

Sub Sector		KITCHEN						
Job Area		FOOD PREPARATION AND PRODUCTION						
Competency Unit Title		COOKING TECHNIQUE						
Learning Outcome		<p>The person who is competent in this CU shall be able to perform standard cooking technique to ensure foods produced meet the requirement in accordance with food standards set by the establishment and to provide food for guest satisfaction. Upon completion of this competency unit, trainee will be able to:-</p> <ul style="list-style-type: none"> • Obtain standard cooking technique standard recipes • Select cooking technique equipment and utensils • Select cooking technique ingredients • Carry out cooking technique dishes 						
Competency Unit ID		HT-012-2:2012-C02	Level	2	Training Duration	72	Credit Values	7
Work Activities	Related Knowledge	Related Skills		Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria	
1. Obtain cooking technique standard recipes	i. Introduction to cooking technique <ul style="list-style-type: none"> • Definition of cooking principles <ul style="list-style-type: none"> - Purpose of cooking food 				4	Lecture, Video Presentation & Observation	i. Cooking technique standard recipes interpreted ii. The physical and chemical reactions that affect the components of food when heated are understood iii. The ways of heat transferred are understood iv. Types of cooking technique recipes determined v. Types of seasoning and flavouring determined	

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
	<ul style="list-style-type: none"> • The physical and chemical reactions that affect the components of food when heated such as: <ul style="list-style-type: none"> - Proteins - Fats - Carbohydrates - Water - Minerals (salt) - Vitamins - Pigments (colouring agents) - Flavour elements • Understanding the ways of heat transferred <ul style="list-style-type: none"> - Radiation - Convection - Conduction • Types of cooking technique recipes <ul style="list-style-type: none"> - Dry heat - Moist heat - Combination - Microwave • Types of seasoning and flavouring 					

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
		<ul style="list-style-type: none"> i. Determine types of cooking technique recipe • Dry heat cooking <ul style="list-style-type: none"> - Roast - Bake - Broil - Grill - Griddle - Pan-broil • Dry heat using fat or oil <ul style="list-style-type: none"> - Sauté - Pan-fry - Shallow-fry - Deep-fry - Pressure frying • Moist heat <ul style="list-style-type: none"> - Simmer - Boil - Poach - Blanch - Steam - Braise • Combination cooking <ul style="list-style-type: none"> - Braise • Microwave cooking <ul style="list-style-type: none"> - heating prepared foods - thawing raw items - thawing cooked items 	<p><u>Attitude:</u></p> <ul style="list-style-type: none"> i. Meticulous in identifying cooking technique standard recipes ii. Apply hygiene and cleanliness of work area <p><u>Safety:</u></p> <ul style="list-style-type: none"> i. Adhere to safety and HACCP requirement 	8	Demonstration, Observation & Hand-on Practices	

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
<p>2. Select cooking technique equipment and utensils</p>	<p>i. Introduction to cooking technique equipment and utensils</p> <ul style="list-style-type: none"> • Type and usage <ul style="list-style-type: none"> - Large equipment such as: <ul style="list-style-type: none"> ▪ Open-burner gas range with griddle ▪ Salamander above range ▪ Grills ▪ Griddles ▪ Deep fryers ▪ Steam-jacketed kettles - Mechanical equipment such as: <ul style="list-style-type: none"> ▪ Convection oven ▪ Combination steamer oven - Processing equipment such as: <ul style="list-style-type: none"> ▪ Large floor mixer ▪ Food cutter ▪ Mixer and food chopper ▪ Slicer ▪ Food processor - Tools and utensils such as: <ul style="list-style-type: none"> ▪ Pots ▪ Pans ▪ Knives ▪ Hand tools and small equipment 			4	Lecture, Video Presentation & Observation	<ul style="list-style-type: none"> i. Type of utensils and equipment determined ii. The usage of utensils and equipment determined

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
	<ul style="list-style-type: none"> - Measuring devices such as: <ul style="list-style-type: none"> ▪ Scales ▪ Volume measures ▪ Measuring cups ▪ Measuring spoons ▪ Ladles ▪ Scoops ▪ Thermometers <ul style="list-style-type: none"> ○ Meat ○ Instant-read ○ Fat ○ Candy 					
		<ul style="list-style-type: none"> i. Determine type of utensils and equipment ii. Determine the usage of utensils and equipment 	<p><u>Attitude:</u></p> <ul style="list-style-type: none"> i. Meticulous in selecting cooking technique equipment and utensils ii. Apply hygiene and cleanliness of work area <p><u>Safety:</u></p> <ul style="list-style-type: none"> i. Adhere to safety and HACCP requirement 	8	Demonstration, Observation & Hand-on Practices	

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
3. Select cooking technique ingredients	i. Introduction to cooking technique ingredients <ul style="list-style-type: none"> • Types <ul style="list-style-type: none"> - Fresh - Raw - Dry • Quality ii. Definition of written standardized recipes <ul style="list-style-type: none"> • The structure • The function • The limitations iii. Understanding the ingredients measurement <ul style="list-style-type: none"> • Weight • Volume • Count iv. Definition and purpose of advance preparation or ' <i>mise en place</i> ' <ul style="list-style-type: none"> • Assemble tools • Assemble ingredients • Wash, trim, cut <ul style="list-style-type: none"> - Meat - Poultry - Fish - Vegetable • Prepare and measure raw materials • Marinating • Breading • Batters 			6	Lecture, Video Presentation & Observation	i. Types of ingredients determined ii. Quality of ingredients ensured iii. ' <i>Mise-en-place</i> ' properly prepared iv. Standard weight, scaling and measurement technique applied

