

SPECIALITY DISHES PREPARATION

UNIT CODE: 1013 551 05A

TVET CDACC UNIT CODE: HOSCU/FBP/CR/02/4/MA

UNIT DURATION: 200 Hours

UNIT DESCRIPTION:

Relationship to Occupational Standards

This unit addresses the Unit of Learning: **Prepare speciality dishes**

UNIT DESCRIPTION

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to prepare specialty dishes. It involves preparation of local dishes, vegetarian dishes, international dishes and sea foods.

Summary of learning outcomes

S/No	Learning Outcomes	Duration (Hours)
1.	Prepare local dishes	50
2.	Prepare vegetarian dishes	50
3.	Prepare international dishes	50
4.	Prepare sea foods	50
Total		200

Learning outcomes, Content and Suggested Assessment Methods

Learning outcome	Content	Suggested Assessment Methods
1. Prepare local dishes	1.1 Kitchen organization 1.1.1 Kitchen layout <ul style="list-style-type: none">• Work triangle• Choice of kitchen layout 1.1.2 Kitchen sections <ul style="list-style-type: none">• Staff structure	<ul style="list-style-type: none">• Practical• Project• Portfolio of evidence• Third Party Reports

Learning outcome	Content	Suggested Assessment Methods
	<p>1.1.3 Kitchen services and/or resources</p> <ul style="list-style-type: none"> • Water • Fuel • Energy • Time • Drainage (services) • Ventilation (services) <p>1.1.4 Factors to consider when designing a kitchen.</p> <p>1.2 Kitchen/ workshop Safety</p> <ul style="list-style-type: none"> • PPEs • Safety boots • Side cloth • Apron • Chef 's jacket • Chef 's hat • Chef 's trousers/Skirts • Neck tie • Kitchen gloves • Mask • Oven gloves <p>1.2.2 OSH practices (OSHA)</p> <p>1.3 Hygiene practices</p> <p>1.3.1 Personal hygiene</p> <p>1.3.2 Environmental hygiene</p> <p>1.3.2.1 Cleaning tools and materials</p> <ul style="list-style-type: none"> • Detergent • Mops • Mop buckets • Dust pan • Broom • Sanitizers <p>1.3.3 Food hygiene</p> <ul style="list-style-type: none"> • Food Safety Act • HACCP <p>1.4 Kitchen tools and equipment</p>	<ul style="list-style-type: none"> • Written assessments • Oral questioning

Learning outcome	Content	Suggested Assessment Methods
	<p>1.4.1 Classification of kitchen tools and equipment</p> <ul style="list-style-type: none"> • Large equipment • Mechanical equipment • Small tools <ul style="list-style-type: none"> • Pans • Pots • Kitchen knives • Wooden spoons • Colanders • Whisks • Wok <p>1.5 Ingredients for local dishes</p> <p>1.5.1 Ingredients used</p> <ul style="list-style-type: none"> • Local vegetables • Herbs and spices • Meats (goat, beef, sheep, fish, camel, game, termites, chicken, rabbit) • Local cereals (maize, sorghum, millet, oats, barley, rice) • Pulses (cowpeas, pigeon peas, green grams, beans, lentils) • Local starches (sweet potatoes, cassava, yams, arrowroots, plantains) <p>1.5.2 Quality and freshness</p> <p>1.6 Recipes</p> <p>1.6.1 Definition</p> <ul style="list-style-type: none"> • Recipe <p>1.6.2 Types of recipes</p> <p>1.6.3 Standard recipe</p> <p>1.6.4 Modified recipe</p> <p>1.6.5 Importance</p> <p>1.6.6 Writing recipes</p> <p>1.6.7 Costing and pricing recipes</p>	

