

School 2 Cooking Techniques

Kaupae Level	2
Whiwhinga Credit	20
Whāinga Purpose	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.
Whakaakoranga me mātua oti Pre-requisites	N/A

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

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Prepare, cook, and present food items by baking	a. Preparing, cooking and presenting employs the production food items using baking.

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: Baking Challenge

- Task: Prepare a batch of muffins from scratch using the baking technique.
 - Demonstrates knowledge of baking principles and techniques.
 - Produces well-risen and properly baked muffins.
 - Follows recipe instructions accurately.
 - Considers factors such as temperature, mixing, and timing.

Activity: Boiling and Steaming Station

- Task: Cook a variety of ingredients using boiling and steaming techniques.
 - Selects appropriate ingredients for boiling and steaming.
 - Determines the correct water-to-ingredient ratio.
 - Achieves desired doneness and texture.
 - Follows proper boiling and steaming methods.

- Considers factors such as timing and seasoning.

Activity: Frying and Grilling Showcase

- Task: Prepare a selection of dishes using frying and grilling techniques.
- 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 Masterpiece

- Task: Prepare a braised or stewed dish using suitable cuts and techniques.
- Selects appropriate cuts of meat 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: Salad and Sandwich Creation

- Task: Prepare and present a creative salad and sandwich combination.
- Demonstrates knowledge of salad types, ingredients, and dressings.
- Incorporates a variety of textures, flavours, and colours in the salad.
- Properly assembles the sandwich with suitable bread and fillings.
- Considers factors such as balance, presentation, and taste.

Assessment specifications

- You will be assessed against the outcomes of your learning in conditions in a culinary workplace or in training facilities that realistically reproduce the conditions of a workplace.
- **Evidence is required for seven techniques.**
- You must comply 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

Baking:

Principles and techniques of baking

Different types of baked goods (e.g., bread, cakes, pastries)

Factors affecting the quality of baked goods (e.g., temperature, mixing, timing).

Boiling:

Techniques for boiling various food items (e.g., pasta, vegetables, eggs)

Proper use of water-to-ingredient ratio

Achieving desired readiness through boiling.

Poaching:

Poaching liquids and their flavourings
Poaching techniques for different foods (e.g., fish, fruits)
Maintaining appropriate poaching temperature and time.

Steaming:

Steaming methods and equipment
Steaming times for different ingredients
Benefits of steaming in preserving nutrients and flavours.

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.

Microwaving:

Safe use of microwaves in food preparation
Adjusting cooking times and power levels for different foods
Utilizing microwave-safe containers and covers.

Salads:

Different types of salads (e.g., green salads, pasta salads)
Preparation and assembly techniques for salads
Dressings, garnishes, and presentation of salads.

Sandwiches:

Types of sandwiches (e.g., cold, hot, grilled)
Selection and preparation of bread and fillings
Sandwich assembly and presentation techniques.

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

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

Hātepe Process	Putanga Version	Rā whakaputa Review Date	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	This skill standard replaced Unit standards 13271-13285 and 24526		
Rā arotake Planned review date	[dd mm yyyy]		

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