

## Module Outline (8 Weeks)

### Lesson 1 of 8

**Course & Code:** Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered</b> <b>(THHBCC06B)</b> <b><u>Prepare and cook seafood</u></b></p> <p><b>Element 1.</b> Select and store seafood. <b>Element 2.</b> Prepare and cook fish and shellfish. <b>Element 3.</b> Present fish and seafood.</p>	<ul style="list-style-type: none"> <li>❑ Seafood classification</li> <li>❑ Fish and Shellfish types</li> <li>❑ Storage and handling</li> </ul>	<ul style="list-style-type: none"> <li>❑ Artichoke Bottoms and Seafood Mousseline with Cucumber Foam</li> <li>❑ Mussels Sailor Style with French Bread Stick</li> <li>❑ Atlantic Salmon Cutlet on Mashed Potatoes with Asparagus and Chilli Coriander Butter</li> </ul>	<p>P.72</p> <p>P.93</p> <p>P.72</p>	<ul style="list-style-type: none"> <li>❑ Artichoke Bottoms and Seafood Mousseline with Cucumber Foam 6 serves – Groups of 2</li> <li>❑ Mussels Sailor Style with French Bread Stick 1 serve</li> <li>❑ Atlantic Salmon Cutlet on Mashed Potatoes with Asparagus and Chilli Coriander Butter 2 serves – Groups of 2</li> </ul>

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### Lesson 2 of 8

Course & Code: Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBCC06B)</b> <b><u>Prepare and cook seafood</u></b></p> <p><b>Element 1.</b> Select and store seafood.</p> <p><b>Element 2.</b> Prepare and cook fish and shellfish.</p> <p><b>Element 3.</b> Present fish and seafood.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Seafood classification</li> <li><input type="checkbox"/> Menu uses and cookery methods applied</li> <li><input type="checkbox"/> Storage and handling</li> <li><input type="checkbox"/> Presentation</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Oysters Florentine Mornay Sauce</li> <li><input type="checkbox"/> Calamari with Lime Juice and Coriander</li> <li><input type="checkbox"/> Chermoula Snapper with Boiled Moghrabieh</li> <li><input type="checkbox"/> Crumbed Sole Delice and Basil Prawns in Lemon Butter with Cocotte Potatoes</li> </ul>	<p>P.95</p> <p>P.79</p> <p>P.80 P.108</p> <p>P.82 P.82</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Oysters Florentine Mornay Sauce 1 serve – Groups of 2</li> <li><input type="checkbox"/> Calamari with Lime Juice and Coriander 2 serves – Groups of 2</li> <li><input type="checkbox"/> Chermoula Snapper with Boiled Moghrabieh 1 serve</li> <li><input type="checkbox"/> Crumbed Sole Delice and Basil Prawns in Lemon Butter with Cocotte Potatoes 2 serves</li> </ul>

## Module Outline (8 Weeks)

### Lesson 3 of 8

**Course & Code:** Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBCC06B)</b> <b><u>Prepare and cook seafood</u></b></p> <p><b>Element 1.</b> Select and store seafood. <b>Element 2.</b> Prepare and cook fish and shellfish. <b>Element 3.</b> Present fish and seafood.</p>	<ul style="list-style-type: none"> <li>❑ Suitable accompaniments for seafood</li> <li>❑ Select seafood according to quality, seasonal availability and price</li> <li>❑ Menu examples of Seafood, yields and correct cookery methods applied</li> <li>❑ Textures, flavours and points of care</li> </ul>	<ul style="list-style-type: none"> <li>❑ Chilled Blueswimmer Crab Open Ravioli Comparison open vs closed ravioli</li> <li>❑ Deep Fried Sardines</li> <li>❑ Deep Sea Bream in Beer Batter with Tartare Sauce and Pylon Potatoes</li> </ul>	<p>P.81</p> <p>P.83</p> <p>P.83 P.75 P.111 P.100</p>	<ul style="list-style-type: none"> <li>❑ Chilled Blueswimmer Crab Open Ravioli Comparison open vs closed ravioli 2 serves – Groups of 2</li> <li>❑ Deep Fried Sardines 1 serve</li> <li>❑ Deep Sea Bream in Beer Batter with Tartare Sauce and Pylon Potatoes 1 serve</li> </ul>

## Module Outline (8 Weeks)

### Lesson 4 of 8

Course & Code: Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBCC06B)</b> <b><u>Prepare and cook seafood</u></b></p> <p><b>Element 1.</b> Select and store seafood. <b>Element 2.</b> Prepare and cook fish and shellfish. <b>Element 3.</b> Present fish and seafood.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Preparation of Seafood in a safe manner</li> <li><input type="checkbox"/> Principles of Seafood sauces</li> <li><input type="checkbox"/> Prepare and present Seafood according to enterprise standards considering quality, harmony of ingredients and service requirements</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Flathead with Salt Crust</li> <li><input type="checkbox"/> Green Curried Fish with Chinese Style Rice</li> <li><input type="checkbox"/> Scallops on Blini with Vanilla Beurre Blanc</li> <li><input type="checkbox"/> Seafood Teriyaki</li> </ul>	<p>P.86</p> <p>P.89 P.81</p> <p>P.104</p> <p>P.105</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Flathead with Salt Crust 1 serve</li> <li><input type="checkbox"/> Green Curried Fish with Chinese Style Rice 1 serve</li> <li><input type="checkbox"/> Scallops on Blini with Vanilla Beurre Blanc 2 serves – Groups of 2</li> <li><input type="checkbox"/> Seafood Teriyaki 1 serve – Groups of 2</li> </ul>