Learning outcome	Content	Suggested Assessment Methods
	<p>1.7 Previous preparation tasks</p> <ul style="list-style-type: none"> • Collecting and assembling equipment and materials • Collecting, assembling and weighing ingredients for local dishes <p>1.8 Types of local dishes</p> <ul style="list-style-type: none"> • Mokimo • Kimanga • Mafuke • Matoke • Mushenye • Pilau • Muthokoi • Aliya • Nyama choma • Githeri • Irio (one-pot meal) • Samaki wa kupaka • Biryani • Groundnut sauce • Mutura <p>1.9 Types of local themes</p> <ul style="list-style-type: none"> • Swahili / coastal dishes • Kikuyu • Luhya • Kamba • Masai • Somali • Kalenjin • Meru • Luo <p>1.10 Preparation methods of local dishes</p> <p>1.11 Production methods and procedures of local dishes</p>	

Learning outcome	Content	Suggested Assessment Methods
	1.12 Quality assessment of finished local dishes 1.13 Presentation of local dishes <ul style="list-style-type: none"> • Plating (uteo, clay platters and pots, guards, calabash, bamboo baskets, wooden trays, banana/palm leaves) 1.14 Storage of local dishes 1.15 Post production tasks 1.16 Waste disposal <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	
2. vegetarian dishes	2.1 Types of vegetarian dishes <ul style="list-style-type: none"> • Semi- vegetarian • Vegans • Lacto-ovo • Fruitarian • Lacto - vegetarian 2.2 Preparation methods of vegetarian dishes 2.3 Production methods and procedures of vegetarian dishes 2.4 Quality assessment of finished vegetarian dishes 2.5 Presentation of vegetarian dishes 2.6 Storage of vegetarian dishes 2.7 Post production tasks <ul style="list-style-type: none"> • Final clearing 2.8 Waste disposal <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	<ul style="list-style-type: none"> • Practical • Project • Portfolio of evidence • Third Party Reports • Written assessments • Oral questioning
3. Prepare sea foods	3.1 Classification of sea foods 3.1.1 Types of sea foods <ul style="list-style-type: none"> • Fried Calamari 	<ul style="list-style-type: none"> • Practical • Project

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • Steamed Crab • Grilled Lobster • Prawn masala • Grilled octopus • Oysters <p>3.2 Sauces accompanying sea foods</p> <p>3.3 Preparation methods of sea foods</p> <p>3.4 Production methods and procedures of sea foods</p> <p>3.5 Quality assessment of finished sea foods</p> <p>3.6 Presentation of sea foods</p> <p>3.7 Storage of sea foods</p> <p>3.8 Post production tasks</p> <ul style="list-style-type: none"> • Final clearing <p>3.9 Waste disposal</p> <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	<ul style="list-style-type: none"> • Portfolio of evidence • Third Party Reports • Written assessments • Oral questioning
4. Prepare international dishes	<p>4.1 Ingredients used in international dishes</p> <ul style="list-style-type: none"> • Pasta • Caviar • Wheat • Cheese • Wines • Vinegar • Soy sauce • Chives <p>4.2 Types of international dishes</p> <ul style="list-style-type: none"> • Japanese (Sushi) • Italian (Lasagna, Bolognese) • Indian (Paneer masala) • Russian (Stroganoff) • Chinese (sweet and sour pork) • Irish (Irish stew) 	<ul style="list-style-type: none"> • Practical • Project • Portfolio of evidence • Third Party Reports • Written assessments • Oral questioning

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • American (chilli corn cane) • French (beef bourguignon) • Oriental cuisines <p>4.3 Preparation methods of international dishes</p> <p>4.4 Production methods and procedures of international dishes</p> <p>4.5 Quality assessment of finished international dishes</p> <p>4.6 Presentation of international dishes</p> <p>4.7 Storage of international dishes</p> <p>4.8 Post production tasks</p> <ul style="list-style-type: none"> • Final clearing <p>4.9 Waste disposal</p> <ul style="list-style-type: none"> • Types of waste • Methods of waste disposal 	

Suggested Methods of Instruction

- Practical
- Demonstration
- Group discussion
- Trainer led instruction.

