



Cluster 10

***SITHCCC040**

Prepare and serve cheese

***SITHCCC038**

Produce and serve food for buffets

Written Assessment

Student Name:	Gurpreet Kaur
Student ID No:	Pie19591
Trainer:	Frank Fazio

INTRODUCTION TO THE UNIT OF COMPETENCY

Unit Summary	
Unit Details	SITHCCC040 – Prepare and Serve Cheese
Assessment Type	This is a summative assessment , which requires each student to have adequate practice prior to undertaking this assessment.
Description	
<p>This unit describes the performance outcomes, skills and knowledge required to prepare and serve cheese and cheese dishes. This requires a comprehensive knowledge of cheese varieties.</p> <p>The unit applies to hospitality and catering organisations where cheese is served as a menu course. Responsibility for cheese may rest with a range of individuals depending on the organisation. It may include cooks or senior food and beverage attendants.</p> <p>Cheeses may include milk-based products from cows, sheep, goats or buffalo, or alternatives such as soy. They may be traditional, contemporary or specialist and may be locally produced or imported.</p>	

Unit Summary	
Unit Details	SITHCCC038 – Produce and serve Food for Buffets
Assessment Type	This is a summative assessment , which requires each student to have adequate practice prior to undertaking this assessment.
Description	
<p>This unit describes the performance outcomes, skills and knowledge required to produce and present foods for buffets. It requires the ability to cook buffet foods and to present, serve and replenish them throughout the service period.</p> <p>It does not include the overall design, planning and display of buffets which is covered by the unit SITHKOP011 Plan and implement service of buffets.</p> <p>The unit applies to all hospitality and catering organisations that prepare and serve buffet food, including restaurants, hotels, clubs, events and function venues.</p> <p>It applies to individuals who work under the guidance of more senior chefs. They demonstrate autonomy and judgement to complete routine activities and take limited responsibility in known and stable contexts within established parameters.</p>	

ASSESSMENT INSTRUCTIONS

The instructions required for this assessment can be found in your copy of the “**Assessment Instructions For Students**” that was provided to you at the start of this course.

You are required to familiarise yourself with the guidelines within the **Assessment Instructions For Students** to ensure that you are fully aware of your responsibilities.

If you have lost or misplaced your copy then please notify your trainer or Academic staff and they will send a copy to you.

Instructions for Students

- Complete ALL questions of the written assessment as per instructed by your Trainer/Assessor to be deemed Satisfactory in the assessment task. Ensure you have provided all required information for all questions.
- You must at least attempt to answer the questions.
- Even though your Trainer/Assessor cannot give you answers to questions, they can rephrase them to clarify what they mean and help you understand how to answer them.
- If you need more space, you can use extra paper. All extra pieces of paper must include your Name, Student ID, Unit Code, Unit Name, and the question you are answering.
- Do not cheat. Anyone caught cheating will automatically be marked Not Satisfactory (NS) for this assessment.
- *Should you require further information, refer to the General Instructions to Students in the Assessment Booklet*

All Assessment material should be uploaded as a PDF.

Written Task 1: Cheeses

Complete the table below by identifying the place of origin of the listed cheeses.

Cheeses	Country of Origin
Gorgonzola	Italy
Roquefort	France
Stilton	England
Manchego	Spain
Feta	Greece
Cream Havarti	Denmark
Aggiano	Northern Italy
Edam	Netherlands
Timboon Brie	Northern France
Butterkäse (butter cheese)	German
Sirene	Bulgaria

Identify in general terms the length of time the cheeses listed in the table below can stay at room temperature and remain safe to eat:

Cheese Type	General Description of Length it Remains Safe at Room Temperature
Soft-ripening, washed rind cheeses such as Brie, Camembert and Limburger.	It could be last up to 4 hours.
Aged cheeses such as Reggiano Parmigiano, Pecorino and Cheddar	Reggiano parmigiano can be left out for around 15 days. In addition, pecorino can be stored at room temperature for 2 months. And cheddar cheese can be last up to 2 hours at room temperature.

Using the following website <https://www.cheese.com/>, Complete the table below:

Cheese	Type	Fat Content	Colour	Aroma
Aged Gouda	Hard	31 gm/100g	Yellow	Rich, ripe
Anthotyro	Hard	30%	White	Strong
Fresh Ricotta	Fresh firm	8g	White	Fresh
Cacio Di Bosco Al Tartufo	Semi firm and artisan	55%	Ivory	Strong
Vegetarian Cheeses				
Cheese	Type	Texture	Colour	Aroma
Aggiano	Artisan hard	Creamy and dry	Cream	Fruity
Swaledale	Hard	Semi firm	Yellow	Floral
Za'atar burrata	Fresh soft	Creamy and stringy	White	Fresh and milky
Lou Bergier Pichin	Semi soft	Smooth and buttery	Brown	Grassy and milky

According to <https://www.cheese.com/> What are the 5 tips on How to cut cheese?

