



## REGISTERED NATIONAL STANDARD

### UNIT OF COMPETENCY

|                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                    |              |               |   |
|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------|---------------|---|
| Title:                               | Prepare, cook and present <i>complex</i> fish <sup>1</sup> dishes in a commercial kitchen                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                    |              |               |   |
| TQF Level:                           | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Credits:                                                                           | 10           | Release:      | 2 |
| National standard code:              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | NS035-04                                                                           |              |               |   |
| Associated qualification (and code): |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | National Certificate in Commercial Cookery Level 4 (QR-04-NQ-001-07-0903-25-02)    |              |               |   |
| Modification history                 | Release 1 (R1)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | R1 is now out of date, and is only available for reference purposes                |              |               |   |
|                                      | Release 2 (R2)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | R2 replaces R1. R2 is the product of review exercise conducted in April – May 2025 |              |               |   |
| Approval date:                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 19 March 2025                                                                      | Review date: | 19 March 2030 |   |
| Purpose:                             | <p>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.</p> <p>People credited with this unit will be able to prepare, cook, and present complex fish dishes in a commercial kitchen, including a range of innovative and <i>traditional dishes</i> and Tongan cuisines, making use of local fruits, produce and traditional cooking techniques</p> |                                                                                    |              |               |   |

<sup>1</sup> In this unit, the term 'fish' refers only to those animals living in water (fresh water and sea) that have gills and swimming fins. It does not include shellfishes and crustaceans, etc. Other kinds of seafood are the focus of unit NS036-04

**Learning Outcome 1** Prepare to cook complex fish dishes in a commercial kitchen in  
(LO1) accordance with establishment requirement

- Performance standards**
- 1.1 Required types of fish and other ingredients, both quality and quantity, are selected in accordance with dish requirements.  
*[Range quality includes but is not limited to – appearance, smell, freshness, texture, within expiry date.]*
  - 1.2 Required types and sizes of knives and other equipment suitable to the required dish are selected to clean the fish and ingredients.
  - 1.3 Frozen fish and ingredients are thawed according to establishments requirements.
  - 1.4 Appropriate procedures are used to prepare fish and other ingredients to meet selected dish requirements and in accordance with standard industry texts.  
*[Range preparation procedures include but are not limited to – scaling, gutting, skinning, cleaning and filleting one type of fish.]*
  - 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.

**Learning Outcome 2** Cook complex fish dishes in a commercial kitchen  
(LO2)

- Performance Standards**
- 2.1 Most suitable equipment and processes for complex fish dishes are identified and selected;
  - 2.2 Selection of processes for complex fish dish is clearly described and justified;  
*[Range processes include but are not limited to – time or degree of cooking, temperature, identification and correction of cooking faults, change in condition.]*
  - 2.3 Complex fish dishes are cooked in accordance with quality, dish and establishment requirements and standard industry texts.  
*[Range quality includes but is not limited to – flavour, smell, degree of cooking, appearance.]*
  - 2.4 Safe food handling practices are monitored and maintained.

**Learning Outcome 3** Present complex fish dishes in a commercial kitchen  
(LO3)

- Performance standards**
- 3.1 Appropriate utensils and/or cutlery for the required fish dish are identified and made ready for service;
  - 3.2 Suitable finishing techniques are used to finish complex fish dish to meet the required visual appeal and texture, flavour and required temperature, and ready for presentation.  
*[Range techniques include but not restricted to: Garnishing; Checking that fish dish has required taste and appropriate texture;; Checking presentation to ensure it is aesthetically pleasing and appetizing; Maintaining of the appropriate temperature of dish, and checking that the dish is portioned correctly to meet the customer's need]*

- 3.3 Complex fish dish is visually evaluated and necessary quality adjustments made
- 3.4 Complex fish dish is presented in accordance with customer needs and establishment requirements.

**Pre-requisites** NS027-03 (or equivalent), NS030-03 (or equivalent)

**Co-requisites** N/A

**Underpinning knowledge and skills**

**Knowledge**

1. Fish versus sea-food
2. Authentic dishes and ingredients
3. Local Tongan produce and food knowledge
4. Knowledge of fish names and types
5. Knowledge of seasons for fish
6. Food safety and food handling
7. Knowledge of knives
8. General human health and diseases;
9. Human foods and nutrition;
10. Food hazards and safety

**Skills**

1. Fish handling skills
2. Fish preparation skills:
  - a) Cleaning of fish
  - b) Scaling, gutting, skinning,
  - c) Cutting and filleting fish
  - d) Storage of fish
3. Fish cooking skills
4. Finishing skills for fish dishes
5. Food safety skills
6. Personal grooming and presentation; Effective time management;
7. Interpersonal skills
8. Communication skills
9. Writing and Reading skills (both Tongan and English) to research and interpret relevant documents and information;
10. Planning skills;
11. Technology skills (to use computers and relevant desktop software)

**Assessment requirements**

**Methods of assessment:** A range of assessment methods should be used to assess practical skills and knowledge. Examples of such methods include:

- 1) Direct observation of students selecting, preparing, or cooking fish;
- 2) Sampling of dishes cooked by students;
- 3) Written or oral questions to test theoretical and conceptual understanding.
- 4) Review of portfolios of evidence and third-party reports (e.g. from workplace for on-the-job performance).

