

Title	Prepare and cook basic meat dishes in a commercial kitchen		
Level	3	Credits	8

Purpose	<p>This unit standard is for people working in a commercial kitchen who have an understanding of presentation practices and basic cooking techniques.</p> <p>People credited with this unit standard are able to prepare to: cook; and cook and present basic meat dishes in a commercial kitchen.</p>
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Classification	Hospitality > Cookery
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Available grade	Achieved
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Guidance Information

- 1 Recommended knowledge and skills for entry: Unit 167, *Practise food safety methods in a food business under supervision*; or Unit 27955, *Apply food safety practices in a food related establishment*.
- 2 Definitions

Basic – the use of routine preparation and cooking methods, using fresh ingredients, and standard finishing and presentation techniques.

Dish requirements – any recipe or dish type specified by or specific to the establishment and made known to the candidate prior to assessment against this unit standard.

Establishment requirements – any policy, procedure, process or agreed requirement, either written or oral, that is made known to the candidate prior to assessment against this unit standard.
- 3 Range

Meat – chicken, beef, lamb, pork; evidence of three is required, using six different cuts in total.
- 4 Legislation and regulations to be complied with include but are not limited to – Food Act 2014, Health and Safety at Work Act 2015.
- 5 References

Standard industry texts include but are not limited to – Foskett, D., *et al.* (2019), *Practical Cookery*. 14th ed. London: Hodder Education; Foskett, D., *et al.* (2016), *The Theory of Hospitality and Catering*. 13th ed. London: Hodder Education; Christensen-Yule, L. and Neill, L. (2017), *The New Zealand Chef*. 4th ed. Auckland, NZ: Edify, or the most recent edition available.

- 6 For the purpose of this unit standard, candidates should demonstrate an awareness of the impact of the preparation, cooking processes and storage on the nutritional value of relevant food items.
- 7 Evidence for the practical components of this unit standard must either be gathered in the workplace or in a realistic environment where the candidate has to produce product for customers who have the same expectations for quality and timeliness as a paying customer.
- 8 Safe food handling practices must be carried out in accordance with legislative requirements.

Outcomes and performance criteria

Outcome 1

Prepare to cook basic meat dishes in a commercial kitchen.

Performance criteria

- 1.1 Meat and other ingredients of the required type, quality and quantity are selected in accordance with dish requirements.

Range quality may include but is not limited to – appearance, smell, within expiry date, freshness.
- 1.2 Meat and other ingredients are prepared using procedures that meet selected dish and establishment requirements and are in accordance with standard industry texts.

Outcome 2

Cook and present basic meat dishes in a commercial kitchen.

- Range methods may include but are not limited to – dry (roast, grill, deep-fry, sauté), wet (stew, braise, boil, hāngi, umu);
evidence is required of one wet and one dry method.

Performance criteria

- 2.1 Meat dishes are cooked in accordance with quality, dish and establishment requirements and standard industry texts.

Range quality may include but is not limited to – flavour, smell, degree of cooking, appearance.
- 2.2 Cooking methods and processes are suitable for dish requirements.
- 2.3 Cooked meats are finished and presented to meet dish requirements.

- 2.4 Portion amounts and yields for meat dishes are identified and explained in accordance with dish and establishment requirements.

Planned review date	31 December 2026
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	8 January 1998	31 December 2013
Review	2	22 October 2003	31 December 2017
Review	3	12 December 2008	31 December 2017
Review	4	20 February 2014	31 December 2017
Revision	5	19 November 2015	31 December 2023
Review	6	16 December 2021	N/A

Consent and Moderation Requirements (CMR) reference	0112
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Ringa Hora Services Workforce Development Council qualifications@ringahora.nz if you wish to suggest changes to the content of this unit standard.