

U14302: Prepare and cook basic pulse dishes

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook basic pulse dishes.

The unit describes the essential abilities of:

- Knowing the type, quality and quantity of pulse and other ingredients required to prepare and cook basic pulse dishes.
- Knowing what basic preparation methods are suitable for different types of basic pulse dishes.
- Knowing what safe working practices should be followed when preparing basic pulse dishes.
- Operate within organizational procedures.

ELEMENT

PERFORMANCE CRITERIA

To be competent you must achieve the following:

1. Prepare basic pulse dishes

- 1.1 Preparation areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
- 1.2 **Pulses** and **other ingredients** are of the type, quality and quantity required.
- 1.3 Any **problems** identified with the quality of pulses and other ingredients are promptly and appropriately handled.
- 1.4 Pulses are prepared and combined with other ingredients using appropriate **basic preparation methods**.
- 1.5 Prepared pulses not for immediate consumption are stored correctly.
- 1.6 Preparation areas and equipment are cleaned correctly after use.

- 1.7 Waste is handled correctly ready for appropriate dispatch methods.
 - 1.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 1.9 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.
2. Cook basic pulse dishes
- 2.1 Cooking areas and suitable equipment satisfy health, safety and hygiene requirements and are ready for use.
 - 2.2 **Pulse dishes** are cooked using appropriate **cooking methods** to meet **quality** requirements.
 - 2.3 Pulse dishes are finished using appropriate finishing methods to meet quality requirements.
 - 2.4 Pulse dishes not for immediate consumption are stored correctly.
 - 2.5 Any **problems** identified with the quality of pulses are promptly and appropriately handled.
 - 2.6 Cooking areas and equipment are correctly cleaned after use.
 - 2.7 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.8 Unexpected situations are dealt with effectively and the appropriate people informed where necessary.
 - 2.9 All work is prioritised and carried out in an organised and efficient manner in accordance with safety and hygiene regulations and organisational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic pulse dishes**A. Equipment/Utensils:**

- (i) pots
- (ii) knife
- (iii) cutting board

B. Pulses:

- (i) beans
- (ii) peas
- (iii) lentils

C. Other ingredients:

- (i) fresh vegetables and fruits
- (ii) preserved vegetables and fruit
- (iii) cereal
- (iv) nuts
- (v) seeds

D. Problems:

- (i) in terms of freshness
- (ii) in terms of quantity

E. Basic preparation methods:

- (i) soaking
- (ii) draining
- (iii) mixing
- (iv) blanching
- (v) slicing
- (vi) chopping

Element 2: Cook basic pulse dishes**F. Pulse dishes:**

- (i) loaf/bake
- (ii) casserole/curry
- (iii) national dishes/burgers

G. Cooking method:

- (i) stewing
- (ii) braising
- (iii) grilling
- (iv) baking
- (v) shallow frying
- (vi) stir frying
- (vii) steaming
- (viii) deep frying

H. Quality:

- (i) texture
- (ii) aroma
- (iii) consistency
- (iv) appearance
- (v) flavor

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing basic pulse dishes.
2. What safe working practices should be followed when cooking basic pulse dishes.

Food Hygiene

3. Why it is important to keep preparation areas and equipment hygienic when preparing basic pulse.
4. What the main contamination threats are when preparing basic pulse dishes.
5. Why time and temperature are important when preparing basic pulse dishes.

6. Why it is important to keep cooking areas and equipment hygienic when cooking basic pulse dishes.
7. What the main contamination threats are when cooking basic pulse dishes.
8. Why time and temperature are important when cooking basic pulse dishes.
9. Why basic pulse dishes not for immediate consumption should be cooled rapidly or maintained at a safe hot temperature after cooking.

Product Knowledge

10. What quality points to look for in prepared basic pulse dishes.
11. What basic preparation methods are suitable for different types of basic pulse dishes.
12. What quality points to look for in cooked basic pulse dishes.
13. What basic cooking methods are suitable for different types of basic pulse dishes.
14. How to identify when different basic pulse dishes are cooked to dish requirements.

Healthy Catering Practices

15. Which ingredients could be used to substitute high fat ingredients when preparing basic pulse dishes.
16. Which fat/oils can contribute to healthier catering practices.
17. Why reducing the amount of salt added to basic pulse dishes can contribute to healthy catering practices.
18. Why increasing the fibre content of basic pulse dishes can contribute to healthy catering practices.
19. Which ingredients could be used to substitute high fat ingredients when cooking basic pulse dishes.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

You must provide evidence that shows you have met the performance criteria over a sufficient period time for your assessor to consider that you are competent.

It is essential that competence be demonstrated in the following aspects:

- Totally through performance evidence in the form of observation
- Performance evidence in the form of observation to cover **performance criteria 1.1, 1.2, 1.4, 1.5 and 1.7** and a minimum of:
 - **2 from the range of A**
 - **All from the range of B**
 - **2 from the range of C**
 - **1 from the range of D**
 - **3 from the range of E**
- Performance evidence in the form of observation to cover performance criteria 1, 2, 3, 5, and a minimum of:
 - **2 from the range of F**
 - **4 from the range of G**
 - **All from the range of H**
- Supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and all the range.
- Performance evidence should be demonstrated on at least two (2) occasions.

(2) Methods of Assessment

- Observation reports by your assessor of how you:
 - prepare basic pulse dishes
 - cook basic pulse dishes
- Answers to oral or written question from your assessor.
- Witness statement from colleagues, line managers that provide evidence of how:
 - prepare basic pulse dishes
 - cook basic pulse dishes
- A personal statement describing how you:
 - prepare basic pulse dishes
 - cook basic pulse dishes

(3) Context of Assessment

Evidence for this unit may come from assessment on-the-job or in a realistic working environment.