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| **Lvl 4 Moist** | **Mastering the techniques of moist cookery** |

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| **Kaupae |** Level | 4 |
| **Whiwhinga |** Credit | 15 |
| **Whāinga |** Purpose | The purpose of this skill standard is to provide ākonga with the ability to develop mastery of moist cookery techniques in a culinary context.  This skill standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Culinary Practice (Level 4) [Ref: XXXX]. |

**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 for service by applying moist cookery techniques, professional knowledge, skills and reflective practice. | 1. Prepare and cook food items safely by applying the techniques of moist cookery. |
| 1. Control seasoning, texture and degree of cookery to meet sensory expectations. |
| 1. Reflect positively and respond constructively to feedback on own performance. |
| 1. Establish and consistently maintain high quality standards and working processes under pressure. |

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

*Assessment specifications:*

The learning outcomes of this Skills standard are established with the kaupapa of engaging with technical knowledge and theory to progress development of professional practice.

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, Food Safety requirements, and following workplace procedures.

Proficient use of moist cooking techniques such as blanching, coddling, simmering, poaching, boiling, steaming, braising, stewing, pressure-cooking, sous-vide to various food items, adhering to established guidelines for each specific moist cooking technique.

Evidence is required of applying moist (in a liquid medium) cookery techniques to proteins, and carbohydrates.

Evidence of four techniques is required. Evidence is required of proteins and carbohydrates.

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

Achieved

**Ihirangi waitohu |** Indicative content

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

* Knowledge of essential culinary principles and techniques, including ingredient selection, food preparation, cooking methods, and presentation in a moist-based cookery context.
* Applying the techniques of moist cookery: boiling, steaming, poaching, blanching, braising, hāngi, pressure cooker, sous vide, simmering.
* How to handle and store food safely.
* Identifying potential hazards, suggesting appropriate control measures
* Developing reflective practice to improve skills.

**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 workplace procedures found in the following:

* Establishment performance guidelines and standards.
* Equipment manufacturer’s procedures and specifications.
* Government and local body legislation.

Definition

* *Culinary context* refers to the wide variety of traditional and non-traditional hospitality environments, such as canteens, food trucks, marae wharekai, hotels and restaurants, artisan cafes.
* *Mastery* refers to developing an awareness of the theory of deliberate practice and reflection to support acquiring professional skills.
* *Moist cookery* refers to cooking methods that involve the use of water, broth, stock, or other liquids. These methods are characterised by the introduction of moisture to the food being cooked, and they are often used for dishes where the goal is to retain moisture, achieve tenderness, and infuse flavours.
* *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 at [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) to suggest changes to the content of this skill standard.