

## Module Outline (7 Weeks)

### Lesson 1 of 7

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b> <b>Organise and Prepare Food</b> <b>Element 1.</b> Prepare equipment for use. <b>Element 2.</b> Assemble and prepare ingredients for menu items. <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables. <b>Element 4.</b> Prepare meat, seafood and poultry.</p> <p><b>Elements Covered (THHBKA04B)</b> <b>Clean and maintain kitchen premises</b> <b>Element 1.</b> Clean, sanitise and store equipment. <b>Element 2.</b> Clean and sanitise premises. <b>Element 3.</b> Handle waste and linen.</p> <p><b>Elements Covered (THHBCC01B)</b> <b>Use basic methods of Cookery</b> <b>Element 1.</b> Select and use cooking equipment and technology <b>Element 2.</b> Use methods of cookery</p> <p><b>Elements Covered (THHBKA02B)</b> <b>Present Food</b> <b>Element 1.</b> Prepare food for service <b>Element 2.</b> Portion and plate food <b>Element 3.</b> Work in a team</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food Handling and Contamination Issues</li> <li><input type="checkbox"/> Hygiene – Personal</li> <li><input type="checkbox"/> Hygiene – Equipment</li> <li><input type="checkbox"/> Hygiene – Kitchen</li> <li><input type="checkbox"/> Cross Contamination</li> <li><input type="checkbox"/> Storage and Commodities (FIFO)</li> <li><input type="checkbox"/> Equipment and OH&amp;S</li> <li><input type="checkbox"/> Basic Tools and OH&amp;S</li> <li><input type="checkbox"/> Basic Preparation and Mise en Place</li> <li><input type="checkbox"/> Introduction</li> <li><input type="checkbox"/> Definition of Cookery Methods</li> <li><input type="checkbox"/> Methods of heat transfer</li> <li><input type="checkbox"/> OH&amp;S and hygiene relating to various cooking methods</li> <li><input type="checkbox"/> Grilling</li> <li><input type="checkbox"/> Boiling</li> <li><input type="checkbox"/> Deep Frying</li> <li><input type="checkbox"/> Pan Frying</li> <li><input type="checkbox"/> Workflow</li> <li><input type="checkbox"/> Standard Recipe Cards</li> <li><input type="checkbox"/> Correct Procedures for turning, blanching and other basic preparations</li> <li><input type="checkbox"/> Boiling and points of care with fruit, vegetables and farinaceous items</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Equipment</li> <li><input type="checkbox"/> Knife handling</li> <li><input type="checkbox"/> Precision cutting</li> <li>◇ Julienne of carrot</li> <li><input type="checkbox"/> Diced and shredded onion</li> <li><input type="checkbox"/> Mirepoix</li> <li><input type="checkbox"/> Avocado and Orange Salad</li> <li>◇ Segment fruit</li> <li>◇ Precision cuts</li> <li>◇ Croûtons</li> <li>◇ Clarified butter</li> <li>◇ Vinaigrette</li> <li><input type="checkbox"/> Garlic butter</li> <li>◇ Compound butter</li> <li>◇ Chopped parsley</li> <li>◇ Crushed garlic</li> </ul>	<p>P.97</p> <p>P.76</p> <p>P.83</p> <p>P.69</p> <p>P.79</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Equipment</li> <li><input type="checkbox"/> Knife handling</li> <li><input type="checkbox"/> Precision cutting</li> <li>◇ Julienne of carrot</li> <li>10 serves</li> <li><input type="checkbox"/> Diced and shredded onion</li> <li>4 serves</li> <li><input type="checkbox"/> Mirepoix</li> <li>6 serves</li> <li><input type="checkbox"/> Avocado and Orange Salad</li> <li>1 serve</li> <li>◇ Segment fruit</li> <li>◇ Precision cuts</li> <li>◇ Croûtons</li> <li>◇ Clarified butter</li> <li>◇ Vinaigrette</li> <li><input type="checkbox"/> Garlic butter</li> <li>3 serves</li> <li>◇ Compound butter</li> <li>◇ Chopped parsley</li> <li>◇ Crushed garlic</li> </ul>

