

**Specification of Competency Standards  
for the Chinese Catering Industry  
Unit of Competency**

1. Title	Master basic cooking (stove) skills and techniques
2. Code	CCZZPS107A
3. Level	1
4. Credit	9
5. Competency	<p style="text-align: center;"><u>Performance Requirements</u></p> <p>5.1 Understand the concepts of cooking</p> <ul style="list-style-type: none"> <li>◆ Understand the basic cooking concepts, functions and purposes of cooking</li> <li>◆ Understand the categories and features (and etc) of various cooking skills</li> </ul> <p>5.2 Master the functions of heat stove cooking tools and the basic wok-flipping skills</p> <ul style="list-style-type: none"> <li>◆ Know about the functions and features (and etc) of various heat stove cooking tools such as stir-fry wok, turner and etc</li> <li>◆ Cleaning and maintenance methods for various heat stove cooking tools</li> <li>◆ Know about the requirements of working posts, including the preparation work before business, cooking during business and clean up after business</li> <li>◆ Master the individual and environment sanitation requirements, correct working posture, safety requirements and etc</li> <li>◆ Know about the various turner-holding and wok-flipping skills in line with different cooking processes</li> </ul> <p>5.3 Master various basic stir-frying techniques</p> <ul style="list-style-type: none"> <li>◆ Understand the concepts, principles and skills of various stir-frying processes, such as raw frying (and etc), and assist in preparing the relevant cuisine</li> </ul> <p>5.4 Master the quick boiling skills and the preparation techniques of basic soups</p> <ul style="list-style-type: none"> <li>◆ Master the concepts, key points and skills of various quick boiling processes such as quick boiling in clear water (清泵), and assist in preparing the relevant cuisine</li> <li>◆ Master the categories, features and skills (and etc) of various soups, and assist in preparing the relevant cuisine</li> </ul> <p>5.5 Control the basic steaming methods</p> <ul style="list-style-type: none"> <li>◆ Master the principles and techniques of various steaming processes, such as steaming and flour-coated steaming (and etc), and assist in preparing the relevant cuisine</li> </ul>
6. Range	While working in Chinese restaurants or relevant workplaces, practitioners should carry out work related to the basic stir-frying processes upon certain guidance, and assist in cooking the relevant cuisine.
7. Assessment Criteria	<p>The integrated outcome requirements of this unit of competency are: based on the requirements of the organization and upon certain guidance, be capable to:</p> <p>(i) master the basic wok-flipping skills;</p> <p>(ii) master basic cooking techniques such as stir-frying, steaming and quick boiling; and</p> <p>(iii) prepare basic soup related cuisine.</p>

8. Remarks	This unit of competency is applicable to staff of the production section in the Chinese catering industry.
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