

Student Name:

Hospitality Kitchen Operations

Teacher:

Cohort

2023

Direct Observation of Practical Work

Evidence collected will contribute toward assessment of the following units of competency:

SITXFSA001 Use hygienic practices for food safety (release 1) SITXWHS001 Participate in safe work practices (release 1) SITHCCC003 Prepare and present sandwiches (release 1)	Cluster 1/A
SITXFSA002 Participate in safe food handling practices (release 1) SITHCCC002 Prepare and present simple dishes (release 1)	Cluster 2 /B
SITHKOP001 Clean kitchen premises and equipment (release 1) SITHCCC001 Use food preparation equipment (release 1) SITXINV002 Maintain the quality of perishable items (release 2)	Cluster 3/C
SITHCCC005 Prepare dishes using basic methods of cookery (release 1) SITHCCC006 Prepare appetisers and salads (release 1) SITHCCC011 Use cookery skills effectively (release 1)	Cluster 4/D

List any pre-requisite or co-requisite units of competency:

[SITXFSA001 Use hygienic practices for food safety](#) (release 1)



URL: <https://bit.ly/3tTfk56>

Assessment Advice:

Students must be competent for the unit SITXFSA001 Use hygienic practices for food safety before they can be deemed competent for other units for which this is a listed prerequisite.

Students cannot be deemed competent in the Units of Competency until the **Direct Observation of Practical Work** has been satisfactorily observed and assessed by the trainer and all other assessment requirements are met satisfactorily.

A person who satisfies the three years' Hospitality industry experience requirement must be involved in assessment of the units highlighted yellow.

Training Package Title	SIT – Tourism, Travel and Hospitality Training Package (Release 1.2)
Qualification Code and Title	SIT20416 Certificate II in Kitchen Operations (Release 1)
School name	
Student name	
Assessor name	Brooks, Mills
Assessment date of issue	[Insert Date]
Assessment due date	[Insert Date]
Context for assessment	For the following units of competency assessed in the Direct Observational of Practical Work booklet, skills must be either demonstrated in an operational food preparation area, an operational commercial kitchen or an operational food and beverage outlet. This can be: • An industry workplace • A simulated industry environment, such as a training kitchen servicing customers. Specific requirements for each unit of competency: SITXFSA001 Use hygienic practices for food safety Students must: • Demonstrate use of safe food handling practices in food handling work functions in line with organisational hygiene on at least three occasions SITXWHS001 Participate in safe work practices Students are required to: • Demonstrate the use of work health and safety procedures and safe work practices in work functions on at least three occasions. SITHCCC003 Prepare and present sandwiches Assessment must ensure access to: • Variety of commercial ingredients for preparing sandwiches • Industry-realistic ratios of kitchen staff to customers. SITXFSA002 Participate in safe food handling practices Students must: • Demonstrate use of safe handling practices in food handling work functions on at least three occasions • Demonstrate the correct methods of controlling food hazards throughout critical control points. SITHCCC002 Prepare and present simple dishes Students must: • Prepare six simple dishes from a selection of simple fresh and cooked dishes completed within commercial timeframes • variety of commercial ingredients used to prepare the dishes specified in the performance evidence Assessment must ensure access to: • Industry-realistic ratios of kitchen staff to customers. SITHKOP001 Clean kitchen premises and equipment Students must: • Efficiently follow cleaning schedules to clean food preparation and food storage areas in a commercial kitchen on 6 different occasions. Assessment must ensure access to: • Commercial kitchen with food preparation and storage areas with floor, walls and shelves • Fixtures and a range of large equipment. SITHCCC001 Use food preparation equipment

Students must:

- Safely and hygienically prepare food using various fixed and hand-held equipment
- Use food preparation equipment to prepare a range of food types
- Make precision cuts on fruit and vegetables
- Complete food preparation tasks within commercial time constraints

Assessment must ensure access to:

- Fixtures and large equipment
- Small equipment
- Cleaning materials and equipment
- Organisational specifications

SITXINV002 Maintain the quality of perishable items

Students must:

- Conduct temperature and quality checks on delivered goods
- Maintain the quality of at least 6 perishable supplies for food and beverage, commercial cookery or catering operations

Assessment must ensure access to:

- Commercial refrigeration facilities
- Stock control and recording systems
- Delivery areas
- Perishable supplies
- Temperature recording charts and thermometers

SITHCCC005 Prepare dishes using basic methods of cookery

Students must:

- Follow standard recipes for dishes that demonstrate major food types
- Demonstrate food safety practices for handling and storing major food types
- Use specified methods of cookery

Assessment must ensure access to:

- Fixtures and large equipment
- Small equipment
- Cleaning materials and equipment
- Organisational specifications
- Comprehensive range of perishable supplies
- Industry-realistic ratios of kitchen staff to customers

SITHCCC006 Prepare appetisers and salads

Students must:

- Follow standard recipes for dishes that demonstrate use of specified ingredients
- Follow standard recipes for appetisers and salads
- Prepare dishes for at least six different customers

Assessment must ensure access to:

- Fixtures and large equipment
- Small equipment
- Cleaning materials and equipment
- Organisational specifications
- Comprehensive range of perishable supplies
- Industry-realistic ratios of kitchen staff to customers

SITHCCC011 Use cookery skills effectively

Students must:

- Safely and hygienically prepare and serve menu items to industry standards for a minimum of 12 complete service periods that cover:
 - Breakfast
 - Dinner
 - Lunch
 - Special function

Assessment must ensure access to:

	• Fixtures and large equipment • Small equipment • Cleaning materials and equipment • Organisational specifications • Comprehensive range of perishable supplies • Industry-realistic ratios of kitchen staff to customers
Resources required by student	Students must provide the following for this assessment: • Hospitality Food & Beverage uniform / PPE e.g. enclosed, non-slip shoes • Tool kit
Reasonable adjustments allowed	Adjustments may be made for a number of reasons (e.g. weather, food allergies, cultural reasons, cost of projects etc.). List any reasonable adjustments in the assessment feedback page for collecting candidate evidence which do not compromise the standards expected (e.g. substitute an alternate project).

Students must complete knowledge and skills development activities which prepare them for (and may contribute to) assessment of competence.

Assessment Method	Units of Competency	Duration	Due Date
Assessment Method: Practical observation (real or simulated)	SITXFSA001 Use hygienic practices for food safety SITXWHS001 Participate in safe work practices SITHCCC003 Prepare and present sandwiches SITXFSA002 Participate in safe food handling practices SITHCCC002 Prepare and present simple dishes SITHKOP001 Clean Kitchen premises and equipment SITHCCC001 Use food preparation equipment SITXINV002 Maintain the quality of perishable items SITHCCC005 Prepare dishes using basic methods of cookery SITHCCC006 Prepare appetisers and salads SITHCCC011 Use cookery skills effectively	Assessor (teacher) will conduct ongoing direct observation of student practical work throughout the course.	The completed assessment task is to be submitted to the assessor (assessor) , following school procedures by INSERT DATE: For Example • in class / before roll call on the due date • online through the school Moodle

Foundation Skills incorporating language, literacy, numeracy and employment skills required for competent performance are embedded in the units of competency.

Student Checklist and Declaration: Please tick Yes, No or N/A (if not applicable)	Yes	No	N/A
I understand the assessment process (including its purpose and outcomes), requirements of the assessment task and assessment methods			
I understand what is being assessed, I have completed sufficient training and believe I can perform the task/s in this assessment			
I understand I can apply for Credit Transfer			
I understand I have a maximum of XX attempts at this task			
I have been provided with information on the assessment appeals process			

I have notified the assessor of any special needs to be considered during this assessment and we have discussed whether reasonable adjustments are required.				
I declare the work submitted is my own and has not been copied from another person or source unless acknowledged appropriately.				
Student name				
Student signature*				
Date				

* NB Electronic signatures are acceptable if schools can demonstrate that there are effective systems in place to prevent fraudulent use of the signature (e.g. submission of tasks electronically **through Moodle or Google classroom** or via email)

Practical Task 1: Practical Observation of **SITXFSA001 Use hygienic practices for food safety, SITXWHS001 Participate in safe work practices** and **SITHCCC003 Prepare and present sandwiches** (Cluster A)

Instructions to students:

- Students will be observed (by an assessor) when completing the following tasks during practical lessons or service periods.
- Recipes are to be completed **INDIVIDUALLY**.
- Students must supply all PPE and tool kit (if required).
- Your assessor will indicate your performance on the observation checklists (for each unit of competency)

SITXFSA001 Use hygienic practices for food safety

Students must:

- Demonstrate safe food handling practices (in work functions) on at least three (3) occasions
- Demonstrate procedures to:
 - Identify food hazards
 - Report unsafe practices
 - Report incidents of food contamination

SITXWHS001 Participate in safe work practices

Students must:

- Demonstrate the use of health, safety and security procedures and safe work practices (in work functions) on at least three (3) occasions

SITHCCC003 Prepare and present sandwiches

Students must:

- Follow safe food handling practices when preparing hot and cold sandwiches (within commercial constraints)
- Use a variety of fillings and ingredients to prepare the sandwiches
- Present sandwiches appropriately (according to organisation requirements)
- Store sandwiches and ingredients appropriately (to optimise environmental conditions and food safety practices)

The following recipes must be completed:

- Open Grilled Sourdough with Smashed Avocado and Feta
- Tea (or Pullman) sandwich
- Turkey Filled Roll
- Marinated Eggplant and Mozzarella Focaccia

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Note to Teachers

You may assess students using the recipes provided or substitute your own recipes to suit your school context, providing they address all listed criteria. You must include the mapping for the recipes (as identified in the Answer Guide).

- Mexican Wrap
- Club Sandwich

Standard Recipes

Open Grilled Sourdough with Smashed Avocado and Fetta

Yield: 1 Portion 		Ingredients	Quantity
		Sourdough bread	1 slice
		Avocado	¼
		Lemon juice	5mls
		Salt and pepper (to season)	-
		Fetta Cheese (to be crumbled)	20g
		Cherry tomato (quartered)	2
		Garnish – Baby spinach, basil leaves, rocket	
Step	Method		
1	Lightly toast sourdough under salamander		
2	Mash avocado with lemon juice and season with salt and pepper		
3	Spread mashed avocado on sourdough and top with crumbled feta and cherry tomatoes		
4	Serve on plate/plater and garnish as desired		

Turkey Filled Roll

Yield: 1 Portion 		Ingredients		Quantity
		Bread Roll		1
		Smoked turkey		2 slices
		Cranberry sauce		1 T
		Swiss cheese		1 slice
		Baby spinach		5 leaves
		Garnish – toothpick/wooden skewer, glad bake paper & string		
		Optional – butter, tomato and cucumber		
Step	Method			
1	Wash and drain spinach leaves. Cut roll in half (lengthwise).			
2	Spread roll with cranberry sauce. (Butter optional).			