## Module Outline (7 Weeks)

### Lesson 2 of 7

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b>  <b>Organise and Prepare Food</b>  <b>Element 1.</b> Prepare equipment for use.  <b>Element 2.</b> Assemble and prepare ingredients for menu items.  <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables.  <b>Element 4.</b> Prepare meat, seafood and poultry.</p>	<ul style="list-style-type: none"> <li>❑ Food Handling and Contamination Issues</li> <li>❑ Hygiene – Personal</li> <li>❑ Hygiene – Equipment</li> <li>❑ Hygiene – Kitchen</li> <li>❑ Cross Contamination</li> <li>❑ Storage and Commodities (FIFO)</li> <li>❑ Equipment and OH&amp;S</li> <li>❑ Basic Tools and OH&amp;S</li> <li>❑ Basic Preparation and Mise en Place</li> </ul>	<ul style="list-style-type: none"> <li>❑ Tomato salad                             <ul style="list-style-type: none"> <li>◇ Diced onion</li> <li>◇ Herbs</li> <li>◇ Chiffonnade</li> <li>◇ Dressing</li> </ul> </li> </ul>	P.95	<ul style="list-style-type: none"> <li>❑ Tomato salad                             <ul style="list-style-type: none"> <li>2 serves</li> <li>◇ Diced onion</li> <li>◇ Herbs</li> <li>◇ Chiffonnade</li> <li>◇ Dressing</li> </ul> </li> </ul>
<p><b>Elements Covered (THHBKA04B)</b>  <b>Clean and maintain kitchen premises</b>  <b>Element 1.</b> Clean, sanitise and store equipment.  <b>Element 2.</b> Clean and sanitise premises.  <b>Element 3.</b> Handle waste and linen.</p>	<ul style="list-style-type: none"> <li>❑ Introduction</li> <li>❑ Definition of Cookery Methods</li> <li>❑ Methods of heat transfer</li> <li>❑ OH&amp;S and hygiene relating to various cooking methods</li> </ul>	<ul style="list-style-type: none"> <li>❑ Béchamel Sauce                             <ul style="list-style-type: none"> <li>◇ Roux and sauce production</li> <li>◇ Use with ½ the carrots and serve à la crème</li> </ul> </li> </ul>	P.70	<ul style="list-style-type: none"> <li>❑ Béchamel Sauce                             <ul style="list-style-type: none"> <li>5 serves</li> <li>◇ Roux and sauce production</li> <li>◇ Use with ½ the carrots and serve à la crème</li> </ul> </li> </ul>
<p><b>Elements Covered (THHBKA04B)</b>  <b>Clean and maintain kitchen premises</b>  <b>Element 1.</b> Clean, sanitise and store equipment.  <b>Element 2.</b> Clean and sanitise premises.  <b>Element 3.</b> Handle waste and linen.</p>	<ul style="list-style-type: none"> <li>❑ Grilling</li> <li>❑ Boiling</li> <li>❑ Deep Frying</li> <li>❑ Pan Frying</li> <li>❑ Workflow</li> <li>❑ Standard Recipe Cards</li> <li>❑ Correct Procedures for turning, blanching and other basic preparations</li> </ul>	<ul style="list-style-type: none"> <li>❑ “Vienna Style” Chicken breast                             <ul style="list-style-type: none"> <li>◇ Bone chicken buffe</li> <li>◇ Pané a l’anglaise</li> <li>◇ Pan frying</li> <li>◇ Lemon wedges</li> </ul> </li> </ul>	P.99	<ul style="list-style-type: none"> <li>❑ “Vienna Style” Chicken breast                             <ul style="list-style-type: none"> <li>1 serve</li> <li>◇ Bone chicken buffe</li> <li>◇ Pané a l’anglaise</li> <li>◇ Pan frying</li> <li>◇ Lemon wedges</li> </ul> </li> </ul>
<p><b>Elements Covered (THHBCC01B)</b>  <b>Use basic methods of Cookery</b>  <b>Element 1.</b> Select and use cooking equipment and technology  <b>Element 2.</b> Use methods of cookery</p>	<ul style="list-style-type: none"> <li>❑ Grilling</li> <li>❑ Boiling</li> <li>❑ Deep Frying</li> <li>❑ Pan Frying</li> <li>❑ Workflow</li> <li>❑ Standard Recipe Cards</li> <li>❑ Correct Procedures for turning, blanching and other basic preparations</li> </ul>	<ul style="list-style-type: none"> <li>❑ Steamed Turned Potatoes                             <ul style="list-style-type: none"> <li>◇ Turning and steaming</li> </ul> </li> </ul>	P.96	<ul style="list-style-type: none"> <li>❑ Steamed Turned Potatoes                             <ul style="list-style-type: none"> <li>2 serves</li> <li>◇ Turning and steaming</li> </ul> </li> </ul>
<p><b>Elements Covered (THHBKA02B)</b>  <b>Present Food</b>  <b>Element 1.</b> Prepare food for service  <b>Element 2.</b> Portion and plate food  <b>Element 3.</b> Work in a team</p>	<ul style="list-style-type: none"> <li>❑ Boiling and points of care with fruit, vegetables and farinaceous items</li> </ul>	<ul style="list-style-type: none"> <li>❑ Turned Glazed Carrots                             <ul style="list-style-type: none"> <li>◇ Turning and glaze style cooking</li> </ul> </li> </ul>	P.95	<ul style="list-style-type: none"> <li>❑ Turned Glazed Carrots                             <ul style="list-style-type: none"> <li>2 serves</li> <li>◇ Turning and glaze style cooking</li> </ul> </li> </ul>