## Module Outline (8 Weeks)

### Lesson 5 of 8

**Course & Code:** Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered</b> (THHBCC05B) Prepare and cook poultry and game</p> <p><b>Element 1.</b> Select and purchase poultry and game.</p> <p><b>Element 2.</b> Handle and store poultry and game.</p> <p><b>Element 3.</b> Prepare, cook and present poultry and game.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Types of poultry</li> <li><input type="checkbox"/> Handling and hygiene</li> <li><input type="checkbox"/> Storage</li> <li><input type="checkbox"/> Purchasing specifications</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chargrilled Chicken Thigh with Spaghetti in Honey Mustard Butter</li> <li><input type="checkbox"/> Filled Chicken Breast with Pasties and Leek</li> <li><input type="checkbox"/> Chicken Wings Marinated in Soy Sauce</li> </ul>	<p>P.58</p> <p>P.65</p> <p>P.61</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Chargrilled Chicken Thigh with Spaghetti in Honey Mustard Butter 2 serves – Groups of 2</li> <li><input type="checkbox"/> Filled Chicken Breast with Pasties and Leek 2 serves – Groups of 2</li> <li><input type="checkbox"/> Chicken Wings Marinated in Soy Sauce 2 serves</li> </ul>

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### Lesson 6 of 8

**Course & Code:** Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered</b> (THHBCC05B) Prepare and cook poultry and game</p> <p><b>Element 1.</b> Select and purchase poultry and game.</p> <p><b>Element 2.</b> Handle and store poultry and game.</p> <p><b>Element 3.</b> Prepare, cook and present poultry and game.</p>	<ul style="list-style-type: none"> <li>❑ Types of game</li> <li>❑ Handling and hygiene</li> <li>❑ Storage</li> <li>❑ Purchasing specifications</li> </ul>	<ul style="list-style-type: none"> <li>❑ Tempura of Quail on a Warm Asian Salad</li> <li>❑ Chargrilled Spatchcock with Capsicum Polenta</li> <li>❑ Turkey and Kangaroo Pie in a Mulled Wine Sauce</li> </ul>	<p><b>P.82</b></p> <p>P.59</p> <p>P.83</p>	<ul style="list-style-type: none"> <li>❑ Tempura of Quail on a Warm Asian Salad 1 serve</li> <li>❑ Chargrilled Spatchcock with Capsicum Polenta 1 serve</li> <li>❑ Turkey and Kangaroo Pie in a Mulled Wine Sauce 1 serve</li> </ul>

## Module Outline (8 Weeks)

### Lesson 7 of 8

**Course & Code:** Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered</b> (THHBCC05B) Prepare and cook poultry and game</p> <p><b>Element 1.</b> Select and purchase poultry and game. <b>Element 2.</b> Handle and store poultry and game. <b>Element 3.</b> Prepare, cook and present poultry and game.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Correct thawing of poultry</li> <li><input type="checkbox"/> Cutting specifications</li> <li><input type="checkbox"/> Game quality signs</li> <li><input type="checkbox"/> Suitable accompaniments for game</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Thai Chicken Curry with Steamed Rice and Cucumber Raita</li> <li><input type="checkbox"/> Braised Duck Legs in Pinot Noir Sauce with stir fried Bok Choy and Parsley Potatoes</li> <li><input type="checkbox"/> Pan-fried Kangaroo Medallion with assorted turned Vegetables and Juniper Sauce</li> </ul>	<p>P.82</p> <p>P.56 P.55 P.73</p> <p>P.72</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Thai Chicken Curry with Steamed Rice and Cucumber Raita 1 serve</li> <li><input type="checkbox"/> Braised Duck Legs in Pinot Noir Sauce with stir fried Bok Choy and Parsley Potatoes 1 serve</li> <li><input type="checkbox"/> Pan-fried Kangaroo Medallion with assorted turned Vegetables and Juniper Sauce 2 serves – Groups of 2</li> </ul>

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### Lesson 8 of 8

**Course & Code:** Certificate III in Hospitality (Commercial Cookery) (THH31502)

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered</b> (THHBCC05B) Prepare and cook poultry and game</p> <p><b>Element 1.</b> Select and purchase poultry and game. <b>Element 2.</b> Handle and store poultry and game. <b>Element 3.</b> Prepare, cook and present poultry and game.</p>	<ul style="list-style-type: none"> <li>❑ Cookery methods utilised for poultry and game</li> <li>❑ Suitable accompaniments for poultry</li> </ul>	<ul style="list-style-type: none"> <li>❑ Fettuccine with Chicken, Shiitake Mushrooms and Spinach</li> <li>❑ Duck Salad on Rocket and Green Beans with Sesame and Red Wine Dressing</li> <li>❑ Braised Chicken with Cashew Nuts and Seasonal Vegetables</li> </ul>	<p>P.64</p> <p>P.64</p> <p>P.55</p>	<ul style="list-style-type: none"> <li>❑ Fettuccine with Chicken 1 Serve</li> <li>❑ Duck Salad on Rocket and Green Beans with Sesame and Red Wine Dressing 1 Serve</li> <li>❑ Braised Chicken with Cashew Nuts and Seasonal Vegetables 1 Serves</li> </ul>