3	Top with smoked turkey, swiss cheese and baby spinach.
4	Serve roll on plate/plater and garnish if desired.

Tea (or Pullman) Sandwich

Yield: 1 Portion 		Ingredients	Quantity
		Iceberg lettuce leaf	1
		Egg	1
		Curry powder	1 t
		Whole egg mayonnaise	1 T
		Whole grain bread	2 slices
		Rye bread	1 slice
		Garnish – as preferred Option – Lettuce could be replaced with sliced cucumber	
Step	Method		
1	Wash and tear lettuce		
2	Boil egg in saucepan over high heat for 5-7 minutes. Remove egg, allow to cool in a bowl of cold water.		
3	Peel and mash egg with fork. Combine curry powder and mayonnaise with egg.		
4	Lay one slice of wholegrain and one slice of rye bread on chopping board and spread both with egg mixture to one side only. Add lettuce to both on top of the egg mixture. Place rye bread on top of the wholegrain bread (with egg mixture). Place second slice of wholegrain bread (plain with no egg mixture) on the rye bread, forming a triple layered sandwich.		
5	Remove crusts, portion and cut as desired.		
6	Serve on plate/plater and garnish as desired.		

Marinated Eggplant and Mozzarella Focaccia

Yield: 1 Portion 		Ingredients	Quantity
		Focaccia bread or roll	1
		Salami (optional)	2 slices
		Semi sun-dried tomatoes	3
		Eggplant, marinated or chargrilled	2 slices
		Mozzarella cheese	2 slices
		Avocado	1/4
		Red onion	1/4
		Lemon juice	1 t
		Salt and pepper	To taste
		Garnish – snow pea sprouts Optional – olive tapenade and char-grilled zucchini could be included	
Step	Method		
1	Complete mise en place: ● Cut focaccia bread in half ● Slice onion ● Preheat sandwich press		
2	Mash avocado in a bowl, add lemon juice and salt and pepper to form a smooth paste. Spread on focaccia.		
3	Layer focaccia with the salami, semi-dried tomatoes, eggplant, mozzarella and onion. Place the other half of the focaccia bread on top and cook in a sandwich press until bread is warmed and cheese has melted.		

4	Serve on a plate and garnish as desired.	
Mexican Wrap		
	Yield: 1 Portion	
	Ingredients	Quantity
	Tomato	1
	Iceberg lettuce leaves	2
	Chicken breast	80g
	Taco seasoning	¼ packet
	Olive oil	1 T
	Kidney beans	¼ C
	Taco sauce	2 T
	Grated cheese	½ C
Flat bread, eg. tortilla	1	
Garnish – wooden skewer/toothpick, glad bake & string, alfalfa (optional)		
Step	Method	
1	Complete mise en place: Macedoine tomatoes, chiffonade lettuce, cube chicken	
2	Seasoning chicken with taco seasoning. Heat a frying pan on medium heat, add the oil and sauté chicken until cooked. Add beans and taco sauce, heat gently for a minute or two.	
3	Place lettuce, tomatoes, chicken mixture and grated cheese in the centre of the top half of the tortilla.	
4	Roll the bread tightly to mould into a neat even roll. Cut in half if desired Secure with a skewer or wrap with paper and secure with string.	
5	Serve wrap on plate and garnish as desired.	

Club Sandwich		
Yield: 1 Portion 	Ingredients	Quantity
	Wholemeal bread	2
	White bread	1 Slices
	Chicken breast	1/2 / 100g
	Bacon rashers	1
	Lettuce leaf	1
	Tomato	1/2
	Oil	1 T
	Butter	1 T
	Mayonnaise	2 T
	Salt and pepper	To taste
Garnish – 2 skewers/toothpick Optional – parsley sprig, spring onion, potato chips		
Step	Method	
1	Complete mise en place: • Wash and drain lettuce and tomato, chiffonade lettuce, slice tomato • Trim any visible fat from bacon and chicken	
2	Season the chicken breast and pan-fry or grill, drain on paper towel. Grill or pan fry bacon until crisp.	
3	Grill or toast bread to golden brown, butter 2 wholemeal slices (one side) with butter. Dress white bread with mayonnaise.	
4	Layer toasted bread with lettuce, chicken and toasted bread (with mayonnaise facing down). Follow with bacon, tomato and final slice of toasted bread (to create triple-decker sandwich).	
5	Cut sandwich diagonally (serrated knife) and secure with skewer/toothpick.	
6	Serve on plate, garnish as desired.	

OBSERVATIONAL CHECKLIST – SITXFSA001 Use hygienic practices for food safety

Learner Name:									
Assessor Name:									
Unit of competency:	SITXFSA001 Use hygienic practices for food safety								
Assessment Event:	Observed during Cluster A Getting Ready for Work (as a Sandwich Artist)								
Location:									
Procedure to be observed: Use hygienic practices for food safety must be demonstrated on 3 separate occasions.	Occasion 1 Date:		Occasion 2 Date:		Occasion 3 Date:		Overall Achievement Date:		Comments
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	S	MER	
Follow hygiene procedures and identify food hazards									
Follow organisational hygiene procedures.									
Report unsafe practices that breach hygiene procedures promptly.									
Identify food hazards that may affect the health and safety of customers, colleagues and self.									
Remove or minimise the hygiene hazard and report as appropriate for follow-up.									
Report any personal health issues									
Report personal health issues likely to cause a hygiene risk.									
Report incidents of food contamination resulting from personal health issues.									
Cease participation in food handling activities where own health issue may cause food contamination.									
Prevent food contamination									
Maintain clean clothes, wear required personal protective clothing, and only use organisation-approved bandages and dressings.									

Prevent food contamination from clothing and other items worn.									
Prevent unnecessary direct contact with ready to eat food.									
Ensure hygienic personal contact with food and food contact surfaces.									
Use hygienic cleaning practices that prevent food-borne illnesses.									

OBSERVATIONAL CHECKLIST – SITXFSA001 Use hygienic practices for food safety (cont')

Procedure to be observed: Use hygienic practices for food safety must be demonstrated on 3 separate occasions.	Occasion 1 Date:		Occasion 2 Date:		Occasion 3 Date:		Overall Achievement Date:		Comments
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	S	MER	
Prevent cross-contamination by washing hands									
Wash hands at appropriate times and follow hand washing procedures consistently.									
Wash hands using appropriate facilities.									
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:									
Observed satisfactory					More evidence required (MER)				
Feedback to student:									
Assessor signature:									

OBSERVATIONAL CHECKLIST – SITXWHS001 Participate in safe work practices

Learner Name:										
Assessor Name:	Mr Mills, Ms Brooks									
Unit of competency:	SITXWHS001 Participate in safe work practices									
Assessment Event:	Observed during Cluster A Getting Ready for Work (as a Sandwich Artist)									
Location:										
Procedure to be observed: Participate in safe work practices must be demonstrated on 3 separate occasions.	Occasion 1 Date:		Occasion 2 Date:		Occasion 3 Date:		Overall Achievement Date:		Comments	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	S	MER		
Work safely										
Follow organisational health and safety procedures.										
Incorporate safe work practices into own workplace activities.										
Work safely										
Follow organisational health and safety procedures.										
Incorporate safe work practices into own workplace activities.										
Follow safety directions of supervisors, managers and workplace safety warning signs.										

Use personal protective equipment and clothing or designated uniform.									
Promptly report unsafe work practices, issues and breaches of health, safety and security procedures.									
Identify and remove hazards from immediate workplace area and report all workplace hazards as they arise.									
Follow organisational health and safety procedures.									
Follow procedures for emergency situations									
Recognise emergency and potential emergency situations.									
Follow organisational security and emergency procedures.									
Seek assistance from colleagues or authorities during emergency situations.									

OBSERVATIONAL CHECKLIST – SITXWHS001 Participate in safe work practices (cont')

Procedure to be observed: Participate in safe work practices must be demonstrated on 3 separate occasions.	Occasion 1 Date:		Occasion 2 Date:		Occasion 3 Date:		Overall Achievement Date:		Comments
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	S	MER	
Follow procedures for emergency situations									
Complete emergency incident reports accurately, following organisational procedures.									
Participate in organisational WHS practices.									
Participate in WHS management practices developed by the organisation to ensure a safe workplace.									

Actively participate in the WHS consultation processes.									
Report WHS issues and concerns as they arise.									
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:									
Observed satisfactory					More evidence required (MER)				
Feedback to student:									
Assessor signature:									

OBSERVATIONAL CHECKLIST – SITHCCC003 Prepare and present sandwiches

Learner Name:														
Assessor Name:	Mr Mills, Ms Brooks													
Unit of competency:	SITHCCC003 Prepare and present sandwiches													
Assessment Event:	Observed during Cluster A Getting Ready for Work (as a Sandwich Artist)													
Location:														
Procedure to be observed: Prepare and present sandwiches must demonstrate safe food handling practices when preparing at least one each of the following hot or cold sandwiches within commercial time constraints:	Open sandwich Date:		Pullman sandwich Date:		Filled roll Date:		Focaccia Date:		Wrap Date:		Club sandwich Date:		Overall Achievement Date:	
PERFORMANCE If not observed mark N/A in	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER

comment section. During the activity did the learner satisfactorily:														
Select ingredients														
Confirm sandwich requirements, based on standard recipes and customer requests.														
Identify and select bread types and fillings taking account of quality, freshness and stock rotation requirements.														
Check perishable supplies for spoilage or contamination prior to preparation.														
Make sandwiches														
Use safe food-handling practices to hygienically prepare sandwiches based on requirements.														
Cut ingredients and completed sandwiches to ensure uniformity of presentation.														
Combine ingredients appropriately based on flavour combinations, customer preferences and standard recipes.														
Use toasting and heating equipment safely, as required.														
Make sandwiches in a logical and sequential manner while minimising waste.														
Present and store sandwiches														
Present sandwiches on appropriate service-ware.														
Add suitable garnishes, as required.														

OBSERVATIONAL CHECKLIST – SITHCCC003 Prepare and present sandwiches (cont')

Procedure to be observed: Prepare and present sandwiches must demonstrate safe food handling practices when preparing at least one of the following hot or cold sandwiches within commercial time constraints:	Open sandwich Date:		Pullman sandwich Date:		Filled roll Date:		Focaccia Date:		Wrap Date:		Club sandwich Date:		Overall Achievement	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Present and store sandwiches														

Visually evaluate dish and adjust presentation.														
Store sandwiches in appropriate environmental conditions.														
Clean work area, and dispose of or store surplus and re-usable by-products according to workplace procedures, environmental considerations, and cost-reduction initiatives.														
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:														
Observed satisfactory More evidence required (MER)														
Feedback to student:														



Assessor signature:

Practical Task 2: Practical Observation of SITXFSA002 Participate in safe food handling practices and SITHCCC002 Prepare and present simple dishes (Cluster B)

Instructions to students:

To successfully demonstrate skills and knowledge required to work safely and hygienically in the hospitality kitchen AND prepare simple dishes, students must complete the following:

- Students must demonstrate the following skills: Prepare ALL six simple dishes within commercial time constraints and deadlines as specified in the **Direct Observation of Practical Work** booklet.
- Students will be required to demonstrate safe and hygienic work practices when preparing ALL simple dishes.

