



## REGISTERED NATIONAL STANDARD

### UNIT OF COMPETENCY

<b>Title:</b>	<b>Prepare and cook complex fish dishes in a commercial kitchen NS035-04</b>  Note: A dish is considered <i>complex</i> by the use of advanced preparation techniques, diversity of flavours, authentic and fresh ingredients, as well as creative finishing and presentation techniques;				
<b>TQF Level:</b>	4	<b>Credits:</b>	10	<b>Version:</b>	1
<b>National standard code:</b>	NS035-04				
<b>Associated qualification (and code):</b>	National Certificate in Commercial Cookery Level 4 (QR-04-NQ-001-07-0903-20-01)				
<b>Approval date:</b>	19 March 2020		<b>Review date:</b>	19 March 2025	
<b>Purpose:</b>	This unit is for people with creative and advanced cooking skills as well as knowledge of the effects of preparation techniques, cooking processes and flavouring on the taste and nutritional value of fish dishes.  People credited with this unit will be able to prepare and cook complex fish dishes in a commercial kitchen, including a range of innovative and traditional dishes and Tongan cuisines, making use of local fruits, produce and traditional cooking techniques				

<b>Learning Outcome 1 (LO1)</b>	Prepare to cook complex fish dishes in a commercial kitchen in accordance with establishment requirements
<b>Performance standards</b>	<p>1.1 Required types of fish and other ingredients, both quality and quantity, are selected in accordance with dish requirements. <i>[Range quality includes but is not limited to – appearance, smell, freshness, texture, within expiry date.]</i></p> <p>1.2 Required types and size of knives and other equipment suitable to the required dish are selected to clean the fish and ingredients.</p> <p>1.3 Frozen fish and ingredients are thawed according to establishments requirements.</p> <p>1.4 Appropriate procedures are used to prepare fish and other ingredients to meet selected dish requirements and in accordance with standard industry texts. <i>[Range preparation procedures include but are not limited to – scaling, gutting, skinning, cleaning, portioning and filleting one type of fish.]</i></p> <p>1.5 Matters related to food safety and safe food handling practices for preparation and cooking of fish dishes are identified and explained in accordance with standard industry texts and legislative requirements.</p>
<b>Learning Outcome 2 (LO2)</b>	Cook and present complex fish dishes in a commercial kitchen
<b>Performance Standards</b>	<p>2.1 Complex fish dishes are cooked in accordance with quality, dish and establishment requirements and standard industry texts. <i>[Range quality includes but is not limited to – flavour, smell, degree of cooking, appearance.]</i></p> <p>2.2 Cooking methods and processes are suitable for dish requirements. <i>[Range processes include but are not limited to – time or degree of cooking, temperature, identification and correction of cooking faults, change in condition.]</i></p> <p>2.3 Fish dishes are finished and presented to meet dish requirements.</p> <p>2.4 Dish is visually evaluated and quality adjustments made</p>

	2.5 Portion amounts and yields for fish dishes are identified and explained in accordance with dish and establishment requirements.
<b>Pre-requisites</b>	NS027-03 or equivalent, and NS030-03 or equivalent
<b>Co-requisites</b>	N/A
<b>Underpinning skill and knowledge</b>	Local Tongan produce and food knowledge, Cooking knowledge and skills, General human health and diseases; Human foods and nutrition; Hazards and safety; Personal grooming and presentation; Effective time management; Interpersonal communication skills); Writing and Reading skills (both Tongan and English) to research and interpret relevant documents and information; Planning skills; Technology skills (to use computers and relevant desktop software), cultural awareness.
<b>Suggested assessment methods</b>	<p><b><u>Context of assessment:</u></b></p> <p>Assessment of practical skills:</p> <ol style="list-style-type: none"> <li>1) is conducted within an adequately equipped commercial kitchen or training kitchen (refer to <i>Minimum requirements for a kitchen</i>) where students have to utilize specific equipment for preparing and cooking.</li> <li>2) utilizes authentic ingredients.</li> </ol> <p><b><u>Methods of assessment:</u></b> A range of assessment methods should be used to assess practical skills and knowledge. Examples of such methods include:</p> <ol style="list-style-type: none"> <li>1) Direct observation of students selecting, preparing, or cooking fish;</li> <li>2) Sampling of dishes cooked by students;</li> <li>3) Written or oral questions to test theoretical and conceptual understanding.</li> <li>4) Review of portfolios of evidence and third-party reports (e.g. from workplace for on-the-job performance).</li> </ol> <p>[Note: This is a competency-based unit. Please refer to the section on <i>Requirements to complete this unit</i> for more information.]</p>
<b>Resource requirements</b>	<ol style="list-style-type: none"> <li>1. Commercial kitchen or training kitchen (refer to <i>Minimum requirements for a kitchen</i>)</li> <li>2. Relevant readings (e.g. Official fish charts, etc).</li> </ol>

