

U14702: Prepare and cook basic cold desserts

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook basic cold desserts.

The unit describes the essential abilities of:

- Preparing desert ingredients using the basic preparation methods
- Identifying the correct type, quality and quantity of desert required
- Knowing what safe working practices to follow when preparing basic cold desserts
- Knowing what basic preparation methods are suitable for different types of basic cold desserts

ELEMENT

PERFORMANCE CRITERIA

To be competent you must achieve the following:

1. Prepare basic cold desserts

- 1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use.
- 1.2 **Dessert** ingredients are of the type, quality and quantity required.
- 1.3 Any **problems** identified with the quality of ingredients are reported promptly to the appropriate person.
- 1.4 Dessert ingredients are prepared using appropriate basic **preparation methods**.
- 1.5 Preparation areas and equipment are cleaned correctly after use.
- 1.6 Waste is handled correctly ready for appropriate dispatch methods.

- 1.7 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 1.8 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 and finish basic cold desserts
- 2.1 Cooking areas and suitable equipment satisfy health, safety and hygiene requirements and are ready for use.
 - 2.2 **Desserts** are cooked using appropriate **cooking methods** to meet **quality** requirements.
 - 2.3 Desserts are finished using appropriate **finishing methods** to meet quality requirements.
 - 2.4 Finished desserts not for immediate consumption are stored correctly.
 - 2.5 Cooking areas and equipment are cleaned correctly after use.
 - 2.6 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.7 Unexpected situation are dealt with effectively and the appropriate person(s) informed where necessary.
 - 2.8 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic cold desserts**A. Desserts: (*Also applies to element 2*)**

- (i) trifle
- (ii) egg custard/crème
- (iii) cold rice desserts
- (iv) jellies
- (v) flans
- (vi) tartlets (sweet & short pastry)
- (vii) basic meringue (shell & nests)
- (viii) moulded creams
- (ix) fruit based (basic baked and stewed fruit)

B. Problems:

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

C. Preparation methods:

- (i) piping
- (ii) aeration
- (iii) addition of flavours/colours
- (iv) mixing
- (v) combing
- (vi) pureeing

Element 2: Cook and finish basic cold desserts**D. Cooking methods:**

- (i) boiling/poaching
- (ii) baking
- (iii) stewing

E. Quality:

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

F. Finishing methods:

- (i) cooling
- (ii) filling
- (iii) demoulding
- (iv) chilling
- (v) glazing
- (vi) piping
- (vii) dusting

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing basic cold desserts.
2. What safe working practices should be followed when cooking and finishing basic cold desserts.

Food Hygiene

3. Why it is important to keep preparation areas and equipment hygienic when preparing basic cold desserts.
4. What the main contamination threats are when preparing basic cold desserts.
5. Why time and temperature are important when preparing basic cold desserts.
6. Why it is important to keep cooking areas and equipment hygienic when cooking and finishing basic cold desserts.
7. What the main contamination threats are when cooking and storing basic cold desserts.
8. Why time and temperature are important when cooking and finishing basic cold desserts.

Product Knowledge

9. What quality points to look for in preparing basic cold desserts.
10. What basic preparation methods are suitable for different types of basic cold desserts.
11. What quality points to look for in cooked basic cold desserts.
12. What cooking methods are suitable for different types of basic cold desserts.
13. How to identify when different basic cold desserts are cooked to dish requirements.

Healthy Catering Practices

14. Which products can be used to substitute high fat ingredients when preparing basic cold desserts.
15. Which fats/oils can contribute to healthier catering practices.

16. Why increasing the fibre content of basic cold desserts can contribute to healthy catering practices.
17. Why reducing the amount of sugar in basic cold desserts can contribute to healthy catering practices.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

You must provide evidence that shows you have met the performance criteria over a sufficient period of 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 and 1.5** and a minimum of:
 - **5 from the range of A**
 - **1 from the range of B**
 - **3 from the range of C**
- Performance evidence in the form of observation to cover performance criteria 2.1 – 2.5 and a minimum of:
 - **5 from the range of A**
 - **2 from the range of D**
 - **3 from the range of E**
 - **4 from the range of F**
- 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 cold desserts
 - cook and finish basic cold desserts
- Answers to oral or written question from your assessor.
- Witness statement from colleagues, line managers that provide evidence of how you:
 - prepare basic cold desserts
 - cook and finish basic cold desserts
- A personal statement describing how you:
 - prepare basic cold desserts
 - cook and finish basic cold desserts

(3) Context of Assessment

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