

Title	Cook food items by braising and stewing		
Level	2	Credits	2

Purpose	<p>This pre-entry unit standard is for people training as cooks to work in a broad range of commercial kitchens.</p> <p>People credited with this unit standard are able to: prepare to braise and stew food items; and braise and stew, and present food items.</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*.
- 2 Definitions

Cell based meat is a meat produced by in vitro cell cultures of animal cells.

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.

Meat substitute is a meat-like substance made from vegetarian ingredients.

Pre-prepared and/or ready prepared – the use of food items which have already undergone a level of preparation ranging from cleaning and portioning to pre-packaged, ready to cook products.
- 3 Range

Food items – braise one meat (or cell-based meat, or meat substitute); stew one meat (or cell-based meat, or meat substitute), vegetable and/or fruit, which may be pre-prepared and/or ready prepared for a minimum of two people.
- 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 This unit standard can be assessed against in a simulated situation. This refers to a situation that reflects some elements of commercial realism, but the candidate must be under time pressure. There must be an end user of the product and domestic equipment can be used. Safe food handling practices must be carried out in accordance with legislative requirements.

Outcomes and performance criteria

Outcome 1

Prepare to braise and stew food items.

Performance criteria

1.1 Food items and other ingredients of the required type, quality, and quantity for braising and stewing are selected in accordance with dish requirements.

Range quality includes but is not limited to – appearance, smell, freshness, within expiry date.

1.2 Food items are prepared for braising and stewing in accordance with dish requirements.

Outcome 2

Braise and stew, and present food items.

Performance criteria

2.1 Food items are braised and stewed to meet quality requirements.

Range quality may include but is not limited to – degree of cooking, appearance, temperature, taste.

2.2 Food items are finished and presented in accordance with dish requirements.

Range finishing may include but is not limited to – basic garnishes, accompaniments, sauces, portioning; evidence of two is required.

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.