

Higher Nitec in Culinary Arts

HFCLA

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6 month IA Duration

FB5021FPE

1. Organise work assignments
2. Implement hygiene, safety and sanitation measures
3. Maintain clean cooking tools, equipment and work areas
4. Store ingredients
5. Prepare ingredients for cooking
6. Prepare for sous vide cooking
7. Cook meat/poultry dishes using sous vide cooking
8. Cook fish/seafood dishes using sous vide cooking
9. Finish sous vide cooked food
10. Store cooked-chilled food
11. Regenerate cooked-chilled food
12. Cook meat/poultry dishes using combination cooking methods
13. Cook fish/seafood dishes using combination cooking methods
14. Plate meat, poultry, fish and seafood dishes
15. Recommend healthy food choices
16. Prepare dishes to meet nutritional/allergy requirements
17. Plan menu for events
18. Organise work flow for events
19. Check ingredients for events
20. Cook food for events