Teachers will observe performance during practical lessons/service periods and record observations separately in the **Ongoing Practical Observation Assessment**. Students will not be deemed competent for the unit of competency unless all requirements have been addressed consistently over time.

You are required to prepare the following **six different simple dishes** within commercial time constraints and deadlines.

Simple Dishes:

Heat and Serve Pasta / Lasagne with Garden Salad

Asian Style Fish with Herb Salad and Crispy Noodles

Poached Eggs and Toasted Muffins

Chicken Schnitzel Caesar Wrap

Heat & Serve Cafe Item

****Optional Tropical Smoothie (serve with Heat & Serve Café Item)**

Your teacher will be observing that you consistently and correctly observe the following practices:

- **Personal hygiene** – hands and nails, hair, uniform and clothing, shoes, accessories e.g. no jewellery, watch etc.
- **Safe and hygienic** handling of food and beverages.
- Regular and correct **hand washing** in a designated hand washing sink.



- Use of **personal protective equipment** and clothing.
- Hygienic **cleaning and sanitising** practices demonstrated.
- Follows organisational hygiene and **food safety procedures** to prevent cross contamination.
- **Reports** personal health issues that are likely to cause a hygiene risk.
- **Demonstrate safe work practices** at all times and report any breaches.
- Safe handling and disposal of linen e.g. tea towels.
- Appropriate handling and disposal of garbage.

Directions to students

1. Students are to work
 - **Individually**
 - **In pairs**
 - **In teams of _____**
2. The time allowed for the practical assessment is _____ (**Teacher to insert specified time e.g. 1 hour, 1 period etc.**). Students are expected to start the practical in full uniform at the scheduled time. There will be no time allocated to change into your uniform.
3. Each student requires a _____ **e.g. fully equipped tool kit.**
4. WHS and personal and environmental hygiene principles should be followed.
5. **All ingredients and equipment will be provided.**
6. Your teacher will provide instructions about any additional requirements (including serving requirements and equipment) at the start of the assessment.
7. Students are expected to organize all mise en place to prepare the menu item according to the recipe provided. Check quantities and quality of food items and restock where necessary. This should include organization of all equipment and collection of ingredients at the start of the assessment. No other recipe can be substituted.
8. The assessor will observe and ask questions during the assessment. Written feedback will be provided to students at a later date.
9. If you have any questions regarding the assessment, ask your assessor (NOT other students).
10. Cleaning procedures are to be followed at the conclusion of the assessment. You must not leave the kitchen area until your assessor (teacher) has checked it is clean.

Heat & Serve Pasta Bake/Lasagne with Garden Salad

Re-thermalised, portioned and plated ready for service

1 person/2 customers

Commodities	Packet pasta bake/lasagne * Garnish – fresh parsley * Note this item must be pasta based. 	2 mix lettuce leaves (10g) ¼ Red onion (10g) 4 cherry tomatoes ¼ Cucumber (20g) 2 T Italian salad dressing (purchased) Continental parsley to garnish Additional (for presentation) Napolitana sauce White sauce Cheese
Mise en place	1. Top pasta bake with additional sauces and cheese (as required) 2. Prepare salad – wash salad, quarter/halve tomatoes, slice cucumber, slice red onion and combine. 3. Add dressing and mix through.	
Workflow	1. Collect commodities 2. Follow instructions on pasta bake/lasagne to heat	
Plating	1. Plate and Serve with salad. Garnish with fresh parsley.	

Note-

- This item could be pre-prepared for sale in a café environment.
- Students to defrost lasagne in fridge (as per industry standard) to assist with preparation time, with reference to product information.

Lasagne (Optional)**

Re-thermalised, portioned and plated ready for service

1 person/2 customers

Commodities	1 T oil 250g minced beef 2 tomatoes – concasse 1 onion - mirepoix 4 mushrooms - mirepoix 1 clove garlic ½ t oregano ½ t basil ½ t rosemary 1 beef stock cube 2 T tomato paste ½ C water	Cheese Sauce: 30g butter 2 T flour 1 C milk ½ C grated cheese ½ C parmesan cheese ½ C cream 250g lasagne sheets 
Mise en place	1. Concasse tomatoes, mirepoix onion and mushrooms, crush garlic. 2. Heat oil in large pan. Add onion, garlic and mushrooms. Cook until onions are softened. 3. Add mince and brown well. Add oregano, basil, rosemary, stock cube, tomatoes, tomato paste and water. Simmer until well cooked. 4. Cheese sauce: melt butter in medium saucepan. Stir in flour, cook ½ minute. Gradually add milk. Stir until sauce thickens. Remove from heat, add cheeses. Stir to mix. 5. Alternate layers of pasta, meat sauce and cheese sauce. Finish with pasta layer. Pour cream over pasta and sprinkle with parmesan cheese. Bake for 20-30 minutes at 180 °C.	
Workflow	1. Collect commodities. 2. Complete all mise en place. 3. Assemble pasta and bake.	
Plating	1. Plate and Serve with salad (as per recipe on previous page). Garnish with fresh parsley.	

****Note:** this recipe has been provided as an option for schools who wish to add a degree of difficulty to this practical. Making the lasagne from scratch is **not a requirement for assessment**. If schools choose to make the lasagne, once cooled it should be frozen and re-thermalised, portioned and plated for service in a café environment or simulated catering event to meet assessment requirements. If schools do not wish to make the lasagne, delete this page from the Direct Observation of Practical Work guide.

Asian Style Fish with Herb Salad and Crispy Noodles

1 person/customer

Commodities

Fish

100g frozen white fish fillets
1T plain flour
¼ lemon
Oil for deep frying

Marinade

1 t fresh coriander
2 t lime juice
1 T olive oil
1 t fresh chilli
Salt and pepper (to taste)

Batter

125g Tempura Batter
(pre-mix- see note below)
Check package
for additional ingredients)

Herb Salad

½ carrot
½ bunch fresh coriander (leaves
picked)
10g bean shoots
Asian salad dressing (purchased)

Crispy Noodles

See note below



Mise en place

Thaw fish overnight in refrigerator
Collect commodities
Assemble equipment
Preheat deep fryer
Cut lemon into wedges

Workflow

- 1 Julienne carrot, and combine with bean shoots and fresh coriander. Season.
- 2 Follow instructions on packet to make tempura batter.
- 3 Cut fish into goujons and marinate for 15 – 20 min.
- 4 Drain fish, coat lightly in flour and coat in tempura batter.

	5	Carefully lower the fish into the deep fryer and cook fish at 175° C.
	6	Allow to cook until batter is crispy and golden.
	7	Remove from hot oil; drain on absorbent paper.
	8	Dress salad with salad dressing.
Plating	1	Garnish fish with lemon and serve with herb salad and crispy noodles.

Note: Tempura batter (e.g. Obento Japanese Tempura Batter 500G from Woolworths; Trident from Coles 150g) Crispy Noodles e.g. Chang's Original Fried Noodles from Woolworths or Coles.

To meet training package requirement:

- Frozen fish must be used to demonstrate **thawing**. (As per industry standard)

Poached Eggs and Toasted Muffins			2 serves, 1 egg person/customer
Commodities	<u>Egg</u> 2 eggs 1 t vinegar <u>Garnish</u> Sprig continental parsley, chives or fresh dill <u>Muffin</u> 1 muffin 1T butter <u>Optional extras</u> <i>Can add pre-made hollandaise sauce</i> <i>Can be served with Smoked salmon or bacon</i>		
Mise en place	Collect commodities Assemble equipment Preheat grill		
Workflow for poached eggs	1	Place at least 8cm water and 1t vinegar into a shallow pan. Bring to the boil and then reduce heat to simmer. Stir the boiling water so that a whirlpool forms. Gently break the egg into a small cup, pour slowing into simmering water.	
	2	Simmer egg until lightly set, approx., 2-3 minutes.	
	3	Carefully remove egg from water with a slotted spoon.	
Workflow for toasted muffin	1	Separate muffin and grill until golden brown (using salamander)	
	2	Butter muffin.	
Plating	1	Place muffin on a serving plate and top with poached egg. Garnish with a sprig of continental parsley.	

- Student must demonstrate minimum of two serves**

****Optional (not required for assessment):** To add a degree of difficulty to this recipe, schools may choose to have students make Hollandaise sauce. Delete if not required.

Hollandaise Sauce (Serves 6):

Ingredients:	Method:
250g butter 20ml vinegar 20ml water 1g peppercorns 2 eggs 40g lemon Salt and pepper to taste	1. Clarify the butter and keep at blood temperature 2. In a small pot, bring the vinegar, water and crushed peppercorns to the boil and reduce by half. Strain the reduction and set aside. 3. Separate the eggs and put the whites aside. 4. In a medium-sized bowl, combine the reduction with the egg yolks and whisk over a double boiler (or bain-marie) until it is thick and creamy (sabayon stage). 5. Slowly drizzle in the clarified butter while whisking the eggs to ensure the mixture does not split. Continually add until you reach the desired consistency. 6. Add the lemon juice and season accordingly. 7. Set aside in a warm place until needed. Caution! Store this sauce for short periods only as it is highly susceptible to bacteria growth due to the storage temperature and ingredients.

Chicken Schnitzel Caesar Wrap

1 person/customer

Commodities	Chicken Schnitzel Wrap 1 small chicken breast ¼ C plain flour 1 egg ½ C breadcrumbs (processed fresh) ¼ C oil 1 whole wheat wrap Salt and pepper Caesar Salad 2 small or 1 large cos lettuce leaf 1 rasher bacon 1 t oil ¼ C shaved parmesan 2T Caesar Salad Dressing (purchased)	
Mise en place	In 3 separate bowls place flour, 1 lightly whisked egg and breadcrumbs ready for crumbing. Wash lettuce and tear into bite size piece. Macedoine bacon.	
Workflow for Chicken Schnitzel	1 Cut chicken goujons 2 Season chicken. 3 Crumb chicken using the 3 step crumbing method. 4 Place chicken in refrigerator to set for 15 minutes. 5 Heat oil in frypan, add the chicken schnitzel. Cook on a moderate heat, until golden brown and cooked through. 6 Remove from the pan, drain on absorbent paper.	

Plating	1	Place wraps on clean work surface. Place lettuce along centre of wrap. Drizzle with dressing, top with chicken, bacon and cheese.
	2	Roll up to enclose filling. Wrap in a kitchen paper, cut if desired. Serve on a plate (or platter if for function).