## Module Outline (7 Weeks)

### Lesson 3 of 7

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b>  <b>Organise and Prepare Food</b>  <b>Element 1.</b> Prepare equipment for use.  <b>Element 2.</b> Assemble and prepare ingredients for menu items.  <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables.  <b>Element 4.</b> Prepare meat, seafood and poultry.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food Handling and Contamination Issues</li> <li><input type="checkbox"/> Hygiene – Personal</li> <li><input type="checkbox"/> Hygiene – Equipment</li> <li><input type="checkbox"/> Hygiene – Kitchen</li> <li><input type="checkbox"/> Cross Contamination</li> <li><input type="checkbox"/> Storage and Commodities (FIFO)</li> <li><input type="checkbox"/> Equipment and OH&amp;S</li> <li><input type="checkbox"/> Basic Tools and OH&amp;S</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Peeled prawns</li> <li><input type="checkbox"/> Round fish</li> <li>◇ Preparation and filleting of a trout, snapper or bream</li> </ul>	P.85  P.77	<ul style="list-style-type: none"> <li><input type="checkbox"/> Peeled prawns .5 serve</li> <li><input type="checkbox"/> Round fish 1 serve</li> <li>◇ Preparation and filleting of a trout, snapper or bream</li> </ul>
<p><b>Elements Covered (THHBKA04B)</b>  <b>Clean and maintain kitchen premises</b>  <b>Element 1.</b> Clean, sanitise and store equipment.  <b>Element 2.</b> Clean and sanitise premises.  <b>Element 3.</b> Handle waste and linen.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Introduction</li> <li><input type="checkbox"/> Definition of Cookery Methods</li> <li><input type="checkbox"/> Methods of heat transfer</li> <li><input type="checkbox"/> OH&amp;S and hygiene relating to various cooking methods</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Flat fish</li> <li>◇ Preparation and filleting of a sole/flounder</li> <li>◇ Cut into goujons</li> </ul>	P.77	<ul style="list-style-type: none"> <li><input type="checkbox"/> Flat fish 1 serve</li> <li>◇ Preparation and filleting of a sole/flounder</li> <li>◇ Cut into goujons</li> </ul>
<p><b>Elements Covered (THHBCC01B)</b>  <b>Use basic methods of Cookery</b>  <b>Element 1.</b> Select and use cooking equipment and technology  <b>Element 2.</b> Use methods of cookery</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Grilling</li> <li><input type="checkbox"/> Boiling</li> <li><input type="checkbox"/> Deep Frying</li> <li><input type="checkbox"/> Pan Frying</li> <li><input type="checkbox"/> Workflow</li> <li><input type="checkbox"/> Standard Recipe Cards</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Crumbed Sole goujons</li> <li>◇ Lemon wedges</li> </ul>	P.75	<ul style="list-style-type: none"> <li><input type="checkbox"/> Crumbed Sole goujons .5 serve</li> <li>◇ Lemon wedges</li> </ul>
<p><b>Elements Covered (THHBKA02B)</b>  <b>Present Food</b>  <b>Element 1.</b> Prepare food for service  <b>Element 2.</b> Portion and plate food  <b>Element 3.</b> Work in a team</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Correct Procedures for turning, blanching and other basic preparations</li> <li><input type="checkbox"/> Boiling and points of care with fruit, vegetables and farinaceous items</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sole goujons in Tempura batter</li> <li>◇ Soy Dipping sauce</li> </ul>	P.94	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sole goujons in Tempura batter .5 serve</li> <li>◇ Soy Dipping sauce (1 serve Sole total for both recipes)</li> </ul>
		<ul style="list-style-type: none"> <li><input type="checkbox"/> Trout Fillets Sailor Style</li> <li>◇ Pan frying</li> </ul>	P.95	<ul style="list-style-type: none"> <li><input type="checkbox"/> Trout Fillets Sailor Style 1 serve</li> <li>◇ Pan frying</li> </ul>

