

UV21115

Prepare and cook rice, pasta, grains and egg dishes

The aim of this unit is to develop your knowledge, understanding and practical skills in preparing and cooking rice, pasta, grain and egg dishes.

You will study the types of rice, pasta, grain and eggs used in cookery, and the dishes that can be produced. You will be able to demonstrate correct cooking and finishing methods, and will be able to use appropriate sauces or garnishes.

You will be able to evaluate the dishes you have cooked to ensure that they meet the dish standards, the establishment standards and the customer requirements.

Level

2

Credit value

6

GLH

20

Observation(s)

2

External paper(s)

0



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Learning outcomes

On completion of this unit you will:

1. Be able to prepare and cook rice
2. Be able to prepare and cook pasta
3. Be able to prepare and cook grains
4. Be able to prepare and cook eggs

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation may be used in this unit, where no naturally occurring evidence is available.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least two occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*

All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.

5. *Knowledge outcomes*

There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.

6. *Tutor/Assessor guidance*

You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.

7. *External paper*

There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Learning outcome 1

Be able to prepare and cook rice

You can:

- a. Use the correct type and amount of rice for the dish specification
- b. Pick over and wash the rice
- c. Demonstrate the correct use of tools and equipment to prepare rice dishes
- d. Prepare and cook rice according to dish specifications
- e. Demonstrate control of the cooking process to obtain the required quality
- f. Assemble and finish the dish in line with dish/customer requirements
- g. Demonstrate safe and hygienic practices*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Learning outcome 2

Be able to prepare and cook pasta

You can:

- a. Use the correct type and amount of pasta for the dish specification
- b. Demonstrate the correct use of tools and equipment to prepare and cook pasta dishes
- c. Prepare and cook pasta according to dish specifications
- d. Demonstrate control of the cooking process to obtain the required quality
- e. Assemble and finish the dish in line with dish/customer requirements
- f. Demonstrate safe and hygienic practices*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Learning outcome 3

Be able to prepare and cook grains

You can:

- a. Use the correct type and amount of grain for the dish specification
- b. Demonstrate the correct use of tools and equipment to prepare grain dishes
- c. Prepare and cook grain or products according to dish specifications
- d. Demonstrate control of the cooking process to obtain the required quality
- e. Assemble and finish the dish in line with dish/customer requirements
- f. Demonstrate safe and hygienic practices*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Learning outcome 4

Be able to prepare and cook eggs

You can:

- a. Use the correct type and amount of eggs for the dish specification
- b. Demonstrate the correct use of tools and equipment to prepare egg dishes
- c. Prepare and cook eggs according to dish specifications
- d. Demonstrate control of the cooking process to obtain the required quality
- e. Assemble and finish the dish in line with dish/customer requirements
- f. Demonstrate safe and hygienic practices*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Range

You must practically demonstrate that you have:

Met all dish requirements	Portfolio reference
Correct type of rice, pasta, grain or egg	
Correct quantity	
Correct temperature	
Customer requirements	
Used a minimum of 10 types of tools and equipment	Portfolio reference
Pans	
Steamer	
Paella pan	
Braising pan	
Rolling pin	
Board	
Pasta machine	
Cutters	
Spoons	
Slotted spoons	
Graters	
Stove	
Grill	
Oven	
Oven-proof dish	
Stove	
Omelette pan	
Bain-marie	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used a minimum of 4 preparation methods	Portfolio reference
Whisking	
Mixing	
Soaking	
Seasoning	
Chilling	
Rolling	
Cutting	
Stuffing	
Drying	
Gratinating	
Mixing dough	
Sweet filling	
Savoury filling	
Used a minimum of 5 cooking methods	Portfolio reference
Boiling	
Steaming	
Braising	
Stewing	
Frying	
Baking	
Grilling	
Poaching	
Scrambling	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Cooked a minimum of 2 types of rice	Portfolio reference
Long grain	
Short grain	
Risotto	
Brown	
Basmati	
Cooked rice with a minimum of 3 additional ingredients	Portfolio reference
Liquid	
Herbs	
Spices	
Vegetables	
Fish	
Meats	
Fruit	
Sugar	
Cooked a minimum of 2 types of pasta	Portfolio reference
Fresh	
Dried	
Stuffed	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Cooked a minimum of 3 types of grain		Portfolio reference
Corn		
Wheat		
Oats		
Rye		
Quinoa		
Cooked using a minimum of 2 types of egg		Portfolio reference
Hen		
Quail		
Duck		
Goose		
Used all quality checks		Portfolio reference
Cooking temperature		
Cooking time		
Consistency/texture		
Assembled dishes using a minimum of 1 finishing technique		Portfolio reference
Portion		
Sauce		
Remould		
Garnish		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