	<p>3. Relevant Acts, Codes, and Standards such as:</p> <ol style="list-style-type: none"> <li>a. Tonga Food Act,</li> <li>b. Tonga Public Health Act,</li> <li>c. Australian NZ Food standards code <i>Standard 3.2.2 Food safety practices and general requirements</i></li> </ol> <p>4. Unit outline</p>
<p><b>Moderation arrangements</b></p>	<p>Use provider’s approved moderation process, OR TNQAB moderation processes</p>
<p><b>Requirements to complete this unit</b></p>	<p><b>Acceptable competency percentage</b></p> <ul style="list-style-type: none"> <li>• Competency for this unit is at least 90% of the Performance standards.</li> <li>• Learners who fail to be competent after 3 attempts will be advised to re-enrol in this unit.</li> </ul> <p><b>Evidence of competency requirements:</b></p> <ul style="list-style-type: none"> <li>• Evidence must either be collected in the workplace or in a realistic environment (e.g. simulation) where the student has to produce product or similar for customers who have the same expectations for quality and timeliness as a paying customer.</li> <li>• Evidence is required of a minimum of three different dishes incorporating three fish types using three different cooking methods</li> </ul>
<p><b>Public comments on unit</b></p>	<p>Please contact TNQAB National Qualifications Unit (email <a href="mailto:EnquireNQ@tnqab.to">EnquireNQ@tnqab.to</a> or Telephone 28136) if you like to discuss or suggest changes to the details of this unit.</p>

## MINIMUM REQUIREMENTS FOR A COMMERCIAL KITCHEN

	SMALL EQUIPMENT	DESCRIPTIONS	MINIMUM REQUIREMENT (for 15 - 20 students)
1	Baking tins	Stainless small, medium and large, Assorted depth and shapes	6 for each size
2	Baking trays	Stainless small, medium and large	3 for each size
3	Can/bottle opener	Stainless	3 sets
4	Chef Knives	Stainless, Set (Paring, All purpose, Fillet, Serrated Clever, Scissors)	12 Sets
5	Chinois	Stainless small or medium	3 pieces
6	Colander	Stainless or plastic	3 pieces
7	Cutting Boards	Plastic and Wooden, medium and large with colours	6 for each size and type
8	Food Posters	Meat, Fish, Shellfish, Herbs and Spices, Vegetables, Food commodities etc.	2 of each kind
9	Frying pans	for; Omelette and shallow frying (non-stick)	3 for each purpose
10	Grater	Manual, box or 4-sided or flat, stainless or plastics	3 sets either type
11	Ladles	Stainless in multiple sizes; small, medium and large	2 of each size
12	Lifter	Plastic or stainless	3 each type
13	Masher	Stainless (small or Large)	3 sets either size
14	Measuring Cups	Stainless or plastics (minimum of 4 sizes cups)	3 sets either type
15	Measuring Jugs	Stainless, plastics or Glass (minimum of 1000 milliliters)	3 either type
16	Measuring spoons	Stainless or plastics (minimum of 4 sizes spoons)	3 sets either type
17	Mixing bowls	Stainless and Plastic, small, medium and large	6 for each size
18	Moulds	Ceramic or stainless, small and medium	6 each size
19	Oven mitts	Assorted sizes, shapes and colour with minimum of 3 layers of thickness	6 pairs
20	Peeler	Plastic or stainless	6 sets
21	Plates	Ceramic, small, medium and large (any design and colour)	12 for each size
22	Pot holders	Assorted sizes, shapes and colour with minimum of 3 layers of thickness	6 pairs
23	Pots	for; stock, soup, and boiling, preferably stainless	3 for each purpose
24	Rolling Pin	Wooden or Plastic (small and large)	3 each size (6 in total)
25	Sanitizer	Plastic bottle sprayers	3 containers refilled
26	Saucepans	Small to medium sizes, preferably stainless	6 of each size
27	Serving bowls	Ceramic, for Soup and pasta, small and medium (any design and colour)	12 of each size
28	Sieve	Stainless or plastic (4 sizes in 1 set)	3 sets either type
29	Sifter	Stainless or plastic	3 either type