There are 5 tips to cutting cheese.

- Allow the cheese to attain room temperature before cutting, as it will be softer and easier to cut.
- Use wired cheese cutters to cut soft cheese.
- Keep in mind not to saw the cheese but cut it in one fluid motion.
- While handling soft cheese, which has extremely soft texture, it is better to keep them in its jar and take some out with the help of a spoon.
- Use specialised knives while cutting different types of cheeses, so as not to contaminate them.

Name Accompaniments & Garnishes that are suitable for different types of cheeses:

Cheese Type	Suitable Garnish and Accompaniments
Cheddar	Garnish with Walnuts along with toasted breads
Brie	Served with baked brie with crostini, seed crackers along with melons, prosciutto skewer.
Camembert	Cranberry sauce, roasted brussels sprouts and ranch crackers along walnut and apple slices.
Blue	Honey, dried fruits and apples, pear slices.
Washed rind	It can be served with cured meats, dark breads, and fruits.
Chèvre	Fresh baguette, crackers and fruits.
Gruyère	Fruits, crackers and pecans along with ham, salami, prosciutto
Flavoured	Dried and Fresh fruits are one of the best accompaniments with the flavoured cheese.

Written Task 3A: Cheese

Using a variety of cheeses, compile a selection of what cheeses could be used and what sort of recipe/s created for the following:

Delivery Method	Possible Cheeses	Dish/Recipe
as appetisers	Mozzarella	Margherita pita bread pizzas
as entrees	Cheddar	CHEDDER CHEESE PUFFS
as a cheese course	Brie and camembert	Baked camembert with bacon wrapped breadsticks
as part of the dessert course	Aged gouda	Gouda and apple puff pockets
as cheese tastings	Parmigiano Reggiano	Croutons
as a stand-alone meal	Cheddar	Sandwiches and burgers
Buffet	Aged gouda	Gouda and roasted potato bread

Written Task 3B: Buffet Breakfast for 12 persons

Follow standard recipes to calculate required quantities (as advised by your Chef) and select ingredients for a Breakfast buffet that includes each of the following

- eggs
- bacon
- sausages
- pastries
- fresh and tinned fruit
- hot vegetables – Spinach and mushrooms
- continental items
- sauces and accompaniments

You will need to:

- check ingredients for quality, freshness and stock rotation requirements
- check perishable items for contamination or spoilage
- follow food safety practices when handling
- Ensure you include sauces and accompaniments on your table

Ingredients	Cooking method	Quantities for 12 persons
Bacon	Bake, panfry, grill	24 rashers
Eggs	Scrambling, sunny side up, poached	24 eggs
Sausages	Grill, boiling, baking	24 sausages
Pastries	Baking	Seven-inch cake
Fresh whole fruits	Poaching, baking	960 grams
Tinned fruits	Serve as it is	1200 gms
Breads	Toast	12 slices
Hot Vegetables	Stir fry, steaming	1.5 kg
Continental items	Toasting, frying, roasting	1kg
Sauces and accompaniments	Deglaze and saute	500gm

Written Task 3C: Buffet Lunch

Follow standard recipes to calculate required quantities for 30 people (as advised by your Chef) and select ingredients for a Lunch buffet that includes each of the following with at least 3 being of a contemporary recipe in nature:

- meat or poultry
- seafood
- salads
- pasta or noodles
- breads
- fruit and vegetables
- cheeses
- smallgoods
- dessert items
- accompaniments

You will need to:

- check ingredients for quality, freshness and stock rotation requirements
- check perishable items for contamination or spoilage
- follow food safety practices when handling different food types
- ensure you include sauces and accompaniments on your table

Ingredients	Cooking method	Quantities for 12 persons
Meat and poultry	Roasting, grilling	Approx. 150 grams per person x 12 = 1800 grams
Seafood	Grill, saute, baking and roasting	100 x 12 = 1200 grams
Salads	Chop them and Serve	50 x 12 = 600 grams
Pasta/noodles	Boiling	100 x 12 = 1200 grams
Breads	Toasting, grilling	12 slices
Cheeses	Baking, or spreading	50 x 12 = 600 grams
Small goods	Saute, roasting	380 grams
Dessert and fruit	Poaching, broiling, simmering, baking, deep frying.	If cupcakes, brownie like dessert it will be 12 each and for fruits it will be 50 x 12 = 600 grams
Hot cheese items	Melting, stirring	30 x 12 = 360 grams
Accompaniments	Adding more taste	50 x 12 = 600 grams