## Module Outline (7 Weeks)

### Lesson 4 of 7

Comment [B1]: PCSFH refer to Matrix

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b> <b>Organise and Prepare Food</b> <b>Element 1.</b> Prepare equipment for use. <b>Element 2.</b> Assemble and prepare ingredients for menu items. <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables. <b>Element 4.</b> Prepare meat, seafood and poultry.</p> <p><b>Elements Covered (THHBKA04B)</b> <b>Clean and maintain kitchen premises</b> <b>Element 1.</b> Clean, sanitise and store equipment. <b>Element 2.</b> Clean and sanitise premises. <b>Element 3.</b> Handle waste and linen.</p> <p><b>Elements Covered (THHBCC01B)</b> <b>Use Basic Methods of Cookery</b> <b>Element 1.</b> Select and use cooking equipment and technology <b>Element 2.</b> Use methods of cookery</p> <p><b>Elements Covered (THHBKA02B)</b> <b>Present Food</b> <b>Element 1.</b> Prepare food for service <b>Element 2.</b> Portion and plate food <b>Element 3.</b> Work in a team</p>	<p>Food Handling and Contamination Issues Hygiene – Personal Hygiene – Equipment Hygiene – Kitchen Cross Contamination Storage and Commodities (FIFO) Equipment and OH&amp;S Basic Tools and OH&amp;S Basic Preparation and Mise en Place Introduction Definition of Cookery Methods Methods of heat transfer OH&amp;S and hygiene relating to various cooking methods Grilling Boiling Deep Frying Pan Frying Workflow Standard Recipe Cards Correct Procedures for turning, blanching and other basic preparations Boiling and points of care with fruit, vegetables and farinaceous items</p>	<p>□ Grilled Chicken Breast ◇ Pommes Mignonette ◇ Grilled Tomato</p> <p>□ Pan-fried Sirloin steak ◇ Béarnaise Sauce ◇ Buttered Beans ◇ Baton Carrots ◇ Duchess Potatoes</p> <p>□ Vanilla Ice cream <b>20 serves (Group work)</b> <i>2 litres per class</i></p>	<p>P.80 P.86 P.80</p> <p>P.84 P.70 P.71 P.69 P.76</p> <p>P.96</p>	<p>□ Grilled Chicken Breast 1 serve ◇ Pommes Mignonette 2 serves ◇ Grilled Tomato 2 serves</p> <p>□ Pan-fried Sirloin steak 1 serve ◇ Béarnaise Sauce 4 serves ◇ Buttered Beans 2 serves ◇ Baton Carrots 2 serves ◇ Duchess Potatoes 4 serves</p> <p>□ Vanilla Ice cream <b>20 serves (Group work)</b> <i>2 litres per class</i></p>

