

U15102: Prepare and cook basic pasta dishes

Unit Descriptor:

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

The unit describes the essential abilities of:

- Knowing what type, quality and quantity of pasta and other ingredients are required.
- Knowing what are the appropriate preparation methods.
- Knowing what safe working practices should be followed when preparing basic pasta dishes.
- Operating within organizational procedures.

ELEMENT

PERFORMANCE CRITERIA

To be competent you must achieve the following:

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| 1. Prepare and cook basic pasta dishes | <p>1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use.</p> <p>1.2 Pasta and other ingredients are of the type, quality and quantity required.</p> <p>1.3 Any problems identified with the quality of pasta and other ingredients are reported promptly to the appropriate person.</p> <p>1.4 Pasta is prepared using appropriate preparation methods.</p> <p>1.5 Pasta is combined correctly with other ingredients.</p> <p>1.6 Pasta not for immediate consumption are stored correctly.</p> |
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- 1.7 Preparation areas and equipment are cleaned correctly after use.
 - 1.8 Waste is handled correctly ready for appropriate dispatch methods.
 - 1.9 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 1.10 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 pasta dishes
- 2.1 Cooking areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
 - 2.2 **Pasta dishes** are cooked using appropriate **cooking methods** to meet **quality** requirements.
 - 2.3 Pasta dishes are finished using appropriate **finishing methods** to meet quality requirements.
 - 2.4 Pasta dishes not for immediate consumption are stored correctly.
 - 2.5 Cooking areas and equipment are correctly cleaned after use.
 - 2.6 Any problems identified with the quantity of pasta dishes are reported promptly to the appropriate person.
 - 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 pasta dishes

A. Equipment/utensils: *(Also applies to element 2)*

- (i) pots
- (ii) stove

B. Pasta:

- (i) (pre-prepared fresh/dried) white pasta
- (ii) whole wheat pasta
- (iii) egg noodles
- (iv) stuffed pasta
- (v) linguini
- (vi) lasagna
- (vii) macaroni

C. Other ingredients:

- (i) vegetables
- (ii) meat
- (iii) stock
- (iv) cheese
- (v) spices
- (vi) eggs
- (vii) fish/shellfish
- (viii) herbs

D. Problems:

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

E. Preparation methods:

- (i) rinsing
- (ii) draining
- (iii) mixing
- (iv) chopping
- (v) grating
- (vi) slicing
- (vii) stuffing
- (viii) tossing
- (ix) seasoning (salt)
- (x) shaping

Element 2: Cook basic pasta dishes**F. Pasta dishes:**

- (i) lasagna
- (ii) macaroni
- (iii) spaghetti
- (iv) linguini

G. Cooking methods:

- (i) boiling
- (ii) steaming
- (iii) combination cooking
- (iv) grilling
- (v) baking
- (vi) frying

H. Quality:

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

I. Finishing methods:

- (i) garnishing
- (ii) gratinating with cheese
- (iii) saucing

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

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

Food Hygiene

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

Health Catering Practices

14. Which products could be used to substitute high fat ingredients when preparing basic pasta dishes.
15. Which fats/oils can contribute to healthy catering practices.
16. Why increasing the fibre content of basic pasta dishes can contribute to healthy catering practices.
17. Why reducing the amount of salt added to basic pasta dishes can contribute to healthy catering practices.

EVIDENCE GUIDE**(1) Critical Aspects of Evidence**

- 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**
 - **5 from the range of B**
 - **2 from the range of D**
 - **5 from the range of E**
- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.3 and 2.5**, and a minimum of:
 - **2 from the range of A**
 - **3 from the range of F**
 - **4 from the range of G**
 - **5 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 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 assessors of how you:
 - prepare basic pasta dishes
 - cook basic pasta dishes

- Answers to oral or written questions from your assessor.

- Witness statements from colleagues, line managers that provide evidence of how you:
 - prepare basic pasta dishes
 - cook basic pasta dishes

- A personal statement describing how you:
 - prepare basic pasta dishes
 - cook basic pasta dishes

(3) Context of Assessment

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