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| **L4 Methods** | **Apply common methods of cookery to create food products for service in a culinary environment** |

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| **Kaupae |** Level | 4 |
| **Whiwhinga |** Credit | 20 |
| **Whāinga |** Purpose | This skill standard is for people preparing to work as chefs in the culinary sector. They will be able to apply and integrate a range of common dry and moist heat methods of cookery to prepare and present food products in a culinary environment.  This skill standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Cookery (Level 4) [Ref: 2101]. |

**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 moist and dry cookery methods to create food products for service in a culinary environment | 1. Apply dry heat cooking methods, with and without fat or oil, to prepare and present food products suitable for service in a culinary environment. |
| 1. Apply moist heat cooking methods to prepare and present food products suitable for service in a culinary environment. |
| 1. Prepare and present food products that integrate multiple cooking methods, ensuring quality, consistency, and presentation standards are met for service in a culinary environment. |
| 1. Evaluate the quality of food products prepared for service to identify opportunities for improvement. |

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

*Assessment specifications:*

Assessment must be conducted in a culinary workplace or training kitchen environment that realistically matches the conditions of a culinary workplace.

Assessment activities must be carried out in accordance with Health and Safety at Work Act 2015, Food Safety requirements, and following workplace procedures.

Assessment against this skill standard, where appropriate, should incorporate te ao Māori. This may include differences in dialect, mātauranga, tikanga among different iwi, hapū, rohe.

For assessment trainees must demonstrate production of six food products, from a selection of the methods of cookery including dry methods, moist methods, one of which is a product combining methods.

Food products must be prepared and presented to industry standards in terms of portioning, flavour, texture, and appearance.

Evidence must include the use of recipes and planning documents that detail the selected methods and techniques, along with consideration of sustainability.

Definitions

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

*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.

*Service* refers to the presentation and delivery of food products that meet industry standards for quality, hygiene, and aesthetic appeal.

*Sustainable* refers to applying sustainable practices within the culinary sector which lower the carbon footprint such as food wastage, sourcing of local products, economic use of resources (power, water), recycling, composting.

*Technical knowledge* in this context refers to the ingredients, techniques, and processes used in preparing and presenting food products, including safe handling and storage.

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

Achieved

**Ihirangi waitohu |** Indicative content

Moist Cookery

* Selecting ingredients that retain moisture well
* Preparing efficiently: cutting, marinating, seasoning
* Managing steaming, poaching, braising, and boiling to retain nutrients and control texture
* Evaluating tenderness and flavour
* Operating steamers, pressure cookers, and sous vide equipment safely and hygienically

Dry Cookery

* Choosing ingredients that promote browning
* Prepping for optimal browning: drying surfaces, selecting correct cuts
* Applying heat through ovens, grills, fryers, or air fryers to develop texture
* Enhancing flavour with dry seasoning and infused oils
* Maintaining equipment, filtering oils

Combination Cookery

* Selecting ingredients suited to both moist and dry methods
* Transitioning between techniques to balance texture and moisture
* Managing protein coagulation and caramelisation for optimal results
* Combining reductions, browning, and presentation to enhance appeal

Specialised Equipment & Sustainability

* Using combi ovens, braisers, and sous vide devices effectively
* Preventing cross-contamination through safe handling
* Minimising food waste and nutrient loss

Reflective practice

* Engaging in critical self-assessment to evaluate application of cooking methods and finishing food products, fostering continuous improvement and professional growth.

**Rauemi |** Resources

* Food Act 2014
* Health and Safety at Work Act 2015.

References

* Christensen-Yule, Lesley and Neil, Lindsay (2023) *New Zealand chef*, 5th ed. Edify, or latest edition.
* Foskett, D. & al. (2019) *Pratical cookery: for level 2 commis chef apprentices and NVQS*. 14th ed. Hodder Education, or latest edition.
* Labensky, Sarah, *et al.* (2024)*On cooking: a textbook of culinary fundamentals*, 7th ed. Pearson, or latest edition
* Librairie Larousse Gastronomic Committee (2009) *New Larousse gastronomique*. Completely rev. and updated. Random House, or latest edition.
* Manuals and Resources
* 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.

Manufacturers' Guides

* Instruction manuals for equipment like steamers, fryers, and ovens often include method-specific tips.
* Sous Vide Precision Cooking Guides: For poaching and braising techniques where sous vide equipment is used.
* Scientific and Technical Insights
* HACCP Resources: Incorporate hygiene and safety procedures related to methods like frying and blanching.

**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 | This skill standard replaced unit standards 13289, 13305, 13307, 13317, 25232 | | |
| **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.