****Optional (not required for assessment):** To add a degree of difficulty to this recipe, schools may choose to have students make Caesar Salad dressing. Delete if not required.

Classic Caesar Dressing (Serves 6):

Ingredients:	Method:
5g garlic 1 anchovy fillet 10g parsley 2 eggs 15g grated Parmesan 5ml Worcestershire sauce 5g mustard 30ml lemon juice 20ml white wine vinegar 60ml light olive oil Salt and pepper to taste	1. Peel and crush the garlic. 2. Finely dice the anchovy. 3. Pick and finely slice the parsley leaves. 4. Separate the eggs and whisk the yolks with garlic, anchovy, Parmesan, Worcestershire sauce, mustard, lemon juice and vinegar. 5. Drizzle in the oil while whisking, using the same method as mayonnaise. 6. Season, and add the parsley.

Heat & Serve Café Item

Re-thermalised, portioned and plated ready for service

1 person/customer

	Sweet option may include- Danish Apple/Fruit pie Toasted Banana Bread Scones	<i>Can be served/ garnished with bought custard, cream, butter or jam as required</i> 
Method	1. Read and interpret manufacturer's product information to re-thermalise purchased food item. 2. Portion and heat or toast as per customer request.	
Plating	1. Plate ready to serve with accompaniment/ garnish. 2. Serve with fruit Tropical Smoothie	

Tropical Smoothie

2 serves/customers



	Ingredients: 1 Banana, Ripe ½ Mango, ripe, can use tinned or ¼ frozen 2 scoops Ice-cream, vanilla 125ml Coconut milk, light ¼ C Pineapple, crushed 1T Vanilla essence	
Method	1. Complete mise en place ● Peel and paysanne banana ● Peel and chop mango 2. Prepare the tropical smoothie by placing banana, ice-cream, coconut milk, crushed pineapple, vanilla essence and mango into a blender. 3. Blend for 30 seconds or until mixture is well combined and creamy.	
Plating	1. Pour into chilled glasses and serve immediately.	

OBSERVATIONAL CHECKLIST – SITHCCC002 Prepare and present simple dishes

Learner Name:												
Assessor Name:	Mr Mills, Ms Brooks											
Unit of competency:	SITHCCC002 Prepare and present simple dishes											
Assessment Event:	Observed during Cluster B Sustainable Kitchen Practices											
Location:												
Procedure to be observed: Prepare and present simple dishes must demonstrate six simple dishes mapped to the performance evidence in the unit of competency and prepared within commercial time constraints and deadlines:	Heat & serve pasta bake		Asian style fish with herb salad & crispy noodles		Poached eggs & toasted muffin		Chicken schnitzel wrap		Heat & serve café item & tropical smoothie		Overall Achievement	
	Date:		Date:		Date:		Date:		Date:		Date:	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Prepare for service												
Review menu or product list and recipes to determine preparation requirements for simple dishes.												



Check quantities and quality of food items and restock where necessary.												
Complete food preparation prior to service.												
Prepare food												
Select and use equipment safely and hygienically according to manufacturer instructions.												
Use appropriate cookery methods for dishes.												
Re-heat pre-prepared foods at correct temperature for required length of time.												
Prepare dishes with appropriate speed and timing.												
Use portion control to maximise profitability and minimise waste.												
Present and store food in clean work area												
Present food according to organisational guidelines.												
Display food in appropriate environmental conditions.												
Clean work area, and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives.												

OBSERVATIONAL CHECKLIST – SITHCCC002 Prepare and present simple dishes (cont')

OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:	
Observed satisfactory	More evidence required (MER)
Feedback to student:	



Assessor signature:

OBSERVATIONAL CHECKLIST – SITXFSA002 Participate in safe food handling practices

Learner Name:					
Assessor Name:	Mr Mills, Ms Brooks				
Unit of competency:	SITXFSA002 Participate in safe food handling practices				
Assessment Event:	Observed during Cluster B Sustainable Kitchen Practices				
Location:					
Procedure to be observed: Participate in safe food handling practices must be	Occasion 1 Date:	Occasion 2 Date:	Occasion 3 Date:	Overall Achievement	Comments



demonstrated on 3 separate occasions.							Date:		
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	S	MER	
Follow food safety program									
Access and use relevant information from organisational food safety program.									
Follow policies and procedures in food safety program.									
Control food hazards at critical control points.									
Complete food safety monitoring processes and complete documents required.									
Identify and report non-conforming practices.									
Take corrective actions within scope of job responsibility for incidents where food hazards are not controlled.									
Store food safely									
Use cooling and heating and heating processes that support microbiological safety of food.									
Monitor food temperature during preparation using required temperature measuring device to achieve microbiological safety.									
Ensure safety of food prepared, served and sold to customers.									
Provide safe single use items									
Store, display and provide single use items so they are protected from damage and contamination.									
Follow instructions for items intended for single use.									

OBSERVATIONAL CHECKLIST – SITXFSA002 Participate in safe food handling practices (cont')

Procedure to be observed: Use hygienic practices for food safety must be demonstrated on 3 separate occasions.	Occasion 1 Date:		Occasion 2 Date:		Occasion 3 Date:		Overall Achievement Date:		Comments
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	S	MER	
Maintain a clean environment									
Clean and sanitise equipment, surfaces and utensils.									
Use appropriate containers and prevent accumulation of garbage and recycled matter.									
Identify and report cleaning, sanitising and maintenance requirements.									
Dispose of or report chipped, broken or cracked eating, drinking or food handling utensils.									
Take measures within scope of responsibility to ensure food handling areas are free from animals and pests and report incidents of animal or pest infestation.									
Dispose of food safely									
Mark and separate from other foodstuffs any food identified for disposal until disposal is complete.									
Dispose of food promptly to avoid cross-contamination.									
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:									
Observed satisfactory					More evidence required (MER)				
Feedback to student:									
Assessor signature:									

Practical Task 3: Practical Observation of SITHKOP001 Clean kitchen premises and equipment, SITHCCC001 Use food preparation equipment and SITXINV002 Maintain the quality of perishable items (Cluster C)

Practical examination to be conducted either as a:

- Full day incursion to prepare, cook and serve full menu (and can be used as a service period for SITHCCC011 Use cookery skills effectively if assessor requirements are met)

OR

- Task prepared, cooked and served in time frame/s specified by assessor (must reflect commercial timeframes).

Prior to assessment event:

Students must have access to **manufacturer instructions and SDS for cleaning agents; cleaning schedule and manufacturer instructions for commercial equipment** required for food preparation requirements to make dishes provided.

Instructions to students:

- Work in a safe and appropriate manner at all times.
- Follow all verbal and written instructions provided by your assessor and communicate effectively with others.
- The assessor will complete an observation checklist and provide verbal and written feedback.
- Your assessor may ask oral questions to clarify your understanding during the practical demonstration of your skills and will record your responses on the observation checklist.
- **Student/school must supply all PPE e.g. toolkit, hospitality uniform, enclosed non-slip black leather shoes – teacher to specify**
- Student will prepare all of the following dishes within commercial timeframes and must demonstrate they can follow cleaning procedures including end of service clean to standards and presentation of the premises.

Each student must demonstrate they can follow cleaning schedules within commercial time constraints on **SIX different occasions**, wearing correct personal protective equipment and using:

- ☐ different types of cleaning agents and chemicals for kitchens and equipment
- ☐ cleaning, sanitising and disinfecting methods for kitchens and equipment
- ☐ correct and environmentally sound disposal methods for waste and hazardous substances
- ☐ efficient use of energy, water and other resources

Recipes

Fish Tacos

Buffet style

- Pepper Steak
- Sesame Chicken Thigh Fillet
- Rice
- Sweet Potato Mash
- Vegetable Panache
- Coconut and Citrus Cupcakes

Please complete workflow plan on the following page:



Workflow Plan

1. Prepare a workflow plan using the template provided (This should be submitted **1 week** prior to the practical examination for your teacher to check.)
 - Include appropriate cleaning and storage techniques to minimise the risk of food contamination.
 - The time listed can either be the time of day, or the estimated time it will take you to complete the task (in minutes).
 - List all ingredients that you will use including quantities.
 - List each ingredient only once at the task/step that you will use it.
 - Prepare a detailed list of all equipment you will need and record it on the work flow plan beside the task and ingredients that are relevant.
 - Include items from the observation criteria in your plan.

Workflow Plan

Name of Menu Item: 3 course luncheon

Date: _____

[illegible]

[illegible]

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NB Students can copy additional pages required

SITHKOP001 Clean kitchen premises and equipment: Student Checklist

Students will be observed on the following (during this practical assessment AND on FIVE separate occasions):

Note: to be satisfactory, assessor must observe each of the following minimum of SIX occasions:

Each student must clean each of the following large and small equipment items on at least SIX occasions according to cleaning schedules:

Cooking equipment:

- large and small pots
- fry pans
- deep-fryers
- baking trays
- dishwashers
- garbage bins
- glasswashers
- measures:
 - Scales
 - temperature probes

Mechanical food preparation equipment:

- commercial mixers: food processors, blenders and attachments
- mincers
- slicing machines
- ovens

Clean and replenish the following commercial service-ware and utensils on at least SIX occasions:

- cutting boards
- containers
- cooking utensils
- crockery and dishes
- cutlery
- glassware
- graters and peelers
- knives

Sort soiled linen and prepare for collection by laundry staff according to organisational procedures on at least SIX occasion. Linen may include any of the following:

- cleaning cloths
- clothing
- napkins
- serving cloths
- tablecloths
- tea towels

Student has performed the above cleaning work and demonstrated use of:

- different types of cleaning agents and chemicals for kitchens and equipment
- cleaning, sanitising and disinfecting methods for kitchens and equipment
- correct and environmentally sound disposal methods for waste and hazardous substances
- efficient use of energy, water and other resources

Complete cleaning tasks:

- within commercial time constraints
- selecting and using correct personal protective equipment

RECIPES

Baja style fish tacos with Aioli		
Yield: 1 Portion 	Ingredients	Quantity
	Aioli	
	egg	1
	clove garlic	1
	rice brand oil	125ml
	Salt and pepper	
	lemon	1
	Fish	
	white fish	250g
	extra virgin olive oil	1 T
	lime juice	2 t
	chili powder	1 t
	salt	pinch
	black pepper	pinch
	freshly chopped coriander	1 t
	Slaw	
	cabbage	1/2 C
	red wine vinegar	2 t
	salt and pepper to taste	
	Toppings	
	red onion	1/4
	roma tomato	1
	freshly chopped coriander	2 T
	lime	1/2
	corn or flour tortillas, warmed	2
	avocado	1/4
	red chili	1/2
	red onion	1/4
Step	Mise en place	
1	Brunoise onion, concasse tomato, chop coriander, julienne red chili	
2	Wash and shred cabbage	
3	Separate egg	
4	Mince garlic	
5	Fillet fish into goujons	
6	Lime into wedges for garnish	
7	Juice lemon and remove piths	
	Method - Aioli	
1	whisk egg yolk in a bowl to ribbon stage	
2	Add minced garlic	
3	Gradually add oil while whisking in a very thin stream until mix is light in colour and creamy in texture	
4	Season to taste and add lemon juice	
5	Refrigerate until required.	
	Method – Fish tacos	
1	Combine the olive oil, lime juice, and chili powder in a small bowl and whisk to combine. Add chopped coriander and marinate fish for 15-20 min	
2	Toss shredded cabbage with red wine vinegar in a small mixing bowl. Season with salt and pepper to taste.	
3	Add avocado, onion, coriander and seasoning to food processor to make guacamole, blend till combined.	