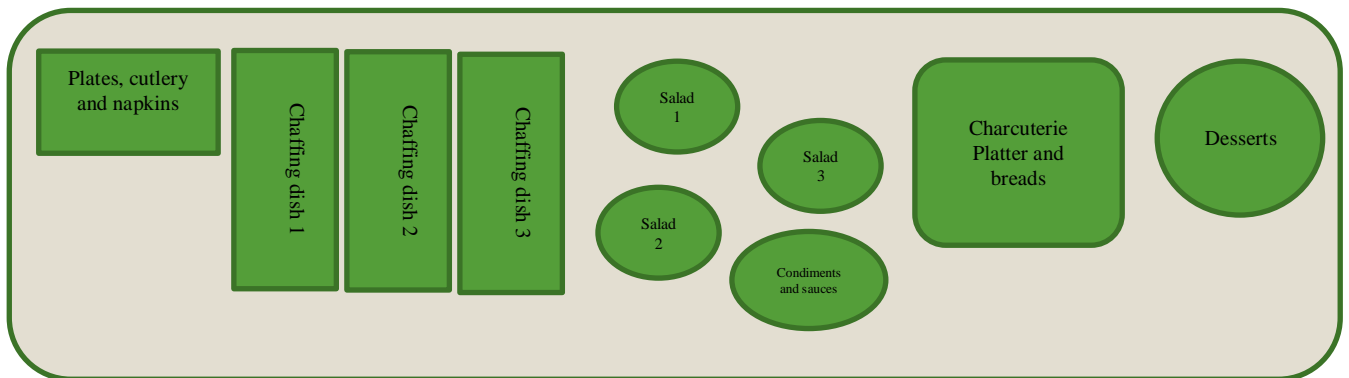
Written Task 3D: Buffet Display Plan

Similar to the example below, design a Buffet Display Plan to coordinate the layout of your buffet designed in the previous question.

Your plan should include:

- All food to be served
- All cutlery, plates and napkins
- All serving utensils and serving aids
- Decorative show piece/s
- All sauces, condiments and extras
- Note temperature of each food station to ensure safe placement in plan.
- Optimal direction of travel (if more than one please make a note)

Buffet Setup



Written Task 4:

Complete the required information below:

Briefly explain the standards and procedures that were followed for serving hot and cold food.

If reheating potentially hazardous food to hot hold, you must heat it quickly to 60°C or hotter ideally in two hours or less. When cooling cooked potentially hazardous food, it must be cooled to 21°C in two hours or less, then cooled further from 21°C to 5°C in four hours or less.

What food safety procedures were followed to avoid contamination while serving the hot and cold food?

There are some of the following procedures to avoid contamination while serving hot and cold food.

- The germs that cause food poisoning can survive in restaurants as well as it can be spread around the kitchen.
- Washing hands before food preparation
- Clean utensils, plates as well as chopping boards related to raw and cooked food thoroughly between tasks.
- The surfaces are required to be used for preparing food.

What portion control and waste minimisation techniques were implemented?

1. Measure food wastage.
2. Predict food orders.
3. Engage staff.
4. Practise good stock control.
5. Keep an eye on overproduction.
6. Have a plan for excess food.
7. Compost.
8. Recycle.
9. Switch to reusable non-food items.
10. Donate.

What storage procedures were followed before and after the buffet period?

Before:

- Sanitize and clean utensils.
- Time management and temperature control
- Place toppings to serve dishes.
- Arrangement of dishes as in menu
- Supervise and monitoring

After:

- Don't add fresh food in the old batches of food.
- Throw out unused food within 2 hours.
- Store unused dry goods.
- Labelling.

Student Declaration: I declare that this is my own work, and it has not been copied from any person or source. I am also aware of my appeal rights.	Name: Gurpreet Kaur Signature: Gurpreet Date: 02.11.2023
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Assessor Use Only

Comments		
Result <i>(Please Circle)</i>	Satisfactory	Not Satisfactory
Assessor: I declare that I have conducted a fair, valid, reliable and flexible assessment with this student, and I have provided appropriate feedback	Assessor: _____ Signature: _____ Date: ____/____/____	