vegetables
--	--	---