RECOMMENDED RESOURCES FOR 25 TRAINEES

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
A	Learning materials			
	Textbooks	<p>1) Practical cookery for level 3 Advanced technical diploma in professional cookery.</p> <p>2) Theory of catering 7TH Edition by Kinton Ceserani and Fosket</p>	25	1:1

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Projector	Functional projector for displaying content during presentations	1	1:25
	Lap top	Functional laptop with online instructional content	1	1:25
	Flash cards	Assorted	5	1:5
	Flip charts	Plain white	2	1:13
	White board markers	Assorted colors	5	1:5
	White board	Quality whiteboard of approximately 6 ft by 3 ft for writing during theory instruction	1	1:25
B	Learning facilities & Infrastructure			
	Lecture/Theory Room	Spacious room with seats for 25 trainees, approximately 60 sqm	1	1:25
	Workshop	A Fully Equipped Operational Kitchen including Industrial - Current Tools and Equipment	1	1:4
C	LARGE KITCHEN EQUIPMENT			
	Working table	Stainless steel size 2 by 6 feet	13	1:2
	Sink	Double sink stainless steel	5	1:6
	Burner	12 Burner gas range	2	1:2
	Refrigerators	200 to 400 liters capacity with in - built refreeze	2	1:12
	Food displays	Cold food displays	2	1:12
	Ovens	Double decker industrial oven	2	1:12
	Bain Marie	Industrial	2	1:12
	Commercial mixer	60 liter capacity With dough hooks	1	1:25
	Blender	30 liter capacity Commercial with grinding attachments	2	1:25
	Freezer	Deep freezer 650 liter capacity double door	1	1:25
	Weighing scale	Electrical assorted sizes	4	1:6
	Potato chipper	Electrical, Commercial	1	1:25
	Potato peeler	Electrical 300kg per hour	1	1:25

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Commercial Griddle plate	Temperature adjustable from 65-300°C/150-570°F W310*D568*H370mm	1	1:25
	Electric grill	750mm(W)×520mm(D)×310mm(H)	1	1:25
	Charcoal grill	Heavy-Duty Charcoal BBQ Grills Extra Large Outdoor Barbecue Grill with 794 SQ.IN	1	1:25
	Steamer	GDA-3 Steamer, Dual-Pressure, Gas 10inch Diameter	1	1:25
	Mincer	TK-M8 Meat mincer - Light duty (60kg/hr)	1	1:25
	Commercial juicer	Commercial juicer	2	1:12
	Chaffing dishes	Triple insert chaffing dishes	5	1:5
D	SMALL KITCHEN EQUIPMENT			
	Sauce pans	Assorted sizes With lids	50	2:1
	Shallow Frying pans	Assorted sizes	50	2:1
	Wok	360 mm (14 in) wok with handle	25	1:1
	Fish slice	Metallic fish slice	25	1:1
	Local food preparation and presentation equipment	Uteo Calabash Cooking pots Wooven baskets		
	Roasting trays	Assorted	25	1:1
	Kitchen forks	5.5 to 8 inches (140 to 200 mm) and two or three narrow tines	25	1:1
	Tongs	Assorted size (9 inch to 16 inch length)	12	2:1
	Perforated spoons	Stainless steel long oval perforated spoon	25	1:1
	Baking Sheets	jelly roll pans cookie sheets	25	1:1
	Spider	Stainless Steel 6.3inch	25	1:1
	Baking pan	Assorted pans 8- or 9-inch square 13 x 9-inch baking Dish	25	1:1

