



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

KNQF LEVEL: 4

ISCED OCCUPATIONAL STANDARD CODE: 1013 354 B



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NAIROBI

PREPARE MAIN DISHES

UNIT CODE: HOS/OS/FP/CR/03/4/B

UNIT DESCRIPTION

This unit covers the competencies required to prepare main dishes. It involves planning for preparation of main dishes, controlling cost of main dishes, preparing the ingredients, preparation of main dishes and their presentation. It also entails carrying out housekeeping activities.

This standard applies in hospitality industry.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT	PERFORMANCE CRITERIA
These describe the key outcomes which make up workplace function.	These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Plan for preparation of main dishes	1.1 <i>Main dishes ingredients</i> are identified and selected as per the recipe specifications. 1.2 <i>Main dishes preparation tools and equipment</i> are identified and selected as per the recipe. 1.3 Safety and hygiene standards and procedures are put in place as per HCCP and legal requirements.
2. Control cost of main dishes	2.1 <i>Tools and equipment for portioning</i> foods are identified and used based on manufacturer's instructions. 2.2 Ingredients quantities are determined and measured based on recipe and workplace instructions. 2.3 Production cost is determined based on operational costs. 2.4 Selling price is determined based on production costs and workplace policy. 2.1 Records are maintained as per workplace policy.
3. Prepare main dishes ingredients	3.1 Mis-en-scene is conducted as workplace procedure. 3.2 Ingredients are selected and assembled as per the recipe specifications. 3.3 Ingredients freshness and quality is checked as per standard procedure. 3.4 Main dishes ingredients are prepared as per standard procedure. 3.5 Stocks are prepared as per standard procedure.

	3.6 Main dishes garnishes are identified, selected and prepared based on food type.
4. Prepare the main dishes	<p>4.1 Recipes are reviewed and interpreted as per standard procedure.</p> <p>4.2 Methods of cooking are selected based on the recipe.</p> <p>4.3 Meat dishes are prepared as per recipe.</p> <p>4.4 Poultry dishes are prepared as per the recipe.</p> <p>4.5 Game dishes are prepared as per recipe.</p> <p>4.6 Fish dishes are prepared as per recipe.</p> <p>4.7 Egg dishes are prepared as per recipe</p> <p>4.8 Legumes and pulses are prepared as per the recipe.</p> <p>4.9 Methods of cooking are applied as per standard procedure.</p> <p>4.10 Safety and hygiene standards and procedures are observed as per HACCP and workplace policy.</p>
5. Present the main dishes	<p>5.1 Equipment for presentation of food Commodities are selected based on type of food.</p> <p>5.2 Meat dishes are dispensed/served based on the type.</p> <p>5.3 Poultry dishes are dispensed/served based on the type.</p> <p>5.4 Game dishes are dispensed/served based on the type.</p> <p>5.5 Fish dishes are dispensed /served based on the type.</p> <p>5.6 Legumes and pulses are dispensed/served based on the type.</p> <p>5.7 Egg dishes are dispensed /served based on the type.</p> <p>5.8 Food Commodities are garnished based on type.</p> <p>5.9 Main dishes are presented based on type and style of service.</p> <p>5.10 Food presentation safety, aesthetics and hygiene standards are observed as per workplace policy.</p>
6. Carry out housekeeping activities	<p>5.1 Tools and equipment are cleaned and stored as per workplace policy.</p> <p>5.2 Waste is disposed as per environmental regulations.</p> <p>5.3 Records are maintained as per workplace policy.</p> <p>5.4 Kitchen is cleaned as per standard procedure.</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. Main dishes ingredients may include but not limited to:	<ul style="list-style-type: none"> • Vegetables • Fruits • Meats • Eggs • Dairy products • Cheese • Fish • Poultry • Game • Legumes • Pulses
2. Garnishes include but not limited to:	<ul style="list-style-type: none"> • Parsley • Tomatoes • Carrots • Eggs • Cherries • Coriander • Lemons • Rosemary • Onions • Cheese
3. Methods of preparing main dishes ingredients may include but not limited to:	<ul style="list-style-type: none"> • Peeling • Cutting • Trimming • De-stalking • Chopping • Shredding • Slicing • Dicing • Sorting • Soaking

Variable	Range
	<ul style="list-style-type: none"> • Washing
4. Meats may include but not limited to:	<ul style="list-style-type: none"> • Beef • Goat • Mutton/Lamb • Offal • Rabbit • Pork
5. Poultry include but not limited to;	<ul style="list-style-type: none"> • Chicken • Turkey • Birds • Duck • Goose
6. Game include but not limited to;	<ul style="list-style-type: none"> • Buffalo • Deer • Snakes
7. <i>Egg dishes</i> may include but not limited to:	<ul style="list-style-type: none"> • Egg curry • Scrambled eggs • Poached eggs • Scotched eggs • Omelette
8. <i>Fish dishes</i> may include but not limited to:	<ul style="list-style-type: none"> • Sardines • Whitebait • Salmon • Tilapia • Herring • Shrimp • Sole • Cod

Variable	Range
9. Methods of cooking main dishes may include but not limited to:	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Pan frying • Poaching • Baking • Shallow frying (Sauté, Stir Fry, Sweating)
10. Tools and equipment may include but not limited to:	<ul style="list-style-type: none"> • Mixing bowls • Chopping boards • Sieves/colander • Knives • Graters • Sauce pans • Frying pans • Food warmers • Rolling pins • Cooking sticks • Blenders • Cookers • Refrigerators • Deep freezers • Deep fat fryers • Ovens
11. Equipment for presentation of food Commodities may include but not limited to:	<ul style="list-style-type: none"> • Assorted chafing dishes • Assorted Bain marries • Assorted platters • Assorted bowls

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Knife skills
- Equipment handling
- Garnishing
- Food presentation
- Communication
- Interpersonal
- First aid
- Time Management
- Team work
- Problem solving
- Critical thinking
- Negotiation

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- Safety and hygiene in the kitchen
- Main dishes and their ingredients
- Nutritional value of food ingredients
- Kitchen tools and equipment
- Waste management
- Storage of ingredients
- Garnishing of main dishes
- Food quality control
- Methods of preparation of main dishes
- Professional ethics
- Emerging trends in food preparation

EVIDENCE GUIDE

1. Critical aspects of	Assessment requires evidences that the candidate:
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Competency	<p>1.1 Identified and assembled tools and equipment for preparing specific main dishes.</p> <p>1.2 Identified and assembled the ingredients for preparing of specific main dishes.</p> <p>1.3 Demonstrated ability to apply various cooking methods in preparing main dishes.</p> <p>1.4 Portioned food and maintained ratios appropriately.</p> <p>1.5 Demonstrated knowledge of nutritional value of various food ingredients.</p> <p>1.6 Demonstrated ability to present main dishes appropriately.</p> <p>1.7 Demonstrated ability to garnished main dishes appropriately.</p> <p>1.8 Managed and disposed kitchen waste effectively.</p> <p>1.9 Maintained records appropriately.</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 A functional kitchen</p> <p>2.2 A working environment meeting the OSHA standards.</p> <p>2.3 Ingredients suitable for the task.</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Observation</p> <p>3.2 Written test</p> <p>3.3 Oral questioning</p> <p>3.4 Interview</p> <p>3.5 Portfolio of evidence</p> <p>3.6 Third party reports.</p>
4. Context for Assessment	<p>Assessment may be done;</p> <ul style="list-style-type: none"> • On-the-job • Off-the-job • During industrial attachment
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.