

Module Outline (8 sessions)

Lesson 1 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered (THHBCC07B) <u>Select, prepare and cook meat</u></p> <p>Element 1. Select meats. Element 2. Prepare and portion meats. Element 3. Cook and present meat cuts for service. Element 4. Store meat.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Meat used on menus <input type="checkbox"/> Lamb forequarter and hindquarter <input type="checkbox"/> Quality indicators <input type="checkbox"/> Influences on tenderness <input type="checkbox"/> Carcase cutting lines <input type="checkbox"/> Restaurant cuts <input type="checkbox"/> Suitable cookery methods 	<ul style="list-style-type: none"> <input type="checkbox"/> Lamb and Borlotti Bean Frittata <input type="checkbox"/> Roasted prime Lamb with Mustard Béarnaise and Rosemary Jus – Macaire Potatoes <input type="checkbox"/> Yearling Tournedos poached in Hoisin Sauce 	<p>P.68 P.78 P.71 P.86</p>	<p>Order 1 leg of lamb per 4 students</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 serves Lamb Borlotti Bean Frittata (use topside) <input type="checkbox"/> 2 serves Roasted Lamb with Mustard Béarnaise and Rosemary Jus – Macaire Potatoes (Groups of 2) <input type="checkbox"/> 1 serve Yearling Tournedos poached in Hoisin Sauce

Module Outline (8 sessions)

Lesson 2 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered (THHBCC07B) <u>Select, prepare and cook meat</u></p> <p>Element 1. Select meats. Element 2. Prepare and portion meats. Element 3. Cook and present meat cuts for service. Element 4. Store meat.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pork forequarter and hindquarter <input type="checkbox"/> Quality indicators <input type="checkbox"/> Influences on tenderness <input type="checkbox"/> Carcase cutting lines <input type="checkbox"/> Restaurant cuts <input type="checkbox"/> Suitable cookery methods <input type="checkbox"/> Waste percentages for preparation and cooking 	<ul style="list-style-type: none"> <input type="checkbox"/> Pot-Roasted Pork Neck with Herb Filling <input type="checkbox"/> Home made Pork Boudin in Crepinette on Rocket Salad <input type="checkbox"/> Five Spice Pork Spare Ribs 	<p>P.77</p> <p>P.67</p> <p>P.66</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 3 serves Pot-Roasted Pork Neck with Herb Filling (Groups of 2) <input type="checkbox"/> 2 serves Home made Pork Boudin in Crepinette on Rocket Salad <input type="checkbox"/> 1 serve Five Spice Pork Spare Ribs

Module Outline (8 sessions)

Lesson 3 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered (THHBCC07B) Select, prepare and cook meat</p> <p>Element 1. Select meats. Element 2. Prepare and portion meats. Element 3. Cook and present meat cuts for service. Element 4. Store meat.</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Veal and beef forequarter and hindquarter <input type="checkbox"/> Quality indicators <input type="checkbox"/> Influences on tenderness <input type="checkbox"/> Carcase cutting lines <input type="checkbox"/> Restaurant cuts <input type="checkbox"/> Suitable cookery methods <input type="checkbox"/> Offal and its menu uses <input type="checkbox"/> Quality indicators <input type="checkbox"/> Suitable cookery methods 	<ul style="list-style-type: none"> <input type="checkbox"/> Veal Medallion in Sage and Tomato Sauce on Herb Risotto <input type="checkbox"/> Fillet Steak with Onion Marmalade and Red Wine Jus <input type="checkbox"/> Lamb Brains with Caper Butter on Puree and Sautéed Spinach 	<p>P.84</p> <p>P.65</p> <p>P.69</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 serve Veal Medallion in Sage and Tomato Sauce on Herb Risotto <input type="checkbox"/> 1 serve Fillet Steak with Onion Marmalade and Red Wine Jus <input type="checkbox"/> 1 serve Lamb Brains with Caper Butter on Puree and Sautéed Spinach

Module Outline (8 sessions)

Lesson 4 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered: (THHBCAT01B) Prepare foods according to dietary and cultural needs</p> <p>Element 1. Prepare and present foods to meet basic nutritional needs Element 2. Prepare and present foods to meet special dietary requirements Element 3. Prepare foods to satisfy specific cultural or religious needs</p>		<p>Low Sugar diet/Vegetarian</p> <ul style="list-style-type: none"> <input type="checkbox"/> Homemade Pasta with Fresh Tomato Sauce <input type="checkbox"/> Vegetarian Curry with Basmati Rice and Dhal <input type="checkbox"/> Apple Fool with Cinnamon Infusion 		<p>Low Sugar diet/Vegetarian</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 serve Homemade Pasta with Fresh Tomato Sauce <input type="checkbox"/> 2 serves Vegetarian Curry with Basmati Rice and Dhal <input type="checkbox"/> 1 serve Apple Fool with Cinnamon Infusion

Module Outline (8 sessions)

