

U15302: Prepare and cook rice dishes

Unit Descriptor:

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

The unit describes the essential abilities of:

- Knowing what the type, quality and quantity of rice and other ingredients are required.
- Knowing what basic preparation methods are suitable for different types of rice dishes.
- Knowing what quality points to look for in basic rice dishes.
- Operating within organizational procedures.

ELEMENT

PERFORMANCE CRITERIA

To be competent you must achieve the following:

1. Prepare rice dishes

- 1.1 Preparation areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
- 1.2 **Rice and other ingredients** are of the type, quality and quantity required.
- 1.3 Any **problems** identified with the quality of rice and other ingredients are reported promptly to the appropriate person.
- 1.4 Rice and other ingredients are prepared using appropriate preparation methods.
- 1.5 Rice is combined correctly with other ingredients.
- 1.6 Rice dishes not for immediate consumption are stored correctly.
- 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 prioritised and carried out in an organised and efficient manner in accordance with safety and hygiene regulations and organisational procedures.
2. Cook rice dishes
- 2.1 Cooking areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
 - 2.2 **Rice dishes** are cooked using appropriate **cooking methods** to meet **quality** requirements.
 - 2.3 Rice dishes are finished to meet quality requirements.
 - 2.4 Prepared rice 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 rice 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 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 items below:

Element 1: Prepare rice dishes**A. Equipment/utensils:** *(Also applies to element 2)*

- (i) Pots
- (ii) Stove

B. Rice:

- (i) Polished
- (ii) Unpolished
- (iii) Long grain rice
- (iv) Short grain rice
- (v) White rice
- (vi) Brown rice

C. Other ingredients:

- (i) Vegetables
- (ii) Meat
- (iii) Stock
- (iv) Cheese
- (v) Spices
- (vi) Herbs
- (vii) Eggs
- (viii) Fish/shellfish

D. Problems:

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

E. Basic preparation methods:

- (i) Washing
- (ii) Rinsing
- (iii) Draining
- (iv) Mixing
- (v) Moulding
- (vi) Seasoning (salt)

Element 2: Cook rice dishes**F. Rice dishes:**

- (i) boiled
- (ii) pilau/pilaf
- (iii) risotto
- (iv) mixed fried/stir fried
- (v) steamed

G. Cooking methods:

- (i) boiling/steaming
- (ii) stewing
- (iii) stir frying
- (iv) braising

H. Quality:

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

I. Finishing methods:

- (i) garnishing
- (ii) saucing

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

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

Food Hygiene

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

Product Knowledge

9. What quality points to look for in fresh rice dishes.
10. What basic preparation methods are suitable for different types of rice dishes.
11. What basic cooking methods are suitable for different types of rice dishes.
12. How to identify when rice dishes are cooked to dish requirements.

Healthy Catering Practices

13. Which products could be used to substitute high fat ingredients when preparing rice dishes.
14. Which fats/oils can contribute to healthy catering practices.
15. Why increasing the fibre content of rice dishes can contribute to healthy catering practices.
16. Why reducing the amount of salt added to rice dishes 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, 1.5, 1.7, and 1.8** and a minimum of:
 - **All from the range of A**
 - **5 from the range of B**
 - **5 from the range of C**
 - **All from the range of D**
 - **4 from the range of E**
- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.3, 2.5, 2.7 and 2.8** and a minimum of:
 - **All from the range of A**
 - **4 from the range of F**
 - **3 from the range of G**
 - **All from the range of H**
 - **1 from the range of I**
- 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 rice dishes
 - cook rice dishes
- Answers to oral or written questions from your assessor.
- Witness statements from colleagues, line managers that provide evidence of how you:
 - prepare rice dishes
 - cook rice dishes
- A personal statement describing how you:
 - prepare rice dishes
 - cook rice dishes

(3) Context of Assessment

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