



REGISTERED NATIONAL STANDARD

UNIT OF COMPETENCY

Title:	Prepare, cook and present complex <i>seafood</i> ¹ dishes in a commercial kitchen				
TQF Level:	4	Credits:	10	Release:	2
National standard code:	NS036-04				
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Modification history	Release 1 (R1)	R1 is now out of date, and is only available for reference purposes			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:	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 <i>seafood</i> dishes. People credited with this unit will be able to prepare and cook a variety of complex seafood dishes in a commercial kitchen, including a range of traditional dishes and Tongan cuisines, making use of local fruits, produce and traditional cooking techniques. <i>[Range seafood include but not limited to: edible crustaceans (such as shrimps and prawns, crabs, lobsters, etc.) and molluscs (such as bivalves clams, mussels, oysters, and squids and octopuses, , and edible algae such as sea grapes, and filamentous algae]</i>				

¹ In this unit, 'seafood' refers to edible marine plants and edible marine invertebrate animals such as *shellfish* (crustaceans and shelled molluscs) as well as octopuses, and squids. Edible marine plants include sea grapes (*Limu fuofua*) and filamentous algae (*Limu tanga'u*).

Learning Outcome 1 Prepare to cook complex seafood dishes in a commercial kitchen.
(LO1)

- Performance standards**
- 1.1 Seafood and other ingredients of the required type, 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 size of knives and other equipment suitable for preparing the required dish are selected to clean the seafood and ingredients.
- 1.3 Seafood and other ingredients are prepared using procedures that meet selected dish and establishment requirements in accordance with standard industry texts.
[Range preparation methods include but are not limited to – cutting, seasoning, garnishing, marinating, and cleaning of the required type of seafood (include gutting, rinsing, shelling, peeling, skinning, de-veining, etc.)]
- 1.4 Food safety issues and safe food handling practices for preparation and cooking of seafood dishes are identified and explained in accordance with standard industry texts and legislative requirements.
- 1.5 Seafood, that is to be consumed ‘raw’, is hygienically stored in accordance with establishment food-safety requirements.

Learning Outcome 2 Cook complex seafood dishes, including Tongan cuisines, in a commercial kitchen.
(LO2)

- Performance Standards**
- 2.1 Cooking methods and processes which are suitable for the requirements of seafood dish. are identified.
[Range cooking methods include but not limited to – frying, deep frying, baking, poaching, grilling/BBQ'ing,]
[Range processes include but are not limited to – time or degree of cooking, temperature, identification and correction of cooking faults, change in condition].
- 2.2 Methods for preparing traditional Tongan seafood cuisines are suitable for the requirements of the dishes as well as those of the establishment.
[Range methods and processes include but are not limited to – Shellfish (of a desired type) in coconut sauce, curing in lemon/lime juice, marination in Chilli-sauce.]
- 2.3 Complex seafood 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 Suitable sauces are prepared in accordance with standard recipes and as required.
- 2.5 Safe food handling practices are monitored and maintained.

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

3.1 Appropriate utensils and/or cutlery for the required seafood dish are identified and made ready for service;

3.2 Suitable finishing techniques are used to finish the complex seafood 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 seafood 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 seafood dishes are visually evaluated and necessary quality adjustments made

3.4 Complex seafood dishes are presented in accordance with customer needs and establishment requirements.

Pre-requisites NS027-03 (or equivalent), NS030-03 (or equivalent), NS031-03 (or equivalent)

Co-requisites N/A

**Underpinning
knowledge
and skills****Knowledge:**

- 1 Differences between fish and other types of seafood
- 2 Main groups and sub-groups of living things:
 - (I) Plants vs animals
 - (II) *Vertebrates vs invertebrates*
 - (III) *Aquatic vs terrestrial*
- 3 Main groups and subgroups of aquatic invertebrates:
 - (I) Shellfish
 - (II) Molluscs
 - (III) Echinoderms and marine worms
- 4 Knowledge of local Tongan names for different types of crustaceans, molluscs, and algae
- 5 Edible aquatic plants (algae)
- 6 General human health and diseases;
- 7 Human foods and nutrition;
- 8 Hazards and safety

Skills

- 1 Identifying seafood
- 2 Seafood handling skills:
 - (I) Food safety
 - (II) preparation skills
 - (III) Storage skills
- 3 Cooking skills for seafood
- 4 Visual evaluation and finishing of seafood dishes
- 5 Presentation and service of seafood dishes
- 6 Communication skills
- 7 Effective time management
- 8 Interpersonal communication skills)
- 9 Numeracy skills;
- 10 Planning skills

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 seafood;
- 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 seafood or
- 2) *authentic ingredients* to produce seafood dishes for customers who have the same expectations for quality and timeliness as a paying customer.