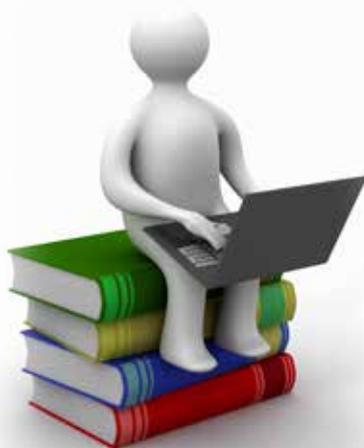
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Be able to prepare and cook rice

You can:	Portfolio reference
h. Evaluate finished rice dishes	
i. Identify types of rice and the appropriate cooking method	
j. Identify suitable equipment to prepare rice dishes	
k. Describe preparation methods for rice	
l. Describe the cooking process and adjustments necessary for rice dishes	
m. Describe the skills needed to check and finish the dish to specification	
n. State the correct holding and storage procedures for rice and rice dishes	



Learning outcome 2

Be able to prepare and cook pasta

You can:	Portfolio reference
g. Evaluate finished pasta dishes	
h. Identify types of pasta and the appropriate cooking method	
i. Identify sauces and additions used with pasta	
j. Identify suitable equipment to prepare pasta dishes	
k. Identify preparation and cooking methods for pasta	
l. Describe the cooking process and adjustments necessary for pasta dishes	
m. Describe the skills needed to check and finish to dish specification	
n. State the correct holding and storage procedures for pasta and pasta dishes	



Learning outcome 3

Be able to prepare and cook grains

You can:	Portfolio reference
g. Evaluate finished grain dishes	
h. Identify commonly used types of grain and their use	
i. Identify sauces and additions	
j. Identify the appropriate tools and equipment to prepare grain dishes	
k. Identify preparation and cooking methods for grains	
l. Describe the cooking process and adjustments necessary for grain dishes	
m. Describe the skills needed to check and finish to specification	
n. State the correct holding and storage procedures for grain dishes	



Learning outcome 4

Be able to prepare and cook eggs

You can:	Portfolio reference
g. Evaluate finished egg dishes	
h. Identify types of egg and their uses	
i. Identify sauces and additions for egg dishes	
j. Identify the appropriate tools and equipment to prepare egg dishes	
k. Identify preparation and cooking methods for eggs	
l. Describe the cooking process and adjustments necessary for egg dishes	
m. Describe the skills needed to check and finish to specification	
n. State the correct holding, serving and storage procedures for eggs	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare and cook rice

Types of rice: Long grain, short grain, risotto, brown, basmati.

Pick over and wash rice: Remove foreign bodies, clean rice.

Tools and equipment: Pan, steamer, paella pan, braising pan, strainer.

Preparation methods: Picking, washing, soaking, adding liquid (stock, oil, wine), adding other ingredients (herbs, spices, vegetables, fish, meats, fruit, sugar).

Cooking methods: Boiling, steaming, braising, stewing, frying, reheating.

Control the cooking process: Check temperature, check time, check consistency/texture of rice.

Assemble and finish the dish: Portion, remould, correct serving temperature for rice, correct serving temperature for service dishes.

Evaluate finished dishes: Temperature, texture, flavour, appearance, seasoning.

Safe and hygienic practices: Appropriate protective clothing, wash hands regularly, clean and clear working area and tools, organisational standards.

Appropriate cooking methods: Long grain (braising), short grain (boiling), risotto (stewing), brown (boiling/steaming), basmati (boiling/steaming).

Adjustments to the cooking process: Temperature, amount of liquid, seasoning.

Skills needed to check and finish the dish: Adjust consistency, correct

seasoning, check temperature, add final ingredients (cheese, cream, parsley).

Holding and storage procedures for rice and rice dishes: Above 63°C, below 7°C, date label, rotate stock.



Outcome 2: Be able to prepare and cook pasta

Types of pasta: Fresh pasta, dried pasta, stuffed pasta (cannelloni, ravioli).

