

U15002: Prepare and cook basic egg dishes

Unit Descriptor:

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

The unit describes the essential abilities of:

- Knowing when eggs and other ingredients are of the type, quality and quantity required.
- Knowing what quality points to look for in basic egg dishes.
- Knowing what safe working practices should be followed when preparing and cooking basic egg dishes.
- Operating within organizational procedures.

ELEMENT**PERFORMANCE CRITERIA**

To be competent you must achieve the following:

1. Prepare basic egg dishes

- 1.1 Preparation areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
- 1.2 **Eggs** and **other ingredients** are of the type, **quality** and quantity required.
- 1.3 Any **problems** identified with the quality of the food are reported promptly to the appropriate person.
- 1.4 Eggs are combined correctly with other ingredients to meet quality requirements.
- 1.5 Egg dishes are prepared using appropriate **preparation methods**.
- 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 prioritised and carried out in an organised and efficient manner in accordance with safety and hygiene regulations and organisational procedures.
2. Cook basic egg dishes
- 2.1 Cooking areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
 - 2.2 Any problems identified with the quantity of **eggs** or **other ingredients** are reported promptly to the appropriate person.
 - 2.3 **Egg dish** is cooked using appropriate **dry wet cooking methods** to meet **quality** requirements.
 - 2.4 Egg dish is finished using appropriate **finishing methods** to meet quality requirements.
 - 2.5 Egg dish not for immediate consumption is stored correctly.
 - 2.6 Cooking area 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 person(s) informed where necessary.

- 2.9 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 egg dishes

A. Equipment/Utensils:

- (i) mixing bowls
- (ii) whisk
- (iii) measuring spoon
- (iv) blender

B. Eggs: (*Also applies to element 2*)

- (i) (pre-prepared/fresh) – chicken
- (ii) duck
- (iii) quail/other game bird

C. Other ingredients: (*Also applies to element 2*)

- (i) vegetables
- (ii) ham/bacon
- (iii) fish/shellfish
- (iv) cooked/smoked meat/poultry/offal
- (v) rice
- (vi) herbs
- (vii) spices

D. Problems:

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

E. Quality: *(Also applies to element 2)*

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

F. Preparation method:

- (i) beating
- (ii) whisking
- (iii) folding

Element 2: Cook basic egg dishes**G. Equipment/utensils:**

- (i) casserole dish
- (ii) oven
- (iii) pans
- (iv) trays

H. Egg dishes:

- (i) egg dishes cooked by the dry method finished with basic sauces and garnish and/or appropriate accompaniments
- (ii) egg dishes cooked by the wet method finished with basic sauces and garnish and appropriate accompaniments

I. Dry cooking methods:

- (i) shallow fried
- (ii) sur le plat
- (iii) deep fried
- (iv) omelettes (garnished)
- (v) omelettes (filled/stuffed)

J. Wet cooking methods:

- (i) poached/moulded
- (ii) scrambled
- (iii) en cocotte
- (iv) boiled (soft/hard)

K. Finishing methods:

- (i) garnishing
- (ii) dressing
- (iii) glazing
- (iv) saucing
- (v) gratinating

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

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

Food Hygiene

3. Why it is important to keep preparation areas and equipment hygienic when preparing egg dishes.
4. What the main contamination threats are when preparing and storing egg dishes.
5. Why time and temperature are important when preparing egg dishes.
6. Why it is important to keep cooking areas and equipment hygienic when cooking and finishing egg dishes.
7. What the main contamination threats are when cooking and storing egg dishes.
8. Why time and temperature are important when cooking egg dishes.
9. Why egg 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 basic egg dishes.
11. What basic preparation methods are suitable for different types of basic egg dishes.
12. What basic cooking methods are suitable for different types of egg dishes.
13. How to identify when different types of egg dishes are cooked to dish requirements.

Healthy Catering Practices

14. Which products should be used to substitute high fat ingredients when preparing egg dishes.
15. Which fats/oils can contribute to healthier catering practices.
16. Why increasing the fibre content of egg dishes can contribute to healthier catering practices.
17. Why reducing the amount of salt in egg dishes can contribute to healthier catering practices.
18. What cooking methods and equipment can contribute to reducing the fat/oil in egg dishes.

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, 1.5 and 1.6** and a minimum of:
 - **2 from the range of A**
 - **1 from the range of B**
 - **4 from the range of C**
 - **2 from the range of D**
 - **4 from the range of E**
 - **2 from the range of F**
- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.4, 2.5, and 2.6** and a minimum of:
 - **2 from the range of G**
 - **1 from the range of B**
 - **4 from the range of C**
 - **4 from the range of E**
 - **3 from the range of I**
 - **2 from the range of J**
 - **3 from the range of K**

- Supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and range.
- Evidence to cover underpinning knowledge must be assessed using questioning which may be oral, written or using visual aids.
- Performance evidence should be demonstrated on at least two (2) occasions.

(2) Methods of Assessment

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

(3) Context of Assessment

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