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
	<ul style="list-style-type: none"> Prepare equipment 	<ul style="list-style-type: none"> Determine the types of ingredients Ensure quality of ingredients Do <i>mise-en-place</i> properly Apply standard weight, scaling and measurement technique 	<p><u>Attitude:</u></p> <ul style="list-style-type: none"> Meticulous in selecting cooking technique ingredients Apply hygiene and cleanliness of work area <p><u>Safety:</u></p> <ul style="list-style-type: none"> Adhere to safety and HACCP requirement 	12	Demonstration, Observation & Hand-on Practices	

Work Activities	Related Knowledge	Related Skills	Attitude /Safety/ Environmental	Training Hours	Delivery Mode	Assessment Criteria
4. Carry out cooking technique dishes	i. Types of preparation and cooking technique ii. Importance of portioning items <ul style="list-style-type: none"> • Food cost • Standard serving iii. Presentation & garnish iv. Taste and flavour			10	Lecture, Video Presentation & Observation	i. Determine types of preparation and cooking technique determined ii. Portioning, taste and flavour ensured iii. Presentation and garnish technique applied
		i. Apply types of preparation and cooking technique ii. Ensure portioning iii. Apply presentation & garnish technique iv. Complies taste and flavour	<u>Attitude:</u> <ol style="list-style-type: none"> i. Meticulous in carrying cooking technique dishes ii. Apply hygiene and cleanliness of work area <u>Safety:</u> <ol style="list-style-type: none"> i. Adhere to safety and HACCP requirement 	20	Demonstration, Observation & Hand-on Practices	

Employability Skills

CORE ABILITIES	SOCIAL SKILLS
<p>01.01 Identify and gather information 01.02 Document information, procedures or processes 01.03 Utilize basic IT applications 01.04 Analyze information 01.05 Utilize the Internet to locate and gather information 01.06 Utilize word processor to process information</p> <p>02.01 Interpret and follow manuals, instructions and SOP's 02.02 Follow telephone/ telecommunication procedures 02.03 Communicate clearly 02.04 Prepare brief reports and checklists using standard forms 02.05 Read/interpret flowcharts and pictorial information 02.06 Write memos and letters 02.07 Utilize Local Area Network (LAN)/Intranet to exchange information 02.08 Prepare pictorial and graphic information</p> <p>03.01 Apply cultural requirements to the workplace 03.02 Demonstrate integrity and apply ethical practices 03.03 Accept responsibility for own work and work area 03.04 Seek and act constructively upon feedback about performance 03.05 Demonstrate safety skills 03.06 Respond appropriately to people and situations 03.07 Resolve interpersonal conflicts 03.08 Develop and maintain a cooperation within work group</p> <p>04.01 Organize own work activities 04.02 Set and revise own objectives and goals 04.03 Organize and maintain own workplace 04.04 Apply problem solving strategies 04.05 Demonstrate initiative and flexibility</p> <p>06.01 Understand systems 06.02 Comply with and follow chain of command 06.03 Identify and highlight problems 06.04 Adapt competencies to new situations/systems 06.05 Analyze technical systems 06.06 Monitor and correct performance of systems</p>	<ol style="list-style-type: none"> 1. Communication Skills 2. Conceptual Skills 3. Interpersonal Skills 4. Learning Skills 5. Leadership Skills 6. Multitasking and prioritizing 7. Self-discipline 8. Teamwork

Tools, Equipment and Materials (TEM)

ITEMS	RATIO (TEM : TRAINEES)
1. Kitchen Equipment	1 : 5
2. Kitchen Utensils	1 : 1
3. Ingredients	1 : 1
4. Checklist	1 : 1
5. Standard Recipe	1 : 1
6. Standard Operation Procedure (SOP)/Manual	1 : 5
7. Standard Form	1 : 1

REFERENCES

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2. Wayne Gisslen, 2011. Professional Cooking. 7th Edition. Wiley. ISBN 978-0-470-19752-3
3. The Culinary Institute of America, In the Hands of a Chef: The Professional Chef's Guide to Essential Kitchen Tools. Wiley. ISBN: 978-0-470-08026-9
4. Wayne Gisslen, 2004. Essentials of Professional Cooking. Wiley. ISBN: 978-0-471-20202-8
5. Online Video Resources
 - Roux-Be (The Reluctant Chef online resources) - <http://www.reluctantgourmet.com/rouxbe.htm>
 - About.com. Culinary Arts - <http://culinaryarts.about.com/od/culinaryreference/tp/culinaryvideos.htm>
 - Stella Culinary - <http://www.stellaculinary.com/>
 - The Culinary Institute of America (more than 86,000 culinary & related resources) - <http://www.ciachef.edu/>