Tools and equipment: Rolling pin, board, pasta machine, cutters, knives, strainers, pans, spoons, slotted spoons, graters, stove, grill, oven, oven-proof dishes.

Prepare and cook pasta: Mixing dough, rolling, cutting, stuffing, drying, boiling, refreshing, reheating, straining, baking, gratinating.

Control the cooking process: Check temperature, check time, check pasta is al dente.

Assemble and finish the dish: Portion, add sauce, garnish, correct serving temperature, correct service dishes temperature.

Evaluate finished dishes: Temperature, texture, flavour, appearance, seasoning.

Safe and hygienic practices: Appropriate protective clothing, wash hands regularly, clean and clear working area and tools, organisational standards.

Appropriate cooking methods: Boiling (dried pasta), baking (stuffed pasta/sheets).

Sauces and additions: Béchamel (with cheese), brown sauces, pesto, meat sauces, cream sauces, tomato sauces.

Adjustments to the cooking process: Temperature, amount of sauce, seasoning.

Skills needed to check and finish dish: Adjust consistency, correct seasoning, check temperature, add final ingredients (cheese, cream, garnishes).

Holding and storage procedures for pasta and pasta dishes: Above 63°C (lasagne, cannelloni), below 7°C, date label, rotate stock.



Outcome 3: Be able to prepare and cook grains

Types of grain: Corn, wheat, oats, rye, quinoa.

Tools and equipment: Board, cutters, knives, strainers, pans, spoons, slotted spoons, graters, stove, grill, oven, oven-proof dishes.

Prepare and cook grains: Mixing, soaking, boiling, baking, frying, grilling, garnishing, seasoning, chilling.

Control the cooking process: Check temperature, check time, check texture of grain.

Assemble and finish the dish: Portion, add sauce, garnish, correct serving temperature, correct service dishes temperature.

Evaluate finished dishes: Temperature, texture, flavour, appearance, seasoning.

Safe and hygienic practices: Appropriate protective clothing, wash hands regularly, clean and clear working area and tools, organisational standards.

Types of grain and their uses: Corn (polenta), wheat (semolina, buckwheat, cracked wheat, couscous, tabouleh), gnocchi, blini, tortilla, fajita.

Sauces and additions: Purées (fruit, vegetables, herbs), reductions (wine, stock, cream) meat sauce, fish sauce, curry sauce, additions (nuts, salad items, oils, dressing).

Adjustments to the cooking process: Temperature, amount of sauce, seasoning.

Skills needed to check and finish dish: Adjust consistency, correct seasoning, check temperature, add final ingredients (cheese, cream, garnishes).

Holding and storage procedures for grain dishes: Above 63°C, below 7°C, date label, rotate stock.



Outcome 4: Be able to prepare and cook eggs

Types of egg: Hen, quail, other poultry, free range.

Tools and equipment: Pans, frying pans, omelette pan, spoons, slotted spoon, spatulas, palate knife, whisk, strainers, graters, oven-proof dishes, bain-marie, stove, grill, oven, griddle.

Prepare and cook eggs: Whisk, boil, scramble, poach, fry, bake.

Control the cooking process: Check temperature, check time, check texture of egg.

Assemble and finish the dish: Portion, add sauce, garnish, correct serving temperature, correct service dishes temperature.

Evaluate finished dishes: Temperature, texture, flavour, appearance, seasoning.

Safe and hygienic practices: Appropriate protective clothing, wash hands regularly, clean and clear working area and tools, organisational standards.

Types of eggs and uses: Omelettes, custard, hard boiled, scrambled, soft boiled, fried/griddled, poached, meringue.

Sauces and additions: Savoury (cheese, curry, tomato, mayonnaise), sweet fillings (fruit, crème anglaise, fresh cream, ice cream, sugar, chocolate), garnishes.

Tools and equipment: Pans, frying pans, omelette pan, spoons, slotted spoons, graters, stove, grill, oven, oven-proof dishes, bain-marie.

Adjustments to the cooking process: Temperature, amount of sauce, seasoning, time.

Skills needed to check and finish dish: Degree of cookery, correct seasoning,

check temperature, add final ingredients (sauce, garnish).

Holding, serving and storage procedures for eggs: Below 7°C, serve hot immediately, date label, rotate stock.

Notes

Use this area for notes and diagrams