**Context of assessment:**

Assessment of practical skills is conducted within a adequately equipped commercial kitchen or simulated environment where students are required to utilize:

- 1) specific equipment for preparing and cooking fish or

|                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                           | <p>2) <i>authentic ingredients</i> to produce fish dishes for customers who have the same expectations for quality and timeliness as a paying customer.</p> <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>Commercial kitchen or training kitchen</li> <li>Relevant readings (e.g. Tonga Fisheries policies, Fish charts)</li> <li>Relevant Acts, Codes, and Standards               <ol style="list-style-type: none"> <li>Tonga Food Act,</li> <li>Tonga Public Health Act,</li> <li>Tonga Fisheries Management Act (for knowledge of seasons for fish species, etc.)</li> <li>Australian NZ Food standards code <i>Standard 3.2.2 Food safety practices and general requirements</i></li> </ol> </li> <li>Unit outline</li> </ol> <p><b><u>N.B:</u></b></p> <p>The following sections also provide important information regarding resources:</p> <ol style="list-style-type: none"> <li><i>Underpinning skills and knowledge</i> – provides important course information (concepts, knowledge and skills) that training providers can use to develop their own teaching curriculum and resources</li> <li><i>Important notes and definitions</i> – provides the definitions of key terms that are learned in the unit.</li> </ol> |
| <b>Moderation requirements</b>            | <p>A training provider is required to:</p> <ol style="list-style-type: none"> <li>Use its existing approved moderation system to moderate the assessment in this unit;</li> <li>Plan its assessment and moderation and submit such plan to TNQAB for approval before they are implemented.</li> <li>Training providers are encouraged to use their own forms or templates to plan their assessment and moderation. However, standard assessment and moderation plan forms are available on request from TNQAB.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Requirements to complete this unit</b> | <ol style="list-style-type: none"> <li>This is a competency-based unit. A person studying this unit is:           <ol style="list-style-type: none"> <li>Required to demonstrate all Learning outcomes to the expected standards of performance;</li> <li>Required to attain a ‘Competent’ grade to fulfil the requirements of the Unit Standard;</li> <li>Eligible to three (3) attempts to achieve the required competency within 14 days of the first attempt;</li> </ol> </li> <li>Failure to achieve the required competency level after three (3) attempts will require the person studying this unit to re-enrol for the same unit.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                             |

**Important  
notes and  
definitions**

3. Evidence of competency must be collected either in the workplace or in a realistic (simulated) food preparation environment where the students are required to produce the food product for customers who have the same expectations for quality and timeliness as a paying customer.

**Notes:**

1. The lists provided in the *Underpinning skills and knowledge* section are a guideline to teaching curriculum and resources.
2. In this unit, the term 'fish' refers only to those animals living in water (fresh water and sea) that have gills and fins. It does not include shellfishes, crabs, etc. Other kinds of seafood are the focus of unit NS036-04.
3. The first release (R1) of this unit is now out of date. R1 is NOT equivalent to R2
4. R2 is the product of a review conducted by the following industry training advisors:
  - (i) Ms Moala Vainikolo,  
Cookery Coordinator  
Tupou Tertiary Institute (TTI) – Pouono Campus  
Neiafu, Vava'u
  - (ii) Mr. William Tovehi  
Manager, Niu Lodge  
Nuku'alofa
  - (iii) Mr. Tuituiohu Mafi  
Cookery instructor  
Tonga Maritime Polytechnic  
Tonga National University
  - (iv) Mr. Lopeti Filo  
Private cookery consultant  
Nuku'alofa
5. The review mentioned above was made possible through support from *Tonga Australia Support Programme (TASP)* and *Tupou Tertiary Institute*.
6. All activities associated with this unit standard must comply with relevant codes of practice, regulations and legislation for workplace health, safety, and environmental protection and any subsequent amendments.
7. In the event that relevant national legislations are not available, those of New Zealand and Australia are to be used for training purposes.
8. Assessors must comply with TNQAB assessment and moderation requirements.

**Definitions**

1. *Authentic ingredients* refer to the real, genuine, and traditional ingredients that are characteristic of a specific cuisine or region. It emphasizes using ingredients that are in line with the traditional way of cooking and preparing a dish in its country of origin. *Example: Tongan 'Ota - may include*

*fresh tuna (or snapper), lemon juice, coconut milk, spring onion, tomatoes, and red chillies*

2. *Cocktail* refers to social gathering where cocktail food is served.
3. *Cocktail food* refers to a small dish consisting of small pieces of food, often served as an appetizer or first course. The term also refers to "finger food" or "bite-size" meaning small portions that can be eaten without cutlery
4. *Complex dish*: a dish is considered complex by the use of advanced preparation techniques, diversity of flavours, authentic and fresh ingredients, as well as creative finishing and presentation techniques;
5. *Dish requirements* in this unit, this term can refer to the recipe and specific equipment and tools needed for cooking and serving food.
6. *Fish* is an aquatic, gill-bearing *vertebrate* animal with swimming fins and a hard skull, but lacking limbs with digits.
7. *'Ota* is a Tongan traditional raw fish dish which is prepared from fresh ingredients of fish (white meat, preferably yellow fin) marinated in concentrated coconut milk and lime or lemon juice, and garnished with chopped red tomatoes, spring onion, parsley and red chillies
8. *Recipe* is a set of written instructions used to prepare a known quantity and quality of food
9. *Standard recipe* is a recipe used to consistently prepare a known quantity and quality of food
10. *Traditional dishes* refer to foods that are deeply rooted in a specific culture, place and time, often reflecting the history, geography, and local ingredients of a region.
11. *Vertebrate* means having a backbone.

#### Public comments on unit

Please contact TNQAB National Qualifications Unit (email [EnquireNQ@tnqab.to](mailto:EnquireNQ@tnqab.to) or Telephone 28136) if you like to discuss or suggest changes to the details of this unit.

| 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<br>(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                                          |

|   | MECHANICAL EQUIPMENT   | DESCRIPTIONS                                                | MINIMUM REQUIREMENT<br>(for 15 - 20 students) |
|---|------------------------|-------------------------------------------------------------|-----------------------------------------------|
| 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                                     |