30	Spatulas	Wooden or Silicone	3 either type
31	Stirring spoons	Stainless and wooden, medium and large	6 stainless medium, 6 stainless large, 6 wooden medium, 6 wooden large)
32	Tea Towels	Cloth, any colour, sizes and designs	24 towels
33	Thermometer	Waterproof pocket Digital probe or Gun thermometer	2 pieces
34	Tongs	Stainless in multiple sizes; small, medium and large	3 of each size
35	Whisks	Stainless, sizes: medium and large	3 of each size
36	Wok	for; Saute and Stir-frying, either household or commercial brand	2 pieces

	LARGE EQUIPMENT	DESCRIPTIONS	MINIMUM REQUIREMENT (for 15 - 20 students)
1	Deep-Fryer	Gas burners or Electric heating element, either household or commercial brand	2 Fryers with minimum of 2 liters capacity each
2	Fire Extinguishers	Approved and valid to be used in the kitchen (OHS & SOP standards)	2 up to date extinguishers either sizes
3	Freezer	Chest or upright freezer or Walk-in freezer, either household or commercial brand	1 set
4	Handbasin	Single Stainless or Ceramic with or without hot water	1 set
5	Oven	Gas burners or Electric heating element, either household or commercial brand	3 Ovens with or without fan
6	Oven Griller or Salamander	Gas burners or Electric heating element, either household or commercial brand	3 Grillers or 1 Salamander
7	Pantry	Good air ventilation set up and well accessible (fixed or removable)	1 set
8	Range or Stovetop burners	Gas burners or Electric hot plates, either household or commercial brand	12 burners or 3 Range with 4 burners each
9	Refrigerator	Reach-in fridge or walk-in cooler, either household or commercial brand	1 set
10	Rubber Floor Mats	Cover the length of the work stations (above)	Enough to cover all Workstations
11	Sinks	Single or Double stainless installed with running water faucet (Hot water optional)	4 set singles or 2 sets double
12	Steamer	Layered Steaming pot	1 set
13	Umu Shed	Shed with well constructed Umu pit (including Huokauvao, Hakalo, Umu stones and Firewoods)	1 set
14	Work Benches and Tops	Stainless steel double benches and tops with or without drawers	2 sets

	<b>MECHANICAL EQUIPMENT</b>	<b>DESCRIPTIONS</b>	<b>MINIMUM REQUIREMENT (for 15 - 20 students)</b>
1	Air Ventilation System	Electrical Air Suction or Fixed Air-Vent Ventilator	Designated to ventilate heat and smokes
2	Blender	Any Quality and brand (minimum of 500 milliliters capacity)	1 machine
3	Food Mixer	Any Quality and brand (minimum of 500 milliliters capacity)	1 machine
4	Food Processor	Any Quality and brand (minimum of 500 milliliters capacity)	1 machine
5	Meat Slicer	Stainless and can be any size and brand	1 machine
6	Pasta Machine	Stainless with processing cutters (Manual or electric)	2 sets
7	Kitchen Scale	Digital or mechanical	2 either qualities
8	Toaster	Industrial or household brands, minimum of two bread racks	1 set
9	Vegetable Slicer	Any Quality and brand	1 machine