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
		9-inch round cake pans 9- x 5-inch bread pans 12-cup (2 1/2-inches muffin tins 8×1 1/2-inch pie plate/dish		
	Casserole Dishes	Ceramic or glass bakeware.	25	1:1
	Colander	7- to 9-inches diameter	25	1:1
	Sifter	7- to 9-inches diameter	25	1:1
	Wire Whisks	Spider shaped	20	1:1
	Utility plates	Stainless steel	100	4:1
	Utility bowls	Stainless steel(Assorted sizes)	100	4:1
	Dredgers	Stainless steel	5	1:5
	Thermos flask	Assorted sizes	25	1:1
	Measuring cups and spoons	Assorted sizes	5 sets	1:5
	Glass bowls	Assorted sizes	25	1:1
	Chopping boards	Assorted colour codes in sets	50	2:1
	Chefs Knives	8inch 12.32cm	25	1:1
	Butchers cleavers	7 inch 17.78 cm	5	1:5
	Paring knives	3 inch 7.62cm	25	1:1
	Boning	5" 12.7 cm	25	1:1
	Serrated knife	9 inches 22.86cm	10	1:2
	Pallet knife	5" 12.7 cm	5	1:5
	Filleting knife	5" 12.7 cm	5	1:5
	Peelers	Stainless steel	25	1:1
	Can opener	standard	1	1:25
	Motar and pestle	Ceramic	5	1:2
	Weighing scale	Manual and digital	5	1:5
	Peeler	Assorted sizes	25	1:1
	Squeezers	Fruit squeezers	25	1:1
	Cutters	Egg assorted sizes	25	1:1
	Pastry brushes	Assorted sizes	25	1:1
	Graters	Multi – use	25	1:1
	Cooking sticks	Assorted sizes	25	1:1

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Cooking spoons	Assorted sizes	25	1:1
	Whisks	Balloon	25	1:1
	Bowls	Utility stainless steel bowls assorted sizes	100	4:1
	Plates	Stainless steel utility	100	4:1
	Thermos flasks	Assorted sizes (1 – 5liters)	10	1:2.5
	Tea spoons	Stainless steel	25	1:1
	Table spoons	Stainless steel	25	1:1
	Measuring jugs	Assorted	25	1:1
	Plastic bowls	Assorted sizes	10	1:2.5
	Conical strainers	Stainless steel assorted sizes	10	1:2.5
	Spatulas	Rubber assorted sizes	25	1:1
	Baking trays	Non- stick assorted sizes	25	1:1
	Hot dishes	Assorted sizes	25	1:1
	Soup tureens	Stainless steel assorted sizes	25	1:1
	Serving spoons	Assorted sizes	25	1:1
	Ladle	Soup, sauce assorted sizes	25	1:1
E.	NON FOOD CONSUMABLES			
	Cling film	50cm X480M	1	1:1
	Grease proof / baking paper	20m X30cm	1 roll	1:1
	Disposable gloves	100pcs per packet	1	1:1
	Dustbin liner	50pcs per packet	1	1:1
	Aluminum foil paper	Heavy duty 500m	1	1:1
	Muslin cloth	Cotton 12 by 12inches	3	1:8
F.	CLEANING MATERIALS			
	Detergent	Multi – purpose set free	3liters	1:8
	Bar soap	Scent free 1kg bar	1	1:25
	Scoring pads	Assorted sizes	10	1:3
	Steel wool	Assorted sizes	10	1:3
	Window cleaners	1-liter bottles	5	1:5
	Yellow dusters	Non fluffy	25	1:1
G.	CLEANING EQUIPMENT			
	Cob web brush	With handles	2	1:13

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
	Soft brushes	Soft with handle and without	2	1:13
	Dustpans and brush	A set	2	1:13
	Mops	Both dry and wet	5	1:5
	Mop buckets	Assorted materials / sizes	5	1:5
	Hard brushes	Hard with handle and without	5	1:5
	Squeezers	With handles	2	1:13
H.	SAFETY EQUIPMENT.			
	Fire extinguishers	Assorted types(co2,water,foam)	5	1:5
	Fire blankets	Standard size	2	1:13
	First aid kit	Complete set	1	1:25
I.				
	Dustbins	Large with lids	6	1.6
	Dustbin liner	50pcs per packet	1	1:25