Lesson 5 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered: (THHBCAT01B) Prepare foods according to dietary and cultural needs</p> <p>Element 1. Prepare and present foods to meet basic nutritional needs Element 2. Prepare and present foods to meet special dietary requirements Element 3. Prepare foods to satisfy specific cultural or religious needs</p>		<p>Low Sodium</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pumpkin Soup with Fresh Bread Rolls <input type="checkbox"/> Ossobucco with Wholemeal Pasta <input type="checkbox"/> Bavarian Cream with Filigree 		<p>Low Sodium</p> <ul style="list-style-type: none"> <input type="checkbox"/> 6 serves Pumpkin Soup with Fresh Bread Rolls (groups of 2) <input type="checkbox"/> 1 serve Ossobucco with Wholemeal Pasta <input type="checkbox"/> 6 serves Bavarian Cream with Filigree

Module Outline (8 sessions)

Lesson 6 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered: (THHBCAT01B) Prepare foods according to dietary and cultural needs</p> <p>Element 1. Prepare and present foods to meet basic nutritional needs Element 2. Prepare and present foods to meet special dietary requirements Element 3. Prepare foods to satisfy specific cultural or religious needs</p>	<p>☐</p>	<p>Coeliac</p> <ul style="list-style-type: none"> ☐ Asian Chicken Broth with Glass Noodles ☐ Tempura of Chicken and Vegetables with Dipping Sauce ☐ Flourless Chocolate Cake 		<p>Coeliac</p> <ul style="list-style-type: none"> ☐ 6 serves Asian Chicken Broth with Glass Noodles (Groups of 2) ☐ 1 serve Tempura of Chicken and Vegetables with Dipping Sauce ☐ 6 serves Flourless Chocolate Cake (Groups of 2)

Module Outline (8 sessions)

Lesson 7 of 8

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered: (THHBCC10B) Plan and prepare food for buffets</p> <p>Element 1. Plan the buffet Element 2. Prepare, produce and present foods for buffets Element 3. Prepare and produce desserts for buffets Element 4. Store buffet items</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Centrepieces and suitable garnishes <input type="checkbox"/> Planning for a buffet <input type="checkbox"/> Prepare, produce and present foods for buffet <input type="checkbox"/> Store buffet items <input type="checkbox"/> Prepare, produce and present desserts for buffet <input type="checkbox"/> Cheese varieties and suitable accompaniments <input type="checkbox"/> Hygiene principle and storage 	<ul style="list-style-type: none"> <input type="checkbox"/> Pâté Maison <input type="checkbox"/> Chicken Terrine with Liver <input type="checkbox"/> Chicken Galantine <input type="checkbox"/> Ballottine of Chicken <input type="checkbox"/> Vegetable Timbale <input type="checkbox"/> Kangaroo Pâté en Croûte <input type="checkbox"/> Chaudfroid <input type="checkbox"/> Coat one Galantine <p>Garnishes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turned Vegetables in a Pastry Basket <input type="checkbox"/> Radish & Onion Flowers <input type="checkbox"/> Carrot Carvings <input type="checkbox"/> Fruit Garnish <input type="checkbox"/> Tomato chutney <input type="checkbox"/> Cumberland sauce 		<ul style="list-style-type: none"> <input type="checkbox"/> Pâté Maison <input type="checkbox"/> Chicken Terrine with Liver <input type="checkbox"/> Chicken Galantine <input type="checkbox"/> Ballottine of Chicken <input type="checkbox"/> Vegetable Timbale <input type="checkbox"/> Kangaroo Pâté en Croûte <input type="checkbox"/> Chaudfroid <input type="checkbox"/> Coat one Galantine <p>Garnishes</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turned Vegetables in a Pastry Basket <input type="checkbox"/> Radish & Onion Flowers <input type="checkbox"/> Carrot Carvings <input type="checkbox"/> Fruit Garnish <input type="checkbox"/> Tomato chutney <input type="checkbox"/> Cumberland sauce <p>All presentation to be done in session 8</p>

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Lesson 8 of 8

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Units of Competencies	Theory	Practical	Ref:	Notes
<p>Elements Covered: (THHBCC10B) Plan and prepare food for buffets</p> <p>Element 1. Plan the buffet Element 2. Prepare, produce and present foods for buffets Element 3. Prepare and produce desserts for buffets Element 4. Store buffet items</p>		<ul style="list-style-type: none"> <input type="checkbox"/> Beef and Ham platter <input type="checkbox"/> Garnished Trout <input type="checkbox"/> Roast Chicken Platter <input type="checkbox"/> Smallgoods Platter <input type="checkbox"/> Use Galantine, Terrine and Pâté en Croûte from previous lessons <input type="checkbox"/> Fruit Salad <input type="checkbox"/> Chocolate Mousse <input type="checkbox"/> Cheese and Dried Fruit Platter with Lavosh Garnishes <input type="checkbox"/> Garnishes student input <input type="checkbox"/> Indian Rice salad <input type="checkbox"/> Tossed salad <input type="checkbox"/> Coleslaw <input type="checkbox"/> Order bread and butter <input type="checkbox"/> Use of sauces and condiments <input type="checkbox"/> Melon Carving and Pumpkin carving 		<p>Presentation</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ballottine – use brown chaudfroid, jus base <input type="checkbox"/> One Galantine <input type="checkbox"/> One Pâté <input type="checkbox"/> Vegetable Timbale <input type="checkbox"/> Present as a functional buffet with student input towards the set-up of the buffet. <input type="checkbox"/> Communication with Food & Beverage in regards to layout and requirements