Evidence requirements

- 1) As mentioned above, assessment evidence must be collected either commercial kitchen 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.
- 2) For evidence of competency in:
 - a. Preparing complex seafood dishes (LO1) – requires evidence of a minimum of six (6) types of seafood dishes;
 - b. Cooking complex seafood (LO2) – requires evidence of a minimum of six (6) types of seafood dishes;
 - c. Finishing and presenting complex seafood dishes – requires evidence of a minimum of six (6) types of seafood dishes

Resource requirements

1. Commercial kitchen or training kitchen (refer to *Minimum requirements for a kitchen*)
2. Relevant readings (e.g. Official charts of seafood)
3. Relevant Acts, Codes, and Standards
 - a. Tonga Food Act,
 - b. Tonga Public Health Act,
 - c. Tonga Fisheries Management Act
 - d. Australian NZ Food standards code *Standard 3.2.2 Food safety practices and general requirements*
4. Unit outline (this document or adaptation of it)

N.B:

The following sections also provide important information regarding resources:

- (I) *Important notes and definitions* – provides the definitions of key terms that are learned in the unit; an important teaching resource.
- (II) *Underpinning skills and knowledge* – provides important course information

	(concepts, knowledge and skills) that training providers can use to develop their own teaching curriculum and resources
Moderation requirements	A training provider is required to: 1. Use its existing approved moderation system to moderate the assessment in this unit; 2. Plan its assessment and moderation and submit such a plan to TNQAB for approval before they are implemented. 3. 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.
Requirements to complete this unit	1. This is a competency-based unit. A person studying this unit is: (i) Required to demonstrate all Learning outcomes to the expected standards of performance; (ii) Required to attain a 'Competent' grade to fulfil the requirements of the Unit Standard; (iii) Eligible to three (3) attempts to achieve the required competency within 14 days of the first attempt; 2. 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. 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.
Important notes and definitions	<u>Notes:</u> 1. This unit is adapted from NZQA registered standards 13307 version 5 (2015) 2. The first release (R1) of this unit is now out of date. R1 is NOT equivalent to R2 3. The lists provided in the <i>Underpinning skills and knowledge</i> section are a guideline to teaching curriculum and resources. 4. In this unit, the term 'seafood' refers to edible invertebrate animals such as shellfish, octopuses, and squids, and edible marine plants such as sea grapes (<i>Limu fuofua</i>) and filamentous algae (<i>Limu tanga'u</i>). It does not include fish, which is the focus of unit NS035-04. 5. 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

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(iii) Mr. Tuituiohu Mafi
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(iv) Mr. Lopeti Filo
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6. The review mentioned above was made possible through support from *Tonga Australia Support Programme (TASP)* and *Tupou Tertiary Institute*.
7. 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.
8. In the event that relevant national legislations are not available, those of New Zealand and Australia are to be used for training purposes.
9. Assessors must comply with TNQAB assessment and moderation requirements.

Definitions

1. *Aquatic* means living in water (freshwater and marine environments).
2. *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 chilies*
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. *Crustaceans* refers to a major family of aquatic invertebrates with a hard exoskeleton, which include crabs, lobsters, and prawns.
6. *Dish requirements* in this unit, this term can refer to the recipe and specific equipment and tools needed for cooking and serving food.
7. *Echinoderms* refers to a major group of aquatic invertebrates such as sea urchins and sea cucumbers.
8. *Finishing techniques* refer to different ways of adding the extra final touches of flavour, freshness, or texture to complement and enhance the overall quality of a dish.
9. *Garnishing* is a finishing technique which involves adding edible decorations to improve the visual appeal of a dish, often using herbs, vegetables, or other ingredients, before the dish is served.
10. *Invertebrates* are animals that do not have a backbone. Many live on land

(terrestrial) and many live in freshwater/seawater (aquatic). Examples of aquatic ones include shellfishes, octopuses, sandworms, and sea-cucumbers. Fishes are vertebrates.

11. *Limu fuofua* a type of edible seaweed characterized by tiny green hanging plumps that resemble tiny grapes
12. *Limu tanga'u* is an edible filamentous brown algae belonging to the genus *Cladosiphon*
13. *Molluscs* one of the main groups of aquatic invertebrates which includes octopuses, clams, bivalves, and sea slugs.
14. *Recipe* is a set of written instructions used to prepare a known quantity and quality of food
15. *Seafood dishes*. In this unit, 'seafood' refers to edible marine plants and edible marine invertebrate animals such as shellfish (crustaceans and shelled molluscs) as well as octopuses, and squids. Edible marine plants include sea grapes (*Limu fuofua*) and filamentous algae (*Limu tanga'u*)
16. *Shellfish* refers to aquatic invertebrates that have shells such as crustaceans (crabs, lobsters, and prawns, etc.), edible molluscs (such as clams, bivalves, oysters), and edible echinoderms (such as sea urchins or *Tukumisi*).
17. *Standard recipe* is a recipe used to consistently prepare a known quantity and quality of food
18. *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.

**Public
comments on
unit**

Please contact TNQAB National Qualifications Unit (email 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 (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 (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