4	Heat a large pan over medium-high heat. Add in fish and cook for about 5 minutes per side. The fish is done when it can easily be flaked with a fork.
5	Compile your tacos with fish, cabbage slaw, a little onion, tomato, coriander and a squirt of lime juice. Little aioli over the top.

Buffet Style

Pepper Steak with Sweet Potato Mash & Vegetable Panache, Sesame Marinated Chicken Thigh Fillet with Rice

Yield: 1 Portion



Ingredients	Quantity
Pepper Steak	
Small sirloin or minute steak	1
Olive oil	1 t
Drained green peppercorns	1 ½ T
Pouring cream	¼ C
Salt	
Pepper	
Broccoli	1 piece
Carrot	½
Yellow squash	2
Baby spinach	1 C
Red capsicum	1 ¼
Zucchini	½
Snow peas	4
Butter	2 t
Sesame Marinated Chicken Thigh Fillet	
Thigh fillet (with bone)	1
Soy sauce	2 T
Honey	2 t
Crushed garlic	1 t
Sesame seeds	1 t
Chinese five spice powder	½
White rice	½ C
Sweet Potato Mash	
Sweet potato	50g
Clove garlic	¼
Butter	10g
Pouring cream	15ml

Step	Mise en place
	Arrange oven shelves and preheat oven to 200°C, De-bone chicken thigh fillet. Wash, peel and chop sweet potato. Wash rice thoroughly. Cut broccoli into flowerets, blanch & refresh. Jardinière carrots & capsicum, blanch & refresh. Top & tail squash, cut in half & slice, blanch & refresh. Cut stems off baby spinach, wash & set aside for later. Jardinière zucchini, blanch & refresh. Top & tail snow peas, blanch & refresh.
	Method - marinade
1	Combine all ingredients and allow to stand
	Method - chicken
1	Using a boning knife, de-bone thigh fillet
2	Add to marinade and refrigerate.
3	Place rice and 1 teaspoon salt in a small saucepan and half fill with water. Boil until grains are tender and water is absorbed.
4	Place chicken on an oven tray lined with baking paper and bake at 200°C for 20 minutes or until golden brown.

5	Use thermometer to check internal temperature of chicken prior to removing from oven.
Method - steak	
1	Heat oil in frypan. Season both sides of the steak with salt and pepper.
2	Cook for 2 minutes each side for medium or until cooked to your liking. Transfer to a plate. Cover with foil.
3	Add peppercorns to pan. Reduce heat to medium. Cook, stirring for 1 minute. Stir in cream. Simmer for 2 minutes or until sauce thickens.
4	Reheat all vegetables in salted water or toss through with butter and seasoning in a fry pan.
Method – Sweet potato mash (note to assessor: potatoes can be combined to cook in groups then use of mouli demonstrated individually)	
1	Boil or steam sweet potato until soft
2	Combine sweet potato and garlic
3	Pass mixture through mouli
4	Mix in butter and cream and season to taste

Coconut and Citrus Cupcakes		
Yield: Makes 12		
	Ingredients	Quantity
	Cream Cheese Icing	
	Cream Cheese	250g
	Unsalted butter	50g
	Vanilla extract	1 t
	Icing sugar, sifted	345g
	Finely grated lime rind	1 ½ T
	White chocolate melts (melted in microwave)	50g
	Fresh lime juice	½ t
	Batter	
	Self-raising flour	190g
	Desiccated coconut	45g
	Coconut milk	125ml
	Caster sugar	155g
	Unsalted butter	175g
	Eggs, at room temperature	3
	Coconut essence	1 t
Step	Mise en place	
1	Arrange shelves and preheat oven to 180°C/160°. Line a 12 hole, 80ml (1/3 cup) capacity muffin pan with paper cases.	
	Batter	
2	Use planetary mixer to beat the butter and sugar in a bowl until pale and creamy. Add the eggs 1 at a time, beating well after each addition. Beat in the coconut essence. Add flour, coconut and milk, in alternating batches, stirring until just combined. Divide among prepared pans. Bake for 20 minutes or until a skewer inserted into the centre comes out clean. Stand in pan for 5 minutes. Transfer to a wire rack to cool completely.	
	Cream Cheese Icing	
1	For the frosting, use electric beaters to beat the cream cheese, butter and rind in a bowl until pale and creamy. Add the sugar in 2 batches, beating well after each addition until smooth. Beat in the melted white chocolate and juice until combined.	
2	Use a piping bag fitted bag with a 1cm plain nozzle to pipe the frosting onto the cupcakes. Sprinkle with a little extra lime rind and decorate with fresh edible flowers or fruit.	



OBSERVATIONAL CHECKLIST – SITHCCC001 Use food preparation equipment

Learner Name:											
Assessor Name:	Mr Mills, Ms Brooks										
Unit of competency:	SITHCCC001 Use food preparation equipment										
Assessment Event:	Observed during Cluster C Maintain a Clean and Safe Kitchen										
Location:											
Procedure to be observed: The following recipes have been mapped to the unit of competency Use food preparation equipment and cover a range of equipment, ingredients and skills required for assessment.	Baja Style Fish Tacos with Aioli Date:		Pepper Steak with Sweet Potato Mash & Vegetable Panache Date:		Sesame Marinated Chicken Thigh Fillet with Rice Date:		Coconut and Citrus Cupcakes Date:		Overall Achievement Date:		Comments
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	S	MER	
Select food preparation equipment											
Confirm food preparation requirements from recipes, lists and other workplace information. .											
Identify and select knives and other routine and specialised equipment suited to the food preparation task.											
Confirm cleanliness of equipment before use.											
Use equipment to prepare food											
Assemble and use equipment safely and hygienically according to manufacturer instructions.											
Prepare food items using suitable knives to make precision cuts.											



Clean and maintain food preparation equipment										
Maintain equipment cleanliness using appropriate cleaning agents.										
Use energy, water and other resources efficiently to reduce negative environmental impacts.										
Maintain the condition of equipment and make minor adjustments as required within scope of responsibility.										
Identify and report on unsafe or faulty equipment or rectify according to level of individual responsibility.										

OBSERVATIONAL CHECKLIST – SITXCCS003 Interact with customers (cont')

OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:	
Observed satisfactory	More evidence required (MER)
Feedback to student:	
Assessor signature:	



OBSERVATIONAL CHECKLIST – SITHKOP001 Clean kitchen premises and equipment

Learner Name:														
Assessor Name:	Mr Mills, Ms Brooks													
Unit of competency:	SITHKOP001 Clean kitchen premises and equipment													
Assessment Event:	Observed during Cluster C Maintain a Clean and Safe Kitchen													
Location:														
Procedure to be observed: Clean kitchen premises and equipment requires following cleaning schedules to clean food preparation and food storage areas in a commercial kitchen on at least six different occasions.	Occasion 1 Date:		Occasion 2 Date:		Occasion 3 Date:		Occasion 4 Date:		Occasion 5 Date:		Occasion 6 Date:		Overall Achievement Date:	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Clean and sanitise kitchen equipment														
Select and prepare cleaning agents and chemicals according to cleaning schedule and product instructions.														
Clean and sanitise kitchen equipment to ensure safety of food that is prepared and served to customers.														
Store cleaned equipment in designated place.														
Clean service-ware and utensils														



Sort service-ware and utensils and load dishwasher with appropriate items.														
Hand wash any items not appropriate for dishwasher.														
Dispose of broken or chipped service-ware within scope of responsibility, and report losses to supervisor.														
Ensure that sufficient supplies of clean, undamaged crockery are available at all times during the service period.														
Clean and sanitise kitchen premises														
Clean and sanitise kitchen surfaces and food preparation and storage areas according to cleaning schedule to ensure the safety of food that is prepared and served to customers.														
Clean areas of any animal and pest waste and report incidents of infestation.														

OBSERVATIONAL CHECKLIST – SITHKOP001 Clean kitchen premises and equipment (cont')

Procedure to be observed: Clean kitchen premises and equipment requires following cleaning schedules to clean food preparation and food storage areas in a commercial kitchen on at least six different occasions.	Occasion 1		Occasion 2		Occasion 3		Occasion 4		Occasion 5		Occasion 6		Overall Achievement	
	Date:		Date:		Date:		Date:		Date:		Date:		Date:	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Clean and sanitise kitchen premises (cont')														
Follow safety procedures in the event of a chemical accident.														
Sort and remove linen according to organisational procedures.														



Sort and promptly dispose of kitchen waste to avoid cross-contamination with food stocks.													
Work safely and reduce negative environmental impacts													
Use cleaning agents, chemicals and cleaning equipment safely and according to manufacturer instructions.													
Use personal protective equipment and safe manual handling techniques when cleaning equipment and premises.													
Reduce negative environmental impacts through efficient use of energy, water and other resources.													
Sort general kitchen waste from recyclables and dispose of them in designated recycling bins.													
Safely dispose of kitchen waste, especially hazardous substances, to minimise negative environmental impacts.													
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:													
Observed satisfactory More evidence required (MER)													
Feedback to student:													
Assessor signature:													

OBSERVATIONAL CHECKLIST – SITXINV002 Maintain the quality of perishable items

Learner Name:							
Assessor Name:	Mr Mills, Ms Brooks						
Unit of competency:	SITXINV002 Maintain the quality of perishable items						
Assessment Event:	Observed during Cluster C Maintain a Clean and Safe Kitchen						
Location:							
Procedure to be observed: Maintain the quality of at least six perishable supplies.	Perishable Supply 1: Dairy products	Perishable Supply 2: Frozen goods	Perishable Supply 3: Meat	Perishable Supply 4: Poultry	Perishable Supply 5: Seafood	Perishable Item 6: Vegetables	Overall Achievement
	Date:	Date:	Date:	Date:	Date:	Date:	Date:



PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Store supplies in appropriate conditions														
Conduct temperature checks on delivered goods ensuring they are within specified tolerances.														
Record temperature results according to organisational procedures.														
Identify deficiencies with delivered food items, and reject supply within scope of own responsibility, or report findings.														
Choose and prepare correct environmental conditions for the storage of perishable supplies.														
Date code perishable supplies to maximise their use.														
Promptly store supplies in appropriate storage area to minimise wastage and avoid food contamination.														
Maintain perishable supplies at optimum quality														
Regularly check and adjust environmental conditions of all storage areas and equipment to maintain perishable supplies at optimum quality.														
Conduct temperature checks according to food safety procedures, and protect supplies from spoilage.														
Dispose of broken or chipped service-ware within scope of responsibility, and report losses to supervisor.														

