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| **L3 Cookery** | **Apply cookery techniques in a culinary environment** |

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| **Kaupae |** Level | 3 |
| **Whiwhinga |** Credit | 15 |
| **Whāinga |** Purpose | This skill standard is for people to have the skills and knowledge to apply cookery techniques using a range of ingredients under supervision in a culinary environment.  This skill standard has been developed primarily for use in programmes leading to the New Zealand Certificate in Cookery (Level 3) [Ref: 2100]. |

**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. Apply cookery techniques in a culinary environment. | 1. Prepare food products by applying culinary techniques while maintaining food quality. |
| 1. Execute cooking techniques, ensuring correct temperatures, timings, and methods are applied.. |
| 1. Finish and present food products to meet industry standards for texture, flavour, and visual appeal. |
| 1. Comply with health and safety requirements of the workplace. |

**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 reproduce the conditions of a workplace.

Activities are carried out in accordance with Health and Safety at Work Act 2015, Food Safety requirements, and following workplace procedures.

Evidence is required of preparing, cooking and finishing five food products using a range of culinary techniques.

All food products must meet industry standards for flavour, texture, temperature and appearance.

Definitions

*Culinary environment* refers to the wide variety of traditional and non-traditional hospitality workplaces, such as canteens, food trucks, marae wharekai, hotels and artisan cafés.

*Food control plan* – as defined in the Food Act 2014.

*Industry standards* in relation to texture, flavour, and visual appeal of food refer to established benchmarks or guidelines that define the expected quality and characteristics of food products. These standardsestablish consistency, safety, and consumer satisfaction.

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

**Achieved**

**Ihirangi waitohu |** Indicative content

Introduction to Core Cookery Techniques

* Overview of essential cooking methods (e.g., boiling, poaching, steaming, stewing, braising, grilling, frying (shallow and deep), baking, and roasting).
* Importance of mastering basic techniques for culinary success.

Ingredient Selection and Preparation

* Identifying and selecting a variety of ingredients (e.g., vegetables, meats, grains, spices)
* Techniques for preparing ingredients (e.g., chopping, marinating, seasoning)

Cooking Methods and Applications

* Detailed instructions on applying core cookery techniques to different food products.
* Emphasis on following recipes accurately..
* Examples of food products that utilise specific cooking techniques.
* Techniques for plating and presentation to enhance the visual appeal of the food products

Food Safety and Health Standards

* Applying health and safety theory to food preparation.
* Awareness of allergens and special dietary requests..

Organising and maintaining an efficient workspace.

* Time management principles for prioritising tasks and meeting deadlines.
* Accurate preparation, measurement, and portioning to minimise waste.

Workplace Procedures

* Cleaning and dishwashing principles, including equipment handling and washing.
* Selecting and using appropriate culinary tools (e.g., knives, pots, pans, mixers) confidently and safely.
* Storing and maintaining knives safely and effectively.
* Effective communication and teamwork skills.
* Following instructions from senior chefs and adapting to kitchen dynamics

**Rauemi |** Resources

Legislation relevant to this skill standard includes but is not limited to:

* Health and Safety at Work Act 2015
* Food Act 2014.
* New Zealand. Ministry for Primary Industries. New Zealand Food Safety (2024) [*A guide to allergen labelling: knowing what’s in your food and how to label it*](https://www.mpi.govt.nz/dmsdocument/50725-Allergen-labelling-Knowing-whats-in-your-food-and-how-to-label-it). Wellington: the Ministry or latest ed.

Reference books:  
Christensen-Yule, L. and Neill, L. (2023*), The New Zealand Chef. 5th ed.* Auckland, NZ: Edify, or the most recent edition available.|  
Foskett, D., et al. (2019), *Practical Cookery. 14th ed.* London: Hodder Education, or latest edition.  
Foskett, D., et al. (2021)*, The Theory of Hospitality and Catering. 14th ed.* London: Hodder Education.  
Libraire Larousse Gastronomic Committee (2009) *New Larousse gastronomique.*  Completely rev. and updated. Random House, or latest edition.

**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] | N/A |
| **Kōrero whakakapinga |** Replacement information | <type here> | | |
| **Rā arotake |** Planned review date | 31 December 2030 | | |

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.