

Title	Demonstrate knowledge of spices and flavouring substances used in Indian cooking		
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 demonstrate knowledge of spices and flavouring substances used in Indian cooking.</p>
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Classification	Hospitality > Cookery
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Available grade	Achieved
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Guidance Information

1 Definitions

Cooking styles include – *East/North East Indian cooking styles* refer to Bengali, Assamese, Meghalayan, Mnaipuri, Naga, Sikkimese, Tripuri, Arunchalese, Oriya. *Establishment requirements* referred to in this unit standard may include but are not limited to – the applicable procedures found in the following: establishment performance guidelines and standards; equipment manufacturer’s procedures and specifications; Government and local body legislation.

North Indian cooking styles refer to Awadhi, Bhojpuri, Kumauni, Mughlai, Kashmiri, Rajasthani, Uttar Pradesh, Bihari.

South Indian cooking styles refer to Andhra, Karknakta, Kerala, Tamil, Hyderabad, Udupi, Mangalorean, Saraswat, Mangalorean Catholic.

West Indian cooking styles refer to Goan, Gujurati Marathi, Agri & Koli, Malvani & Konkani, Sindhi, Parsi.

2 Range

Spices and flavouring substances used in Indian cooking may include but are not limited to – dried red chili pepper, white pepper, turmeric, tamarind, holy basil, sesame seed, cumin seed, fenugreek leaf, poppy seed, long pepper, cubeb, Indian gooseberry, panch phoron, nigella seed, mustard seed, nutmeg, curry tree or sweet neem leaf, mint, mace, liquorice powder, saffron, ginger, Indian bay leaf, bay leaf, capers, star anise, inknut terminalia chebula, capsicum, green chili pepper, dried ginger, garlic, garcinia indica, garam masala, asafoetida. fenugreek seed, fennel seed, coriander seed, salt, cloves, citric acid, red chilli, charoli, celery/radhuni seed, carom/thymol seed, green cardamom, cinnamon, brown mustard seed, black cardamom, black salt, peppercorns, black pepper, black cumin. fresh basil, garcinia gummi-gutta, fennel seed, pomegranate seed, fresh coriander, alkanet root, cinnamon buds, coriander powder, cumin seed ground into balls, fenugreek leaf, four seeds, Indian bedellium tree, kalpasi, mango extract, sour dried mango powder, fresh hemp cannabis, saffron pulp, gum tragacanth.

3 Legislation relevant to this unit standard includes but are not limited to – Food Act 2014, Health and Safety at Work Act 2015.

4 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.

Outcomes and performance criteria
Outcome 1

Demonstrate knowledge of spices and flavouring substances used in Indian cooking.

Performance criteria

1.1 The origin, characteristics, and applications in Indian cooking of spices and flavouring substances are described and explained in accordance with establishment requirements.

Range evidence is required for one Indian cooking style;
evidence is required for 12 spices and flavouring substances.

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	14 December 2017	31 December 2023
Review	2	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 the Ringa Hora Services Workforce Development Council qualifications@ringahora.nz if you wish to suggest changes to the content of this unit standard.