OBSERVATIONAL CHECKLIST – SITXINV002 Maintain the quality of perishable items (cont')

Procedure to be observed: Maintain the quality of at least six perishable supplies.	Perishable Supply 1: Dairy products	Perishable Supply 2: Frozen goods	Perishable Supply 3: Meat	Perishable Supply 4: Poultry	Perishable Supply 5: Seafood	Perishable Item 6: Vegetables	Overall Achievement
			Date:	Date:	Date:	Date:	

	Date:		Date:										Date:	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Maintain perishable supplies at optimum quality (cont')														
Protect supplies from damage of cross-contamination and pests.														
Rotate perishable supplies for maximum use according to expiration dates.														
Check perishable supplies and dispose of spoilt stock														
Regularly check perishable supplies for quality.														
Inspect items for animal and pest damage and report incidents of infestation.														
Identify deficiencies, and report findings or dispose of any non-usable supplies within scope of own responsibility.														
Safely dispose of spoilt stock and waste to minimise negative environmental impacts.														
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:														
Observed satisfactory More evidence required (MER)														
Feedback to student:														
Assessor signature:														





Practical Task 4: Practical Observation SITHCCC005 Prepare dishes using basic methods of cookery, SITHCCC006 Prepare appetisers and salads and SITHCCC011 Use cookery skills effectively

To successfully complete this assessment and demonstrate your demonstrated knowledge and practical skills, you must attempt and complete ALL questions satisfactorily.

- Your assessor will inform you of the date/s for your practical assessment.
- Work flow must be prepared for ALL recipes and submitted two weeks prior to the first service period/function.
- Follow hygiene and safety procedures when preparing all dishes.
- Students must prepare ALL recipes provided in a commercial setting – this may be a café, or event (or simulated event) with minimum 6 different customers.

NOTE TO TEACHERS

- Each student must prepare every recipe listed in Practical Task 3.
- Portion control procedures and response to special customer requests and dietary requirements must be demonstrated
- Student observation checklists MUST be completed and signed by assessor with result (S/MER) identified in the Practical Observation Checklist found in the EAG.
- The ingredients for the following recipes will need to be calculated to reflect the required quantities to be produced depending on number of customers (minimum SIX customers per service period to reflect commercial constraints and deadlines).

Recipes

Follow standard recipes to prepare EACH of the following appetisers and salads:

Salads:

All recipes MUST be assessed

- **Chicken Caesar Salad** (classical salad)
- **Deconstructed Salad Bowl** (Modern Salad)
- **Nicoise Salad** (cold salad)
- **Bean and Roast Vegetable Salad** (Warm Salad)
- **Fruit Salad**

Appetisers

- **antipasto** – Lamb kofta, tabouleh, Mediterranean grilled vegetables, hommus dip, parmesan twists
- **canapés** Spiced cherry tomato and avocado
- **hors d'oeuvres** Vegetable pasties with spicy mango chutney
- **tapas** Lemon Pepper Squid and garlic aioli, Chicken meatballs with sweet chilli dipping sauce

Directions to students:

1. Students are to work as a team, however each student must demonstrate skills and knowledge of EACH recipe.
2. The time allowed for the practical assessment is _____ (Teacher to insert specified time e.g. 1 hour, 1 period etc.). Students are expected to start the service period in full uniform at the scheduled time. There will not be time allocated to change into your uniform.
3. Each student requires a _____ e.g. fully equipped tool kit.



4. WHS and personal and environmental hygiene principles should be followed.
5. Student will need to select from ingredients provided, checking for spoilage or contamination prior to preparation.
6. Select correct type and size of equipment suitable to requirements and safely assemble and ensure cleanliness of equipment before use.
7. Your teacher will provide instructions about any additional requirements (including serving requirements and equipment) at the start/prior to the service period.
8. Students are expected to organise all mise en place to prepare the menu item according to the recipe provided. No other recipe can be substituted. This should include organisation of all equipment and collection of ingredients at the start of the assessment task.
9. Ensure that workflow plans are visible during the service period and that they are implemented.
10. The assessor will observe and ask questions during the service period. Written feedback will be provided to students at a later date.
11. If you have any questions regarding the service period, ask your teacher (NOT other students).
12. Cleaning procedures are to be followed during and at the conclusion of the service period/function. You must not leave the kitchen/food preparation area until your teacher has checked that it is clean.
13. Prior to the service period, you will be required to submit:
 - ☐ Workflow plan
14. Following the service period/assessment task
 - ☐ Completed observation checklist signed by assessor

Workflow Plan

1. Prepare a workflow plan using the template provided (This should be submitted 2 weeks prior to the service period/function for your teacher to check.)
 - Read through the recipe/s then prepare a detailed list of tasks considering food safety practices for handling different food types.
 - Include appropriate cleaning and storage techniques to minimise the risk of food contamination.
 - The time listed can either be the time of day, or the estimated time it will take you to complete the task (in minutes).
 - List all ingredients that you will use including quantities.
 - List each ingredient only once at the task/step that you will use it.
 - Prepare a detailed list of all equipment you will need and record it on the work flow plan beside the task and ingredients that are relevant.



Name of Menu Item: _____

Date: _____

[illegible]

[illegible]

NB Students can copy additional pages required



CHICKEN CAESAR SALAD Classical salad (serves 1)

CAESAR SALAD

Oil for frying
40 g butter / ghee
½ rasher bacon (frozen, needs to be thawed)
½ chicken breast fillet (frozen, needs to be thawed)
4 leaves Cos lettuce
1 tablespoon grated parmesan
1 anchovy (optional)
1 egg
Splash white vinegar
1 slice bread

DRESSING

1 egg yolk
1 anchovy fillet (optional)
1 clove of garlic
1 tablespoon lemon juice (cut and squeeze from a lemon)
½ teaspoon Dijon mustard
½ cup light olive oil

Mise en place

- Wash and tear lettuce
- Remove crusts from bread and make 8mm croutons
- Crush garlic
- Boil egg (safely store)
- Remove rind and chop bacon (safely store)
- Clarify butter
- Crush garlic
- Chop anchovy
- Juice lemon
- Remove crusts from bread and make 8mm croutons

Clarify Butter

1. Melt the butter in a small saucepan over low heat
2. When the butter has completely melted, skim (remove) scum off the surface.
3. Pour butter oil into a clean bowl leaving the sediment (milk solids) behind.
4. Remember do not allow butter to boil rapidly.

Prepare croutons

1. Transfer clarified butter to a small saucepan
2. Heat clarified butter
3. Toss the croutons in clarified butter
4. When croutons are golden, drain them on absorbent paper

Prepare Dressing

1. Separate egg. Store egg white appropriately for further use (date, code and refrigerate).
2. Put the crushed garlic and anchovy into a small bowl/food processor, add the egg, lemon juice, Dijon mustard, and whisk/process until smooth.
3. While beating gradually add in the oil, drop by drop at first, then in a thin stream, until the dressing is thick and creamy. Leave aside.

Prepare Salad

1. Remove rind from the bacon and chop the bacon; date, code and refrigerate.
2. Boil water reduce to simmer; lower egg into water and boil for 8 – 10 min. Refresh cold.

3. Fry the bacon in a dry frypan on a low heat and then drain on paper towels.
4. Grill the chicken till cooked.
5. Tear the lettuce leaves into pieces and toss in a medium mixing bowl with croutons, bacon and half the parmesan cheese.
6. Pour dressing over the salad ingredients and toss well.
7. Transfer salad to a serving plate, sprinkle with parmesan cheese and serve.



Deconstructed Salad Bowl (Modern Salad)

Serves 4

Students can complete this recipe in pairs. Each student must grill a piece of steak)

Ingredients

- 2 x 100g beef rump steaks (or other steak)
- 150g vermicelli noodles, cooked according to packet instructions
- 1 cup coriander
- 1 cup mint leaves
- 2 spring onions thinly sliced on the angle
- 1 cucumber
- 1 carrot
- 50 g bean sprouts

Dressing Ingredients

- 1/2 lemon (zest and juice)
- 1 Kaffir lime leaf
- 1/4 cup (125ml) rice vinegar
- 2 tablespoons fish sauce
- 1/4 cup (55g) caster sugar
- 2 long red chillies
- 1 - 2 garlic cloves

Mise en place

- Zest half lemon by finely julienning peel (save lemon juice)
- Shred kaffir lime leaf
- deseed and thinly slice chillies
- crush garlic using salt
- pick, wash and dry coriander and mint
- wash and peel carrot remove the top, julienne
- measure all commodities
 - remove the ends of the cucumber and slice into ribbons (using a peeler)

1. Preheat a barbecue or chargrill on high. Cook steak on preheated grill for 3-4 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate. Cover with foil and set aside for 5 minutes to rest. Use a sharp knife to thinly slice the steak.

2. Combine lemon zest, lemon juice, kaffir lime leaf, then place in a pan along with rice vinegar, chilli, fish sauce, garlic and sugar. Bring to a simmer over medium heat, stirring to dissolve the sugar, remove from heat.
3. Cover, date and return to the refrigerator for storage.
4. Present the salad in the bowl by arranging all ingredients beside each other, starting with the noodles to one side, place the sliced beef to the side of the noodles. Arrange carrot and cucumber alongside, sprouts, mint and coriander leaves. Drizzle the cooled dressing over the beef and noodles in the bowl and sprinkle with sliced spring onions as a garnish.



