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| **Entry Lvl 4 Moist** | **Fundamental techniques of moist cookery** |

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| **Kaupae |** Level | 4 |
| **Whiwhinga |** Credit | 15 |
| **Whāinga |** Purpose | To provide ākonga with the ability to master fundamental techniques under supervision in a moist cookery context. This skill standard can be achieved in a variety of culinary settings or workplaces. |

**Hua o te ako me Paearu aromatawai |** Learning outcomes and assessment criteria

| **Hua o te ako |** Learning outcomes | **Paearu aromatawai |** Assessment criteria |
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| 1. Prepare food products by applying fundamental techniques of moist cookery for service to manuhiri | 1. Food products are prepared and cooked by applying the techniques of moist cookery. |
| 1. Seasoning, texture and degree of cookery are controlled to create sensory balance |

**Pārongo aromatawai me te taumata paearu |** Assessment information and grade criteria

*Assessment specifications:*

Assessment against the learning outcomes will be in a culinary workplace or in training facilities that realistically reproduce the conditions of a workplace.

Activities are to be carried out in accordance with Health and Safety at Work Act 2015 and Food Safety requirements.

Assessment methods may include:

* Observation of practical skills in preparing and producing food products using moist cookery techniques.
* Verbal questioning to assess knowledge and understanding of moist cookery, as well as food safety and hygiene principles.
* Peer and self-assessment to promote reflection and self-improvement.
* Portfolio assessment to demonstrate evidence of learning, such as recipes, photographs, and reflections on the learning process.

The following scenarios are suggested for assessment.

* Demonstrate the boiling technique by preparing a specific dish that involves boiling as the primary cooking method.
* Using the steaming technique to prepare a dish that showcases the flavours and textures achieved through steaming.
* Braising by preparing a dish that requires slow cooking in liquid.
* Simmering by preparing a dish that requires gentle and prolonged cooking in a liquid.
* Given a range of moist cooking techniques such as boiling, steaming, and braising, incorporate these techniques in a multi-component dish.

(These scenarios provide opportunities for learners to showcase their understanding and practical application of the fundamental techniques of moist cookery in various culinary settings or workplaces.)

***Ngā momo whiwhinga |*** *Grades available*

Achieved

**Ihirangi waitohu |** Indicative content

Learners should have an awareness of the theory of deliberate practice/reflection to support their acquisition of mastery skill.

The principles of kaitiakitanga, manaakitanga, whanaungatanga and kotahitanga are under the rangatiratanga of mana whenua and must underpin all learning in this skill standard.

Learning may cover but is not limited to the following content, demonstrating:

* Basic culinary principles and techniques, including ingredient selection, food preparation, cooking methods, and presentation.
* Ability to apply the fundamental techniques of moist cookery: boiling, steaming, poaching, blanching, braising, hāngi, pressure cooker, sous vide, simmering.
* Professionalism, reliability, and ability to work well in a team environment.
* The difference between dry and moist, fat-based cooking methods.
* The properties of different ingredients and how they react to heat.
* Selecting appropriate ingredients for a recipe or dish.

**Rauemi |** Resources

Legislation relevant to this skill standard may include but is not limited to:

* Food Act 2014
* Health and Safety in Employment Act 2015.

Applicable procedures found in the following:

* establishment performance guidelines and standards.
* equipment manufacturer’s procedures and specifications.
* Government and local body legislation.

Definition

* *Sensory expectations* refer to the anticipated experiences and perceptions that individuals have about the sensory aspects of food. These expectations involve the senses of sight, smell, taste, touch, and even hearing.

**Pārongo Whakaū Kounga |** Quality assurance information

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| **Ngā rōpū whakatau-paerewa |** Standard Setting Body | Ringa Hora Services Workforce Development Council |
| **Whakaritenga Rārangi Paetae Aromatawai |** DASS classification | Service Sector > Hospitality > Cookery |
| **Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga |** CMR | 0112 |

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| **Hātepe |** Process | **Putanga |** Version | **Rā whakaputa |** ReviewDate | **Rā whakamutunga mō te aromatawai |** Last date for assessment |
| **Rēhitatanga |** Registration | 1 | [dd mm yyyy] | [dd mm yyyy] |
| **Arotakenga |** Review | <type here> | [dd mm yyyy] | [dd mm yyyy] |
| **Kōrero whakakapinga |** Replacement information | N/A | | |
| **Rā arotake |** Planned review date | [dd mm yyyy] | | |

Please contact Ringa Hora Services Workforce Development Council [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) to suggest changes to the content of this skill standard.