# Module Outline (8 sessions)
## Lesson 1 of 8

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

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<td><strong>Elements Covered (THHBCC07B)</strong></td>
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<td>Select, prepare and cook meat</td>
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<td><strong>Element 3.</strong> Cook and present meat cuts for service.</td>
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<td><strong>Element 4.</strong> Store meat.</td>
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<td>- Meat used on menus</td>
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<td>- Lamb forequarter and hindquarter</td>
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<td>- Suitable cookery methods</td>
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<tr>
<td>- Lamb and Borlotti Bean Frittata</td>
<td>P.68</td>
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<td>Order 1 leg of lamb per 4 students</td>
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<tr>
<td>- Roasted prime Lamb with Mustard Béarnaise and Rosemary Jus – Macaire Potatoes</td>
<td>P.78</td>
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<td>- 2 serves Lamb Borlotti Bean Frittata (use topside)</td>
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<td>- Yearling Tournedos poached in Hoisin Sauce</td>
<td>P.71</td>
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<td>- 2 serves Roasted Lamb with Mustard Béarnaise and Rosemary Jus – Macaire Potatoes (Groups of 2)</td>
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<td>- 1 serve Yearling Tournedos poached in Hoisin Sauce</td>
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# Module Outline (8 sessions)

## Lesson 2 of 8

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

## Units of Competencies

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- Pork forequarter and hindquarter
- Quality indicators
- Influences on tenderness
- Carcase cutting lines
- Restaurant cuts
- Suitable cookery methods
- Waste percentages for preparation and cooking

- Pot-Roasted Pork Neck with Herb Filling
- Home made Pork Boudin in Crepinette on Rocket Salad
- Five Spice Pork Spare Ribs

| | Pot-Roasted Pork Neck with Herb Filling | Home made Pork Boudin in Crepinette on Rocket Salad | Five Spice Pork Spare Ribs |
| | P.77 | P.67 | P.66 |

- 3 serves Pot-Roasted Pork Neck with Herb Filling (Groups of 2)
- 2 serves Home made Pork Boudin in Crepinette on Rocket Salad
- 1 serve Five Spice Pork Spare Ribs
## Module Outline (8 sessions)

### Lesson 3 of 8

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

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<td></td>
<td>Veal and beef forequarter and hindquarter</td>
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<td>1 serve Veal Medallion in Sage and Tomato Sauce on Herb Risotto</td>
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<td>1 serve Fillet Steak with Onion Marmalade and Red Wine Jus</td>
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<td>1 serve Lamb Brains with Caper Butter on Puree and Sautéed Spinach</td>
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<td>Veal Medallion in Sage and Tomato Sauce on Herb Risotto</td>
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<td>Lamb Brains with Caper Butter on Puree and Sautéed Spinach</td>
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Module Outline (8 sessions)

Lesson 4 of 8

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<td>❑ Homemade Pasta with Fresh Tomato Sauce</td>
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<td>Prepare foods according to dietary and cultural needs</td>
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<td>❑ Vegetarian Curry with Basmati Rice and Dhal</td>
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<td><strong>Element 1.</strong> Prepare and present foods to meet basic nutritional needs</td>
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<td>❑ Apple Fool with Cinnamon Infusion</td>
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<td><strong>Element 2.</strong> Prepare and present foods to meet special dietary requirements</td>
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<td><strong>Element 3.</strong> Prepare foods to satisfy specific cultural or religious needs</td>
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### Module Outline (8 sessions)

**Lesson 5 of 8**

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

<table>
<thead>
<tr>
<th>Units of Competencies</th>
<th>Theory</th>
<th>Practical</th>
<th>Ref:</th>
<th>Notes</th>
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<tr>
<td><strong>Elements Covered:</strong></td>
<td></td>
<td>Low Sodium</td>
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<tr>
<td>(THHBCAT01B)</td>
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<td>- Pumpkin Soup with Fresh Bread Rolls</td>
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<tr>
<td>Prepare foods according to dietary and cultural needs</td>
<td></td>
<td>- Ossobuco with Wholemeal Pasta</td>
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<tr>
<td><strong>Element 1.</strong> Prepare and present foods to meet basic nutritional needs</td>
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<td>- Bavarian Cream with Filigree</td>
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<td><strong>Element 2.</strong> Prepare and present foods to meet special dietary requirements</td>
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<td><strong>Element 3.</strong> Prepare foods to satisfy specific cultural or religious needs</td>
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</table>

