

U14802: Prepare and cook basic hot dishes

Unit Descriptor:

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

The unit describes the essential abilities of:

- Knowing what basic preparation methods are suitable for different types of basic hot desserts
- Knowing what type, quality and quantity of dessert ingredients are required
- Knowing what quality points to look for in preparing basic hot desserts

ELEMENT

PERFORMANCE CRITERIA

To be competent you achieve the following:

1. Prepare basic hot 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 and cooked 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.

2. Cook and finish basic hot desserts
- 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.
 - 2.1 Cooking areas and suitable equipment satisfy health and safety 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 situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 2.8 All work is prioritised and carried out in an organised and efficient manner in accordance with safety and hygienic regulations and organisational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic hot dishes:**A. Deserts:**

- (i) pancakes/crepes
- (ii) sponge based (steamed & baked)
- (iii) egg based set
- (iv) basic cereal based milk puddings
- (v) fruit based
- (vi) pies and tarts (sweet & short pastry)

B. Problems:

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

C. Basic preparation methods:

- (i) creaming
- (ii) moulding
- (iii) mixing
- (iv) portioning
- (v) filling
- (vi) creation
- (vii) folding
- (viii) peeling
- (ix) slicing

D. Quality:

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

Element 2: Cook and finish basic hot desserts**E. Pulse dishes:**

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

F. Cooking methods:

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

G. Problems:

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

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

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

Food Hygiene

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

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

Product Knowledge

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

Healthy Catering Practices

14. Which products could be used to substitute high fat ingredients when preparing basic hot desserts.
15. Which fat/oils can contribute to healthier catering practices.
16. Why increasing the fibre content of basic hot desserts can contribute to healthier catering practices.
17. Why reducing the amount of sugar in basic hot desserts can contribute to healthy catering practices.
18. Which products could be used to substitute high fat ingredients when cooking basic hot desserts.

EVIDENCE GUIDE

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:
 - **4 from the range of A**
 - **2 from the range of B**
 - **5 from the range of C**
 - **3 from the range of D**
- Performance evidence in the form of observation to cover performance criteria 2.1 – 2.5 and a minimum of:
 - **4 from the range of E**
 - **All from the range of F**
 - **4 from the range of D**
 - **All from the range of G**
- 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) Method of Assessment

- Observation reports by your assessor of how you:
 - prepare hot desserts
 - cook and finish basic hot desserts

- Answers to oral or written question from your assessor.
- Witness statement from colleagues, line managers that provide evidence of how you:
 - prepare hot desserts
 - cook and finish basic hot desserts
- A personal statement describing how you:
 - prepare hot desserts
 - cook and finish basic hot desserts

(3) Context of Assessment

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