

U14902: Prepare and cook basic dough products and quick breads

Unit Descriptor:

This unit describes the competence required to effectively prepare and basic dough products and quick breads.

The unit describes the essential abilities of:

- Knowing what safe working practices should be followed when preparing basic dough and quick bread products.
- Knowing what quality points to look for in basic dough and quick bread products.
- Operating within organizational procedures.
- Identifying and using dough and quick breads ingredients that are of the type quality and quantity required.

ELEMENT**PERFORMANCE CRITERIA**

To be competent you must achieve the following:

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| 1. Prepare basic dough products and quick breads | <p>1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use.</p> <p>1.2 Dough and quick bread ingredients are of the type, quality and quantity required.</p> <p>1.3 Any problems identified with the quality of ingredients are reported promptly to the appropriate person.</p> <p>1.4 Dough and quick breads are prepared using appropriate basic preparation methods.</p> <p>1.5 Prepared dough and quick breads not for immediate consumption is stored correctly.</p> <p>1.6 Preparation areas and equipment are cleaned correctly after use.</p> |
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- 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 dough products and quick breads
- 2.1 Cooking areas and suitable equipment satisfy health and safety requirements and are ready for use.
 - 2.2 **Dough product** is cooked using appropriate **cooking methods** to meet **quality** requirements.
 - 2.3 Dough product not for immediate consumption is stored correctly.
 - 2.4 Preparation and cooking area and equipment are correctly cleaned after use.
 - 2.5 Any **problems** identified with the quality of the dough products are reported promptly to the appropriate person.
 - 2.6 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.7 Unexpected situations are dealt with effectively and the appropriate people informed where necessary.
 - 2.8 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 elements below:

Element 1: Prepare basic dough products and quick breads**A. Dough:**

- (i) white dough
- (ii) whole wheat dough/wheat meal dough
- (iii) bun dough/enriched

B. Quick breads: (*Also applies to element 2*)

- (i) coconut/sweet bread
- (ii) banana bread

C. Ingredients:

- (i) white/wheatmeal/wholemeal flour
- (ii) fresh yeast
- (iii) dried yeast
- (iv) fat oil
- (v) eggs
- (vi) sugar
- (vii) milk
- (viii) water

D. Problems:

- (i) equipment failure
- (ii) problems with food

E. Quality:

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

F. Preparation method:

- (i) mixing
- (ii) kneading
- (iii) proving
- (iv) folding
- (v) glazing
- (vi) shaping
- (vii) rolling
- (viii) portioning

Element 2: Cook basic dough products and quick breads**G. Dough products:**

- (i) bread loaves
- (ii) bread rolls
- (iii) buns
- (iv) doughnuts
- (v) pizza bases
- (vi) pita bread

H. Cooking methods:

- (i) baking methods
- (ii) deep frying

I. Quality:

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

J. Problems:

- (i) equipment failure
- (ii) in terms of freshness
- (iii) in terms of quantity

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing basic dough products and quick breads for cooking.
2. What safe working practices should be followed when cooking basic dough products and quick breads.
3. What signs to look for when fat/oil is approaching “flashpoint”.
4. What procedures should be followed if fat/oil reaches “flashpoint”.

Food Hygiene

5. Why is it important to keep preparation areas and equipment hygienic when preparing basic dough products and quick breads for cooking.
6. What the main contamination threats are when preparing and storing dough products and quick breads for cooking.
7. Why time and temperature are important when preparing basic dough products and quick breads.
8. Why prepared basic dough products and quick breads should be stored at the required safe temperature before cooking.
9. Why is it important to keep cooking areas and equipment hygienic when cooking basic dough products and quick breads.
10. What the main contamination threats are when cooking and storing basic dough products and quick breads.
11. Why time and temperature are important when cooking basic dough products and quick breads.
12. Why basic dough products and quick breads not for immediate consumption should be cooled rapidly or maintained at a safe hot temperature after cooking.

Product Knowledge

13. What quality points to look for in basic dough products and quick breads.
14. What quality points to look for in cooked basic dough products and quick breads.
15. What basic cooking methods are suitable for different types of basic dough products and quick breads.
16. How to identify when basic dough products and quick breads are cooked to dish requirements.

Healthy Catering Practices

17. Which products could be used to substitute high fat ingredients when preparing basic dough products and quick breads for cooking.
18. Why increasing the fibre content of basic dough and quick breads can contribute to healthy catering practices.
19. Which different types of flours could increase the fibre content of basic dough products and quick breads.
20. Why reducing the amount of sugar in basic dough products and quick breads can contribute to healthy catering practices.
21. Which fats/oils can contribute to healthier catering products.

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 1.6** and a minimum of :
 - **3 from the range of A**
 - **2 from the range of B**
 - **5 from the range of C**
 - **All from the range of E**
 - **4 from the range of F**
- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.4 and 2.6** and a minimum of:
 - **3 from the range of G**
 - **2 from the range of B**
 - **1 from the range of H**
 - **4 from the range of I**
 - **1 from the range of J**
- 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 report by your assessor of how you:
 - prepare basic dough products and quick breads
 - cook basic dough products and quick breads
- Answers to oral or written questions from your assessor.
- Witness statements from colleagues, line managers that provide evidence of how you:
 - prepare basic dough products and quick breads
 - cook basic dough products and quick breads
- A personal statement describing how you:
 - prepare basic dough products and quick breads
 - cook basic dough products and quick breads

(3) Context of Assessment

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