## Module Outline (7 Weeks)

### Lesson 5 of 7

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b> <b>Organise and Prepare Food</b> <b>Element 1.</b> Prepare equipment for use. <b>Element 2.</b> Assemble and prepare ingredients for menu items. <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables. <b>Element 4.</b> Prepare meat, seafood and poultry.</p> <p><b>Elements Covered (THHBKA04B)</b> <b>Clean and maintain kitchen premises</b> <b>Element 1.</b> Clean, sanitise and store equipment. <b>Element 2.</b> Clean and sanitise premises. <b>Element 3.</b> Handle waste and linen.</p> <p><b>Elements Covered (THHBCC01B)</b> <b>Use basic methods of Cookery</b> <b>Element 1.</b> Select and use cooking equipment and technology <b>Element 2.</b> Use methods of cookery</p> <p><b>Elements Covered (THHBKA02B)</b> <b>Present Food</b> <b>Element 1.</b> Prepare food for service <b>Element 2.</b> Portion and plate food <b>Element 3.</b> Work in a team</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food Handling and Contamination Issues</li> <li><input type="checkbox"/> Hygiene – Personal</li> <li><input type="checkbox"/> Hygiene – Equipment</li> <li><input type="checkbox"/> Hygiene – Kitchen</li> <li><input type="checkbox"/> Cross Contamination</li> <li><input type="checkbox"/> Storage and Commodities (FIFO)</li> <li><input type="checkbox"/> Equipment and OH&amp;S</li> <li><input type="checkbox"/> Basic Tools and OH&amp;S</li> <li><input type="checkbox"/> Basic Preparation and Mise en Place</li> <li><input type="checkbox"/> Introduction</li> <li><input type="checkbox"/> Definition of Cookery Methods</li> <li><input type="checkbox"/> Methods of heat transfer</li> <li><input type="checkbox"/> OH&amp;S and hygiene relating to various cooking methods</li> <li><input type="checkbox"/> Grilling</li> <li><input type="checkbox"/> Boiling</li> <li><input type="checkbox"/> Deep Frying</li> <li><input type="checkbox"/> Pan Frying</li> <li><input type="checkbox"/> Workflow</li> <li><input type="checkbox"/> Standard Recipe Cards</li> <li><input type="checkbox"/> Correct Procedures for turning, blanching and other basic preparations</li> <li><input type="checkbox"/> Boiling and points of care with fruit, vegetables and farinaceous items</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fish Fillet en Papillote</li> <li><input type="checkbox"/> Poached Chicken Breast in Cream Sauce</li> <li>◇ Steamed Turned Potatoes</li> <li>◇ Turned Glazed Carrots</li> <li>◇ Bean bundles</li> <li><input type="checkbox"/> Profiteroles with Chantilly Cream</li> <li>◇ Anglaise Sauce</li> </ul>	<p>P.77</p> <p>P.86</p> <p>P.96</p> <p>P.95</p> <p>P.69</p> <p>P.87</p> <p>P.68</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Fish Fillet en Papillote 2 serves</li> <li><input type="checkbox"/> Poached Chicken Breast in Cream Sauce 1 serve</li> <li>◇ Steamed Turned Potatoes 2 serves</li> <li>◇ Turned Glazed Carrots 2 serves</li> <li>◇ Bean bundles 1 serve</li> <li><input type="checkbox"/> Profiteroles with Chantilly Cream 10 serves</li> <li>◇ Anglaise Sauce 5 serves</li> </ul>

## Module Outline (7 Weeks)

### Lesson 6 of 7

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b> <b>Organise and Prepare Food</b> <b>Element 1.</b> Prepare equipment for use. <b>Element 2.</b> Assemble and prepare ingredients for menu items. <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables. <b>Element 4.</b> Prepare meat, seafood and poultry.</p> <p><b>Elements Covered (THHBKA04B)</b> <b>Clean and maintain kitchen premises</b> <b>Element 1.</b> Clean, sanitise and store equipment. <b>Element 2.</b> Clean and sanitise premises. <b>Element 3.</b> Handle waste and linen.</p> <p><b>Elements Covered (THHBCC01B)</b> <b>Use basic methods of Cookery</b> <b>Element 1.</b> Select and use cooking equipment and technology <b>Element 2.</b> Use methods of cookery</p> <p><b>Elements Covered (THHBKA02B)</b> <b>Present Food</b> <b>Element 1.</b> Prepare food for service <b>Element 2.</b> Portion and plate food <b>Element 3.</b> Work in a team</p>	<ul style="list-style-type: none"> <li>❑ Food Handling and Contamination Issues</li> <li>❑ Hygiene – Personal</li> <li>❑ Hygiene – Equipment</li> <li>❑ Hygiene – Kitchen</li> <li>❑ Cross Contamination</li> <li>❑ Storage and Commodities (FIFO)</li> <li>❑ Equipment and OH&amp;S</li> <li>❑ Basic Tools and OH&amp;S</li> <li>❑ Basic Preparation and Mise en Place</li> <li>❑ Introduction</li> <li>❑ Definition of Cookery Methods</li> <li>❑ Methods of heat transfer</li> <li>❑ OH&amp;S and hygiene relating to various cooking methods</li> <li>❑ Grilling</li> <li>❑ Boiling</li> <li>❑ Deep Frying</li> <li>❑ Pan Frying</li> <li>❑ Workflow</li> <li>❑ Standard Recipe Cards</li> <li>❑ Correct Procedures for turning, blanching and other basic preparations</li> <li>❑ Boiling and points of care with fruit, vegetables and farinaceous items</li> </ul>	<ul style="list-style-type: none"> <li>❑ Lasagne (<i>group 2 students</i>)</li> <li>◇ Bolognaise</li> <li>◇ Béchamel</li>   <li>❑ Ossobucco with Risotto (<i>group 2 students</i>)</li>   <li>❑ Apple Crumble (<i>group work</i>)</li> </ul>	<p>P.82</p> <p>P.70</p> <p>P.70</p> <p>P.82</p> <p>P.68</p>	<ul style="list-style-type: none"> <li>❑ Lasagne (<i>group 2 students</i>)</li> <li>8 serves</li> <li>◇ Bolognaise</li> <li>6 serves</li> <li>◇ Béchamel</li> <li>10 serves</li>   <li>❑ Ossobucco with Risotto (<i>group 2 students</i>)</li> <li>1 serve</li>   <li>❑ Apple Crumble (<i>group work</i>)</li> <li>4 serves</li> </ul>