- Low Sodium
  - 6 serves Pumpkin Soup with Fresh Bread Rolls (groups of 2)
  - 1 serve Ossobuco with Wholemeal Pasta
  - 6 serves Bavarian Cream with Filigree

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Kitchen Advanced 3  
Module Outline (8 Sessions)  
Version: 1  
Implemented: 01/03/2007  
Next to be Reviewed: 01/03/2009
# Module Outline (8 sessions)

## Lesson 6 of 8

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

### Units of Competencies

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<td>Prepare foods according to dietary and cultural needs</td>
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<td><strong>Element 1.</strong> Prepare and present foods to meet basic nutritional needs</td>
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<td><strong>Element 2.</strong> Prepare and present foods to meet special dietary requirements</td>
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<tr>
<td><strong>Element 3.</strong> Prepare foods to satisfy specific cultural or religious needs</td>
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</table>

**Coeliac**

- Asian Chicken Broth with Glass Noodles
- Tempura of Chicken and Vegetables with Dipping Sauce
- Flourless Chocolate Cake

- 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

<table>
<thead>
<tr>
<th>Elements Covered: (THHBCC108) Plan and prepare food for buffets</th>
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</thead>
<tbody>
<tr>
<td><strong>Element 1.</strong> Plan the buffet</td>
</tr>
<tr>
<td><strong>Element 2.</strong> Prepare, produce and present foods for buffets</td>
</tr>
<tr>
<td><strong>Element 3.</strong> Prepare and produce desserts for buffets</td>
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<tr>
<td><strong>Element 4.</strong> Store buffet items</td>
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<thead>
<tr>
<th>Theory</th>
<th>Practical</th>
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<tbody>
<tr>
<td>Centrepieces and suitable garnishes</td>
<td>Pâté Maison</td>
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<tr>
<td>Planning for a buffet</td>
<td>Chicken Terrine with Liver</td>
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<td>Prepare, produce and present foods for buffet</td>
<td>Chicken Galantine</td>
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<td>Store buffet items</td>
<td>Ballottine of Chicken</td>
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<td>Prepare, produce and present desserts for buffet</td>
<td>Vegetable Timbale</td>
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<td>Cheese varieties and suitable accompaniments</td>
<td>Kangaroo Pâté en Croûte</td>
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<td>Hygiene principle and storage</td>
<td>Chaudfroid</td>
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<td></td>
<td>Coat one Galantine</td>
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**Garnishes**
- Turned Vegetables in a Pastry Basket
- Radish & Onion Flowers
- Carrot Carvings
- Fruit Garnish
- Tomato chutney
- Cumberland sauce

**All presentation to be done in session 8**
Module Outline (8 sessions)

Lesson 8 of 8

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

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<tr>
<td>Plan and prepare food for buffets</td>
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</table>

**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

- Beef and Ham platter
- Garnished Trout
- Roast Chicken Platter
- Smallgoods Platter
- Use Galantine, Terrine and Pâté en Crûte from previous lessons
- Fruit Salad
- Chocolate Mousse
- Cheese and Dried Fruit Platter with Lavosh

Garnishes
- Garnishes student input
- Indian Rice salad
- Tossed salad
- Coleslaw
- Order bread and butter
- Use of sauces and condiments
- Melon Carving and Pumpkin carving

Presentation
- Ballottine – use brown chaudfroid, jus base
- One Galantine
- One Pâté
- Vegetable Timbale
- Present as a functional buffet with student input towards the set-up of the buffet.
- Communication with Food & Beverage in regards to layout and requirements