Nicoise Salad (cold Salad)

(serves 2)

Ingredients

SALAD

- 6 (300g) small chat potatoes
- 200g baby green beans
- 200g can tuna in oil or (fresh tuna optional- pan-fry or grill)
- 100g grape tomatoes,
- 1/3 cup black olives
- 1 baby cos lettuce heart, leaves separated, washed
- 2 eggs
- 3 anchovy fillets in oil
- 1 quantity nicoise dressing

NICOISE DRESSING

- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon dijon mustard

Mise en place

- halve potatoes
- trim beans
- drain and flake tuna
- halve tomatoes
- drain olives
- drain and halve anchovies lengthways (optional)

Dressing

1. Whisk oil, vinegar and mustard in a bowl. Season with salt and pepper.
2. Cover, date and return to the refrigerator for storage

Salad

1. Boil potatoes in a large saucepan of boiling water for 10 mins until tender, transfer to a large bowl. Retain water.
2. Add the beans to the remaining boiling water and blanch for 1-2 minutes until bright green and just tender. Drain. Slice in half on an angle when cool.
3. Refresh the beans in ice cold water then add beans to the potato
4. Add tuna, tomatoes, olives, lettuce, egg and anchovy to the potato mixture
5. Gently poach eggs
6. Add red wine dressing to salad and toss to combine and top with poached eggs.
7. Season with salt and pepper and serve



Bean and Roast Vegetable Salad (Warm Salad)

serves 6 (vegetarian)

Ingredients

SALAD

- 1 medium red capsicum
- 1 medium yellow capsicum
- 2 medium zucchinis
- 100g button mushrooms
- 1 medium red onion
- 2 garlic cloves
- 250g cherry tomatoes
- 200g green beans, trimmed
- 2 tablespoons Chango noodles
- 1 - 2 tsp mixed Italian dried herbs

DRESSING

- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar

Mise en place

- thickly slice capsicums
- Cut zucchini diagonally into 1 cm thick slices
- cut mushrooms in half
- cut red onion into wedges
- crush garlic
- trim beans

METHOD

Vegetables

1. Preheat oven to 200°C/180°C. Place capsicum, zucchini, mushrooms, onion and Italian herbs in a large baking dish. Combine oil, vinegar and garlic in a bowl. Drizzle over vegetables. Toss to coat.
2. Roast for 20 minutes. Add tomatoes. Roast for 15 minutes or until vegetables are tender and tomatoes are starting to collapse.

Steamed beans

1. Bring a large saucepan of water to the boil over high heat and place a bamboo steaming basket (or other type of steamer) on top with beans inside.
2. Steam beans for 3 minutes or until bright green and just tender.
3. Pat dry with paper towel to remove any moisture. *Alternatively, use an atmospheric steamer for the beans.*

Dressing

1. Combine ingredients in jar with lid and shake vigorously

Assemble

1. Add beans to the roast vegetable mixture.
2. Toss to combine.
3. Sprinkle with Chango noodles. Serve.



Fruit Salad (serves 4)

Note to teachers: You may substitute any of the fruits in the recipe based on seasonal availability, cost and waste.

Ingredients

SALAD

- 300g pineapple
- 400g rockmelon
- 400g seedless watermelon
- 125g (half a punnet) strawberries
- 100g seedless green grapes
- 100g seedless red grapes

DRESSING

- 2 passionfruit
- 2 teaspoons lime juice
- 200ml natural yoghurt
- 1 teaspoon cinnamon
- 1 tablespoon dried, shaved coconut (optional)

Mise en place

- Remove skin and top from the pineapple
- wash grapes and pick from the stem, cut in half
- peel and cut watermelon into 2cm cubes
- peel and cut rockmelon into 2 cm cubes
- wash, hull and quarter strawberries
- pulp passionfruit
- juice lime

Method

1. Mix together passionfruit pulp, lime juice and the natural yoghurt in a bowl the spoon into a small serving dish.
2. Cover, date and return to the refrigerator for storage
3. Combine fruit in large bowl
4. Portion and serve with yoghurt and coconut



Spiced cherry tomato and avocado canapé's

makes 36

(vegetarian)

Ingredients

- 2 avocados
- 250g cherry tomatoes
- ½ small red onion
- ⅓ C fresh continental parsley
- olive oil spray
- 36 wonton wrappers
- ⅓ C natural yoghurt
- 10-12 drops of Tabasco sauce
- 2 T lemon juice
- salt and pepper

Mise en place

- preheat oven to 190 °C
- remove stones from avocado
- coarsely chop tomatoes
- brunoise onion
- wash, dry, pick and chop parsley

Method

1. Spray a mini muffin pan with oil. Press a wonton wrapper into each hole. Bake for 8 minutes or until golden brown. Set aside in the muffin pan to cool.
2. Place avocado and yoghurt in a bowl. Stir to combine. Add the Tabasco sauce to taste. In a separate bowl, combine tomato, onion, lemon juice and parsley. Season with salt and pepper.
3. Spoon the avocado mixture evenly among the wonton cups. Arrange on a serving platter and top with the tomato mixture. Garnish with remaining parsley and serve immediately.



Spiced Mango apple cider chutney

accompaniment for braised root vegetable pasties

(makes approx. 750ml)

Ingredients

- ½ tablespoon cooking oil
- 2 teaspoons fresh ginger, finely minced
- 1 cloves garlic, finely minced
- 1 large onion finely diced
- ½ red chili, sliced
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ¼ teaspoon turmeric
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cloves

Mise en place

- Finely mince garlic & ginger
- Finely dice onion (brunoise)
- Slice chili
- Peel and dice mango

- ¼ teaspoon ground cinnamon
- ¼ teaspoon mixed spice
- ¼ teaspoon salt
- 2 mangoes peeled and diced (Tinned mango may be used)
Pineapple may be substituted
- ¾ cup white granulated sugar
- ½ cup apple cider vinegar

Method

1. Heat the oil over medium-high in a medium stock pot.
2. Sauté the ginger, onion, garlic and red chilies for a minute.
3. Add the spices and sauté for another minute.
4. Add the diced mangoes, sugar, salt, and vinegar and stir to combine.
5. Bring it to a rapid boil and reduce to medium-low.
6. Steady simmer for 1 hour.
7. Remove from heat and allow it to cool.
8. If you prefer smaller chunks, use a potato masher to mash the mixture to the desired consistency.



Braised root vegetable Pasties (vegetarian)

makes 4



Ingredients	• 100g Parsnips • 100g Turnips • 100g Pumpkin • 100g Potato • 3 stalks Celery • 50g Beetroot • 1 Large onion • 1 Leek • 3 cloves Garlic • 100ml Coconut cream • 1T spoons olive oil • Ground Black pepper • 2 sheets of puff pastry	<u>Mise en place</u> • preheat oven to 180 °C • Dice root vegetables • Slice onions and leeks
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METHOD

1. Preheat oven to 180°C/Gas 4.
2. Mix your diced roots with a good pinch of salt, pepper, and a gloss of olive oil.
3. Heat a large frying pan. Sizzle the veg over medium-low heat till just tender and starting to colour up.
4. Stir in the onions/leeks. Cook (braise) until soft. Add garlic and spices.
5. Add the coconut milk. Let it cool down. Taste. Add more seasoning and fresh black pepper if you like. Let the mix cool fully before filling your pasties.
6. Defrost puff pastry sheets. Using a small saucer or bowl as a guide, cut out 4-6 circles.
7. Brush the inside rim of each circle with egg to help seal the pasties. Add about 5 tbsp. of filling per pasty.
8. Fold the pasties, pinching the edges to seal. Gloss the outside with beaten egg.
9. Bake for 20-25 min, or till golden.
10. Heat spicy mango chutney in microwave and serve

TAPAS

Lemon Pepper Squid and garlic aioli, Chicken meatballs with sweet chilli dipping sauce

Serves 6



Ingredients Lemon Pepper Squid • 3 squid hoods • ½ C rice flour • 1 T lemon pepper • Egg white (left from aioli) 4. Sauce • 120gms garlic aioli	Ingredients Chicken Meatballs • 600gms chicken mince • 1 C stale bread crumbs • 100ml Hoi sin sauce • 2T barbeque sauce • 1 T ginger • 1 clove garlic, crushed Dipping sauce • ½ C vinegar • ½ C sugar • 1 birds eye chilli • ¼ C sweet chilli sauce • 1T coriander • ¼ Lebanese cucumber
Mise en place • Clean, score and cut squid into strips • Make batter with rice flour lemon pepper and egg white	
Method Lemon Pepper Squid 1. Combine rice flour with lemon pepper and egg white 2. Toss squid in flour 3. Then dip into batter 4. Deep fry squid until golden brown and drain on absorbent paper. 5. Serve with garlic aioli. Chicken Meatballs 1. Mix all ingredients 2. Shape into balls with wet hands. 3. Allow to stand to set. 4. Deep fry until cooked through. 5. Serve with sweet chilli sauce Dipping sauce 1. Combine vinegar, sugar and sweet chilli sauce in small saucepan, bring to the boil and reduce by 1/3 2. Remove from heat. Add chilli, coriander and cucumber and serve	

ANTIPASTO MEZZO PLATE

LAMB KOFTA, TABOULEH, MEDITERRANEAN GRILLED VEGETABLES, HOMMUS DIP, PARMESAN TWISTS



Ingredients LAMB KOFTA • 1 Tablespoon egg • 1 brown onion • ½ bunch continental parsley • ½ bunch mint • 6 T cracked wheat (soaked) • 300gms lamb mince • 1T Moroccan seasoning • Salt and pepper • ¼ C oil (cooking)	Mise en place • soak wheat • chop parsley and mint
TABOULEH • ½ C fine cracked wheat (burghul) • 1 Lebanese cucumber • 2 small tomato • 6 shallots • 1/2 bunch parsley • 1/2 bunch mint • 2 T fresh lemon juice • 2 T Olive oil • Salt and pepper	• Soak wheat • Chop parsley and mint • Thinly slice shallots • Concasse tomato • Juice lemon • Deseed and dice cucumber
MEDITERRANEAN GRILL • 3 pocket (pita) bread • 120gms haloumi • 6 slices egg plant • 1 red capsicum • 1T olive oil • 2T French salad dressing	• Slice haloumi into 1cm slices • Slice and salt eggplant
DIP Hommus • 1 can chick peas • 1t cumin • 2T tahini paste • 3 cloves garlic • Juice of one lemon • 100 ml olive oil	• Drain and rinse chickpeas • Juice lemon
PARMESAN TWISTS • 2 T olive oil • Pinch sea salt • 1 clove garlic • 1 sheet puff pastry • ½ cup finely grated parmesan	• Crush garlic • Thaw pastry

HOMMUS DIP 1. Place all ingredients in food processor and process until combined 2. Cover and place in fridge until required



LAMB KOFTA

1. Lightly beat egg
2. Brunoise onion
3. Finely chop parsley and mint
4. Place cracked wheat in a heat proof bowl and add boiling water. Allow to stand for 15 minutes and then drain.
5. Add mince, egg, onion, parsley, mint, seasoning and salt and pepper. Mix well.
6. Divide mixture into 6 ball shapes.
7. Store in refrigerator for at least 15 minutes.
8. Heat small cast iron pan on medium heat, with oil and cook lamb for 3-4 minutes or until cooked through.
9. Place onto paper towel ready for serving.

TABOULEH

1. Place the cracked wheat in a bowl and cover with $\frac{1}{4}$ cup warm water, leave aside for at least 10 minutes.
2. Finely chop the cucumber, tomato, shallots, parsley and mint and place into a small mixing bowl.
3. Add the softened cracked wheat, lemon juice and olive oil. Mix well and adjust seasoning if necessary.