## Module Outline (7 Weeks)

### Lesson 7 of 7

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

Units of Competencies	Theory	Practical	Ref:	Notes
<p><b>Elements Covered (THHBKA01B)</b> <b>Organise and Prepare Food</b> <b>Element 1.</b> Prepare equipment for use. <b>Element 2.</b> Assemble and prepare ingredients for menu items. <b>Element 3.</b> Prepare dairy, dry goods, fruits and vegetables. <b>Element 4.</b> Prepare meat, seafood and poultry.</p> <p><b>Elements Covered (THHBKA04B)</b> <b>Clean and maintain kitchen premises</b> <b>Element 1.</b> Clean, sanitise and store equipment. <b>Element 2.</b> Clean and sanitise premises. <b>Element 3.</b> Handle waste and linen.</p> <p><b>Elements Covered (THHBCC01B)</b> <b>Use basic methods of Cookery</b> <b>Element 1.</b> Select and use cooking equipment and technology <b>Element 2.</b> Use methods of cookery</p> <p><b>Elements Covered (THHBKA02B)</b> <b>Present Food</b> <b>Element 1.</b> Prepare food for service <b>Element 2.</b> Portion and plate food <b>Element 3.</b> Work in a team</p>	<ul style="list-style-type: none"> <li>❑ Food Handling and Contamination Issues</li> <li>❑ Hygiene – Personal</li> <li>❑ Hygiene – Equipment</li> <li>❑ Hygiene – Kitchen</li> <li>❑ Cross Contamination</li> <li>❑ Storage and Commodities (FIFO)</li> <li>❑ Equipment and OH&amp;S</li> <li>❑ Basic Tools and OH&amp;S</li> <li>❑ Basic Preparation and Mise en Place</li> <li>❑ Introduction</li> <li>❑ Definition of Cookery Methods</li> <li>❑ Methods of heat transfer</li> <li>❑ OH&amp;S and hygiene relating to various cooking methods</li> <li>❑ Grilling</li> <li>❑ Boiling</li> <li>❑ Deep Frying</li> <li>❑ Pan Frying</li> <li>❑ Workflow</li> <li>❑ Standard Recipe Cards</li> <li>❑ Correct Procedures for turning, blanching and other basic preparations</li> <li>❑ Boiling and points of care with fruit, vegetables and farinaceous items</li> </ul>	<ul style="list-style-type: none"> <li>❑ Fish Fillets with Duxelles in Cos Lettuce</li> <li>◇ Beurre Blanc</li> <li>◇ Tomato Concassée</li>   <li>❑ Pot roasted Sirloin and Roast Sirloin (<i>group work</i>)</li> <li>◇ Cabernet Jus</li>   <li>❑ Flambé bananas (<i>group work</i>)</li> </ul>	<p>P.78</p> <p>P.95</p> <p>P.86</p> <p>P.71</p> <p>P.78</p>	<ul style="list-style-type: none"> <li>❑ Fish Fillets with Duxelles in Cos Lettuce</li> <li>1 serve (<i>group work</i>)</li> <li>◇ Beurre Blanc</li> <li>◇ Tomato Concassée</li> <li>2 serves</li>   <li>❑ Pot roasted Sirloin and Roast Sirloin (<i>group work</i>)</li> <li>3 serves</li> <li>◇ Cabernet Jus</li> <li>10 serves</li>   <li>❑ Flambé bananas (<i>group work</i>)</li> <li>2 serves</li> </ul>