

## Level 2 Direct Cooking techniques based on direct heat heat

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| <b>Kaupae   Level</b>                              | 2   |
| <b>Whiwhinga   Credit</b>                          | 20  |
| <b>Whāinga   Purpose</b>                           | This unit standard is designed to develop the basic knowledge of people studying in this area and those working in a hospitality workplace. They will be able to apply knowledge of cooking techniques in commercial food production processes. |
| <b>Whakaakoranga me mātua oti   Pre-requisites</b> | N/A   |

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

| <b>Hua o te ako   Learning outcomes</b>                                       | <b>Paearu aromatawai   Assessment criteria</b>  |
|---|---|
| 1. Prepare, cook, and present food items using heat-based cooking techniques. | a. Demonstrates proficiency in preparing, cooking, and presenting food items through the application of frying, grilling, braising, and stewing techniques. |

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

#### *Assessment specifications:*

The following learning outcomes are established within the kaupapa of seeking clarification and learning - actively receiving and responding to instruction. The principles of kaitiakitanga, manaakitanga, whanaungatanga and kotahitanga must support all learning in this skill standard. Kaitiakitanga, manaakitanga, whanaungatanga and kotahitanga are under the rangatiratanga of mana whenua.

Examples may include:

#### Activity: Frying and Grilling

- Demonstrates proper frying techniques (shallow frying, deep frying).
- Maintains the correct oil temperature and manages frying time.
- Achieves desired texture, colour, and doneness.
- Utilizes appropriate marinades, seasonings, and basting techniques for grilling.
- Considers factors such as heat control and ingredient selection.

#### Activity: Braising and Stewing

- Selects appropriate cuts of meat (or meat substitute) or vegetables for braising or stewing.
- Demonstrates knowledge of braising/stewing liquids, seasonings, and cooking times.
- Achieves tender and flavourful results.
- Considers factors such as heat control, moisture retention, and flavour development.

**Activity: Roasting:**

- Applies principles of roasting and dry heat cooking.
- Uses proper roasting temperatures and times for different meats (or meat substitutes) and vegetables.
- Applies basting, seasoning, and resting techniques for roasted foods.
- Complies with workplace policies and procedures (written or unwritten) related to food production cleanliness, knife skills, and health and safety.

**Ngā momo whiwhinga | Grades available**

Achieved

**Ihirangi waitohu | Indicative content****Frying:**

Different types of frying (e.g., shallow frying, deep frying)

Proper oil temperature for frying

Managing frying time and achieving desired texture and colour.

**Grilling:**

Grilling techniques (e.g., direct heat, indirect heat)

Determining grilling times for various meats, vegetables, and fruits

Marinades, seasonings, and basting techniques for grilling.

**Braising and Stewing:**

Differences between braising and stewing

Selection of suitable cuts for braising and stewing

Braising/stewing liquids, seasonings, and cooking times.

**Roasting:**

Principles of roasting and dry heat cooking

Proper roasting temperatures and times for different meats and vegetables

Basting, seasoning, and resting techniques for roasted foods.

**Rauemi | Resources**

Health and Safety at Work Act 2015

Food Act 2014

Workplace instructions, policies, and standards (written or unwritten) related to food production cleanliness, knife skills, and health and safety.

**Pārongo Whakaū Kounga | Quality assurance information**

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|---|---|
| <b>Ngā rōpū whakatau-paerewa   Standard Setting Body</b>                                | Ringa Hora Services WDC   |
| <b>Whakaritenga Rārangi Paetae Aromatawai   DASS classification</b>                     | Hospitality > Cookery   |
| <b>Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga   CMR</b> | 0112<br>This CMR can be accessed at:<br><a href="https://www.nzqa.govt.nz/nqfdocs/maps/pdf/0112.pdf">https://www.nzqa.govt.nz/nqfdocs/maps/pdf/0112.pdf</a> |

| <b>Hātepe   Process</b>                              | <b>Putanga   Version</b>  | <b>Rā whakaputa   Review Date</b> | <b>Rā whakamutunga mō te aromatawai   Last date for assessment</b> |
|--|---|-----------------------------------|--|
| <b>Rēhitatanga   Registration</b>                    | 1   | [dd mm yyyy]                      | [dd mm yyyy]   |
| <b>Arotakenga   Review</b>                           | <type here>   | [dd mm yyyy]                      | [dd mm yyyy]   |
| <b>Kōrero whakakapinga   Replacement information</b> | This skill standard replaced Unit standards 13271-13285 and 24526 |                                   |  |
| <b>Rā arotake   Planned review date</b>              | [dd mm yyyy]  |                                   |  |

Please contact Ringa Hora Services WDC at [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) if you wish to suggest changes to the content of this skill standard.