

Fact sheet

Cook

(Commercial Cookery)

(ANZSCO: 351411)



Job description

Commercial cooks prepare, cook and present food in a commercial kitchen for a number of different cuisines. Commercial cooks work in restaurants, hotels, catering companies, clubs, cafes, and other food preparation businesses.

Their job involves:

- » planning and preparing menus
- » preparing and ensuring the quality of a number of different dishes
- » ordering, storing and maintaining items
- » working safely and following workplace hygiene procedures in their kitchens
- » storing different ingredients and foods.

Commercial cooks are required to:

- » prepare appetisers, salads stocks, sauces and soups
- » prepare vegetables, fruit, eggs and farinaceous dishes
- » select, prepare and cook poultry, seafood and meat prepare hot and cold desserts, pastries, cakes and yeast goods
- » plan and prepare food for buffets
- » follow food safety guidelines and workplace health and safety (WHS) practices.

The qualification relevant to this job is **SIT30816 Certificate III in Commercial Cookery**.

NOTE: This trade assessment is for commercial cookery only. It does not extend to Asian cookery, catering operations or patisserie.

How will I be assessed?

Assessment is conducted in two stages:

Stage 1:

We will review your training and employment evidence to ensure you have:

- » 5 years' employment experience as a Commercial Cook (with no formal training) **OR**
- » 3 years' employment experience as a Commercial Cook (with relevant formal training*).

*'Formal training' is training that aligns with the national training standards in your country of training.

Your evidence must show you have worked in your occupation for at least 12 months within the last 3 years.

For more information on the documents required for Stage 1, see the Evidence Guide on our website.

Stage 2:

If you are successful in Stage 1, an assessor will assess you via a technical interview. The technical interview will be conducted in English and no interpreters are allowed.

In addition to the technical interview, a 'Hygiene/safe food handling' online test must also be completed.

For more information on Stage 2, see the Technical Interview Guide on our website.

What skills and knowledge do I need?

To be awarded the qualification SIT30816 Certificate III in Commercial Cookery, you must demonstrate competence in a number of **units of competency**. Each unit of competency defines a selection of knowledge and skill required in Australian workplaces. **You must achieve 25 units of competency:**

21 Core units

and

4 Elective units

These units have been organised into 4 groups as follows:

HEALTH, SAFETY AND ENVIRONMENT

- » SITXFSA001 Use hygienic practices for food safety (this unit is a pre-requisite for all units marked *) [Core]
- » BSBSUS201 Participate in environmentally sustainable work practices [Core]
- » SITHKOP001 Clean kitchen premises and equipment* [Core]
- » SITXFSA002 Participate in safe food handling practices* [Core]
- » SITXINV002 Maintain the quality of perishable items* [Core]
- » SITXINV001 Receive and store stock* [Elective]
- » SITXWHS001 Participate in safe work practices [Core]
- » SITHCCC001 Use food preparation equipment* [Core]

PLANNING AND TEAMWORK SKILLS

- » SITHKOP002 Plan and cost basic menus [Core]
- » TLIE1005 Carry out basic workplace calculations [Elective]
- » BSBWOR203 Work effectively with others [Core]
- » SITHCCC020 Work effectively as a cook* [Core]
- » SITXHRM001 Coach others in job skills [Core]
- » SITXCOM002 Show social and cultural sensitivity [Elective]

COOKING SKILLS

- » SITHCCC005 Prepare dishes using basic methods of cookery* [Core]
- » SITHCCC018 Prepare food to meet special dietary requirements* [Core]
- » SITHCCC006 Prepare appetisers and salads* [Core]
- » SITHCCC007 Prepare stocks, sauces and soups* [Core]
- » SITHCCC008 Prepare vegetable, fruit, egg and farinaceous dishes* [Core]
- » SITHCCC012 Prepare poultry dishes* [Core]
- » SITHCCC013 Prepare seafood dishes* [Core]
- » SITHCCC014 Prepare meat dishes* [Core]
- » SITHCCC019 Produce cakes, pastries and breads* [Core]
- » SITHCCC003 Prepare and present sandwiches* [Elective]
- » SITHPAT006 Produce desserts* [Core]

OPTIONAL ELECTIVES [IF REQUIRED]

- » SITHCCC017 Handle and serve cheese* [Elective]
- » SITHASC007 Prepare curry pastes and powders* [Elective]
- » SITHASC012 Prepare sushi* [Elective]
- » SITHASC006 Prepare Asian rice and noodles* [Elective]
- » HLTAID003 Provide first aid [Elective] (Note: this unit requires provision of a current Level 2 First Aid Certificate)



How do I find out more about each unit of competency?

You are **strongly encouraged** to review each of the units of competency shown above. To do this:

1. Go to the following website: <http://training.gov.au/Search/Training>
2. Enter a unit code (e.g. SITXFSA001) into the 'Title or code' search box
3. Tick the 'Units of competency' check box
4. Select the 'Search' button
5. Select the unit from the search results
6. Review the detailed unit description.

What will I receive after the assessment?

If you **successfully** complete Stage 2 of the assessment process you will receive the following:

- » an Australian Certificate III qualification and a Statement of Results that lists the units of competency you successfully achieved
- » a migration outcome letter if the assessment is to support your visa application.

If you are **unsuccessful** in Stage 2 of the assessment process you will be issued:

- » a Statement of Attainment that lists the units of competency you successfully achieved
- » a Statement of Results that lists units of competency you have successfully achieved and those that were not achieved.

Where can I find more information?

Please refer to our website: <http://www.vetassess.com.au/skills-assessment-for-migration/trade-occupations>

If you have further questions, contact us at:

+61 3 9655 4801 vetassess@vetassess.com.au



Head Office:
Level 5, 478 Albert Street, East Melbourne 3002, Victoria, Australia
T +61 3 9655 4801 F +61 3 9654 3385
E vetassess@vetassess.com.au ABN 74 802 942 886
vetassess.com.au

