Principles of preparing and mixing spice and herb blends

UV21122
K/502/8331

Learner name:

Learner number:
By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

This statement of unit achievement table must be completed prior to claiming certification.

<table>
<thead>
<tr>
<th>Unit code</th>
<th>Date achieved</th>
<th>Learner signature</th>
<th>Assessor initials</th>
<th>IV signature (if sampled)</th>
</tr>
</thead>
</table>

Assessor tracking table

All assessors using this Record of Assessment book must complete this table. This is required for verification purposes.

<table>
<thead>
<tr>
<th>Assessor name</th>
<th>Assessor signature</th>
<th>Assessor initials</th>
<th>Assessor number (optional)</th>
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UV21122
Principles of preparing and mixing spice and herb blends

The aim of this unit is to develop the knowledge and understanding required to select, prepare and blend a variety of spices and herbs. You will learn how to produce spice mixes ready for cooking including masala blends, dry spice mixes and paste for Thai green curry. You will also learn different preparation and cooking techniques including slicing, chopping, crushing, pounding, grinding, blending, toasting and roasting.
<table>
<thead>
<tr>
<th>Level</th>
<th>2</th>
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<tbody>
<tr>
<td>GLH</td>
<td>9</td>
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<tr>
<td>Observation(s)</td>
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</tr>
<tr>
<td>External paper(s)</td>
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</tr>
</tbody>
</table>
Principles of preparing and mixing spice and herb blends

Learning outcomes

On completion of this unit you will:

1. Know how to prepare and mix spice and herb blends

Evidence requirements

1. 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.

2. Tutor/Assessor guidance
   You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.

3. External paper
   There is no external paper requirement for this unit.
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

Know how to prepare and mix spice and herb blends

<table>
<thead>
<tr>
<th>You can:</th>
<th>Portfolio reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Identify the quality points in spice mix ingredients</td>
<td></td>
</tr>
<tr>
<td>b. Describe how to deal with problems with the ingredients</td>
<td></td>
</tr>
<tr>
<td>c. State the tools and equipment required to carry out different preparation methods</td>
<td></td>
</tr>
<tr>
<td>d. Describe preparation methods</td>
<td></td>
</tr>
<tr>
<td>e. State the tools and equipment required to carry out different cooking methods</td>
<td></td>
</tr>
<tr>
<td>f. State the importance of using the correct equipment and techniques when following preparation and cooking methods</td>
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<tr>
<td>g. State the temperature for cooking and toasting spices</td>
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<tr>
<td>h. Describe how to identify when individual spices and spice mixes meet requirements for colour, flavour, aroma and consistency</td>
<td></td>
</tr>
<tr>
<td>i. State how to finish and store spice mixes</td>
<td></td>
</tr>
<tr>
<td>j. Describe how to minimise and correct common faults</td>
<td></td>
</tr>
<tr>
<td>k. State the characteristics that relate to spice mixes</td>
<td></td>
</tr>
<tr>
<td>l. State the temperature and conditions for holding and storing spice mixes</td>
<td></td>
</tr>
<tr>
<td>m. State how to store spice mixes</td>
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</table>
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: Know how to prepare and mix spice and herb blends**

**Ingredients:** Fresh herbs and spices (chillies, ginger, garlic, coriander, mint, thyme, parsley, rosemary, bay leaves, lemon grass), dried herbs and spices (chillies, peppercorns, ground ginger, cloves, coriander seed, cardamom pods, ground cardamom, cinnamon, cinnamon sticks, cayenne pepper, cumin, turmeric, mustard seeds, star anise, coconut, nutmeg, dried thyme, dried oregano, dried rosemary, salt, sea salt, sugar), yoghurt, olive oil, vegetable oil.

**Quality points in ingredients:** Appearance, colour, aroma, smell, texture, unopened packaging, use-by date, undamaged packaging.

**Problems:** Quality not as expected, incorrect order, out of date.

**Deal with problems with the ingredients:** Report to supervisor, seek advice from supervisor, inform suppliers, return to suppliers, seek alternative ingredients, dispose of unsuitable ingredients, correct storage conditions (dry, dark, cool).

**Tools and equipment:** Pestle and mortar, spice grinder, food processor, knives, fine grater, colour coded chopping boards.

**Preparation methods:** Cleaning, trimming, crushing, weighing, measuring, grinding, pounding, blending, toasting, roasting.

**Tools and equipment required to carry out different cooking methods:** Roasting (oven, tray), toasting (grill, trays), frying (stove top, heavy frying pan).

**Importance:** Achieving a quality end product, avoiding accidents.

**Temperature for cooking and toasting spices:** Hot grill, hot oven (200°C+), high stove heat, ensuring food safety.

**Meet requirements for colour, flavour, aroma and consistency:** Check recipe, dish specification, colour, appearance, texture, smell.

**Finish and store spice mixes:** Labelled, dated, air tight container, cool dry area, refrigerated at correct temperature, below 5°C, ensuring food safety, avoiding cross-contamination.

**Common faults:** Burning/over cooking spices, incorrect blending, out of date.

**Minimise and correct:** Use best quality ingredients, prevent burning during cooking, ensure correct quantity of ingredients, follow recipe, taste and adjust flavours.

**Characteristics:** Colour, aroma, spicy, used for adding flavour, preserving, tenderising.

**Temperature and conditions:** Cool, dry, dark, refrigerated if required below 5°C, ensuring food safety.

**Store spice mixes:** Air tight containers, off the floor, labelled, dated, tight fitting lids, ensuring lids are secure, well ventilated area.