MEDITERRANEAN GRILLED VEGETABLES

1. Char grill capsicum – hold over gas burner, (place in bowl) cover with glad wrap and allow to sweat. Once cooled slice into strips.
2. Salt eggplant, rinse and dry. Coat with olive oil. Place on griddle or health grill and cook.
3. Pre heat frypan. Pan fry haloumi turning once till golden brown.
4. Present with twists, kofta and tabouleh.

PARMESAN TWISTS

1. Preheat oven to 180°C.
2. Place the oil, salt and garlic in a bowl and stir to combine.
3. Brush the pastry with the oil mixture and cut into 1cm strips.
4. Sprinkle with parmesan, twist and place on a baking tray with non-stick baking paper.
5. Bake for 5-8 minutes or until puffed and golden.

OBSERVATIONAL CHECKLIST – SITHCCC006 Prepare appetisers and salads and SITHCCC005 Prepare dishes using basic methods of cookery



Learner Name:																		
Assessor Name:	Mr Mills, Ms Brooks																	
Unit of competency:	SITHCCC006 Prepare appetisers and salads SITHCCC005 Prepare dishes using basic methods of cookery																	
Assessment Event:	Observed during Cluster C Quality Café Meals																	
Location:																		
Procedure to be observed: Prepare each of the following recipes for at least six different customers:	Chicken Caesar Salad	Salad Bowl	Nicoise Salad	Bean and Roast Vegetable Salad	Fruit Salad	Antipasto Lamb kofta, tabbouleh, Mediterranean grilled vegetable, hummus dip, parmesan twists	Canapes Spiced cherry tomato and avocado	Hors D'oeuvres Vegetable pastie with spicy mango chutney	Tapas Lemon pepper squid and garlic aioli, chicken meatballs with sweet chilli dipping sauce									
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:									
	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__									
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Select ingredients																		
Confirm food production requirements from food preparation list and standard recipes.																		
Calculate ingredient amounts according to requirements.																		
Identify and ingredients from stores according to recipe, quality, freshness and stock rotation requirements.																		
Check perishable supplies for spoilage or contamination prior to preparation.																		
Select, prepare and use equipment																		
Select type and size of equipment suitable to requirements.																		
Safely assemble and ensure cleanliness of equipment before use.																		



Use equipment safely and
hygienically according to
manufacturer instructions.

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OBSERVATIONAL CHECKLIST – SITHCCC006 Prepare appetisers and salads and SITHCCC005 Prepare dishes using basic methods of cookery (cont')

Procedure to be observed: Prepare each of the following recipes for at least six different customers:	Chicken Caesar Salad	Salad Bowl	Nicoise Salad	Bean and Roast Vegetable Salad	Fruit Salad	Antipasto Lamb kofta, tabbouleh, Mediterranean grilled vegetable, hummus dip, parmesan twists	Canapes Spiced cherry tomato and avocado	Hors D'oeuvres Vegetable pastie with spicy mango chutney	Tapas Lemon pepper squid and garlic aioli, chicken meatballs with sweet chilli dipping sauce
	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__	__/__/__
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y
Portion and prepare ingredients									
Weigh and measure ingredients and create portions according to recipe.									
Prepare, cut and portion ingredients according to recipe and cooking style.									
Minimise waste to maximise profitability of food items prepared.									
Cook dishes									
Select and use cookery methods for dishes following standard recipes.									
Complete cooking process in a logical, planned and safe manner.									
Identify problems with the cooking process and take corrective action.									
Work cooperatively with colleagues to ensure timely preparation of dishes.									



Present and dishes																
Present dishes on appropriate service-ware.																
Add garnishes and accompaniments according to standard recipes.																
Visually evaluate dish and adjust presentation.																
Store dishes in appropriate environmental conditions.																

OBSERVATIONAL CHECKLIST – SITHCCC006 Prepare appetisers and salads and

SITHCCC005 Prepare dishes using basic methods of cookery (cont')

Procedure to be observed: Prepare each of the following recipes for at least six different customers:	Chicken Caesar Salad		Salad Bowl		Nicoise Salad		Bean and Roast Vegetable Salad		Fruit Salad		Antipasto Lamb kofta, tabbouleh, Mediterranean grilled vegetable, hummus dip, parmesan twists		Canapes Spiced cherry tomato and avocado		Hors D'oeuvres Vegetable pastie with spicy mango chutney		Tapas Lemon pepper squid and garlic aioli, chicken meatballs with sweet chilli dipping sauce	
	Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:		Date:	
	//_		_/_/_		_/_/_		_/_/_		_/_/_		_/_/_		_/_/_		_/_/_		_/_/_	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Present and dishes																		
Clean work area, and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives.																		
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:																		
Observed satisfactory																		
More evidence required (MER)																		
Feedback to student:																		



Assessor signature:

Co-assessor signature:

OBSERVATIONAL CHECKLIST – SITHCCC011 Use cookery skills effectively

Learner Name:														
Assessor Name:	Mr Mills, Ms Brooks													
Unit of competency:	SITHCCC011 Use cookery skills effectively													
Assessment Event:	Observed throughout the whole Hospitality course													
Location:														
Procedure to be observed: Prepare and present sandwiches must demonstrate safe food handling practices when preparing at least one each of the following hot or cold sandwiches within commercial time constraints:	Service Period 1 Date:		Service Period 2 Date:		Service Period 3 Date:		Service Period 4 Date:		Service Period 5 Date:		Service Period 6 Date:		Overall Achievement Date:	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Organise and prepare for food service or production														
Calculate ingredient quantities according to recipes and specifications.														
Prepare a job checklist for food preparation and service that is clear, complete and appropriate to situation.														
Follow instructions about menu requirements and job roles.														
Follow a work schedule to maximise efficiency, taking into consideration roles and responsibilities of other team members.														

Complete food organisation and preparation according to different food production and service requirements.														
Cook menu items for food service or production														
Select and use appropriate commercial equipment to produce menu items in line with manufacturer specifications.														
Cook menu items according to menu type and service style, using appropriate cookery methods.														
Work cooperatively as part of a kitchen team.														
Follow workplace safety and hygiene procedures according to organisational and legislative requirements.														

OBSERVATIONAL CHECKLIST – SITHIND003 Use hospitality skills effectively (cont')

Procedure to be observed: Prepare and present sandwiches must demonstrate safe food handling practices when preparing at least one each of the following hot or cold sandwiches within commercial time constraints:	Service Period 7 Date:		Service Period 8 Date:		Service Period 9 Date:		Service Period 10 Date:		Service Period 11 Date:		Service Period 12 Date:		Overall Achievement Date:	
PERFORMANCE If not observed mark N/A in comment section. During the activity did the learner satisfactorily:	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	S	MER
Cook menu items for food service or production														
Maintain cleanliness and tidiness of the work environment.														
Complete end of shift requirements														
Complete end of shift procedures according to organisational practices.														
Store food items appropriately to minimise food spoilage, contamination and waste, and label according to organisational procedures.														
Participate in post-shift debrief or handover.														
OVERALL LEARNERS PRACTICAL PERFORMANCE WAS:														
Observed satisfactory More evidence required (MER)														
Feedback to student:														
Assessor signature: Co-assessor signature:														



Education

Ultimo RTO 90072

Assessment feedback form

Student name	
Assessor name	Mr Mills, Ms Brooks
Assessment date/s	
Cluster	Direct Observation of Practical Work
Units of competency	SITXFSA001 Use hygienic practices for food safety SITWHS001 Participate in safe work practices SITHCCC003 Prepare and present sandwiches SITXFSA002 Participate in safe food handling practices SITHCCC002 Prepare and present simple dishes SITHKOP001 Clean Kitchen premises and equipment SITHCCC001 Use food preparation equipment SITXINV002 Maintain the quality of perishable items SITHCCC005 Prepare dishes using basic methods of cookery SITHCCC006 Prepare appetisers and salads SITHCCC011 Use cookery skills effectively
Reasonable adjustments implemented NB When altering the assessment method to use verbal questioning instead of written, the teacher must record the student's answer and write "V" next to the response	- Altering/simplifying the language used - Providing support staff - Providing tutorial sessions - Providing additional time to complete the task - Altering assessment methods used
Additional Evidence to be retained securely (e.g. uploaded to QMS)	Indicate any supplementary evidence that was used to determine competence: - verbal questioning recorded on Observation Checklist - third party evidence (e.g. work placement employer report, photographs, videos etc.) - Other: _____ Insert the file path/location where this evidence is located:



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Recipe Tracking	SITHCCC003 Prepare and present sandwiches	SITXFSA002 Participate in safe food handling practices	SITHCCC002 Prepare and present simple dishes	SITHKOP001 Clean Kitchen premises and equipment	SITHCCC001 Use food preparation equipment	SITXINV002 Maintain the quality of perishable items	SITHCCC005 Prepare dishes using basic methods of cookery	SITHCCC006 Prepare appetisers and salads	SITHCCC011 Use cookery skills effectively
Cluster	A	B	B	C	C	C	D	D	D
Open Grilled Sourdough with Smashed Avocado and Fetta	✓								
Turkey Filled Roll	✓								
Tea (or Pullman) Sandwich	✓								
Marinated Eggplant and Mozzarella Focaccia	✓								
Mexican Wrap	✓								
Club Sandwich	✓								
Heat and Serve Pasta / Lasagne with Garden Salad		✓	✓						✓
Asian Style Fish with Herb Salad and Crispy Noodles		✓	✓			✓			✓
Poached Eggs and Toasted Muffins		✓	✓						✓
Chicken Schnitzel Caesar Wrap		✓	✓						✓
Heat & Serve Cafe Item		✓	✓						✓



Tropical Smoothie (serve with Heat & Serve Café Item)		✓	✓						
Baja Style Fish Tacos with Aioli				✓	✓	✓			✓
Steak with Pepper Sauce and Vegetable Panache				✓	✓	✓			✓
Sweet Potato Mash				✓	✓	✓			
Sesame Chicken Marinated Thigh Fillet and Rice				✓	✓	✓			✓
Cluster	A	B	B	C	C	C	D	D	D
Coconut & Citrus Cupcakes				✓	✓	✓			✓
Chicken Caesar Salad							✓	✓	✓
Deconstructed Salad Bowl							✓	✓	
Nicoise Salad							✓	✓	
Bean & Roast Vegetable Salad							✓	✓	✓
Fruit Salad							✓	✓	
Spiced Cherry Tomato & Avocado Canapés							✓	✓	✓
Spiced Mango Apple Cider Chutney							✓	✓	✓
Braised Root Vegetable Pasties							✓	✓	✓
Lemon Pepper Squid & Garlic Aioli							✓	✓	✓
Chicken Meatballs with Sweet Chilli Dipping Sauce							✓	✓	✓



Lamb Kofta							✓	✓	✓
Tabouleh							✓	✓	
Mediterranean Grilled Vegetables							✓	✓	✓
Hommus Dip							✓	✓	
Parmesan Twists							✓	✓	