

# UV21129

## Produce hot and cold desserts and puddings

The aim of this unit is to develop the knowledge, understanding and practical skills required for the preparation, cooking and finishing of hot and cold desserts and puddings for service in restaurants and to paying customers.

You will learn how to prepare and cook both hot and cold desserts, identify the ingredients and equipment required, and how to check for quality.

You will learn about the accompanying sauces and creams, and how to finish and decorate desserts. You will be able to produce, prepare and cook desserts following food safety guidelines and legislation.

Level

**2**

Credit value

**3**

GLH

**24**

Observation(s)

**2**

External paper(s)

**0**



# Produce hot and cold desserts and puddings

## Learning outcomes

On completion of this unit you will:

1. Be able to prepare and cook cold desserts
2. Be able to finish cold desserts
3. Be able to prepare and cook hot desserts and puddings
4. Be able to finish hot desserts and puddings

## 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 cold desserts

You can:

- a. Prepare and cook cold desserts using correct equipment
- b. Apply quality points to each stage of the process
- c. 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 finish cold desserts

You can:

- a. Finish and present cold desserts using correct equipment
- b. Check the finished product meets dish requirements

*\*May be assessed by supplementary evidence.*

Observation	1	2	<i>Optional</i>	<i>Optional</i>
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



### Learning outcome 3

## Be able to prepare and cook hot desserts and puddings

You can:

- a. Prepare and cook hot desserts and puddings using correct equipment
- b. Apply quality points to each stage of the process
- c. 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 finish hot desserts and puddings

You can:

- a. Finish and present hot desserts and puddings using correct equipment
- b. Check the finished product meets dish requirements

*\*May be assessed by supplementary evidence.*

Observation	1	2	<i>Optional</i>	<i>Optional</i>
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



# Range

You must practically demonstrate that you have:

Prepared and cooked a <b>minimum of 3</b> types of cold desserts and puddings	Portfolio reference
Mousses	
Gelatine-based	
Egg-based	
Fruit-based	
Ice cream	
Meringue	
Rice-based	
Compote	
Prepared and cooked a <b>minimum of 3</b> hot desserts and puddings	Portfolio reference
Batter-based	
Beignets	
Soufflés	
Sponge-based	
Milk puddings	
Egg custard-based	
Cereal	
Suet paste-based	
Fruit-based	
Crêpes	

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 <b>minimum of 4</b> finishing and decorating methods	Portfolio reference
Portioning	
Cutting	
Demoulding	
Glazing	
Piping	
Saucing	
Feathering	
Dusting	
Chocolate	
Fruit	
Tuiles	
Sugar	
Run outs	
Chocolate transfers	
Used a <b>minimum of 3</b> types of sauces, creams and coulis	Portfolio reference
Crème Anglaise	
Custard sauce	
Caramel and toffee sauces	
Fruit coulis	
Fruit sauces	
Chocolate sauces	
Syrups	

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 <b>minimum of 10</b> pieces of equipment	Portfolio reference
Ovens	
Combination oven	
Steamer	
Salamander	
Deep-fat fryer	
Crêpe pans	
Bowls	
Trays	
Saucepans	
Plates	
Trays	
Fridge	
Freezer	
Piping bag	
Piping nozzles	
Knives	
Palette knives	
Spoons	
Squeezy bottles	
Blowtorch	

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 cold desserts

You can:	Portfolio reference
d. Identify different types of cold dessert	
e. Identify quality points of ingredients for cold desserts	
f. State how to adjust the quantity of ingredients to give the correct portion yield from cold desserts	
g. Describe preparation and cooking methods for cold desserts	



## Learning outcome 2

### Be able to finish cold desserts

You can:	Portfolio reference
c. Describe the quality points when finishing cold desserts	
d. Describe finishing and decorating techniques	
e. Identify sauces, creams and coulis that may be served with cold desserts	
f. Identify correct holding and storage procedures for finished products	
g. Identify ingredients in cold desserts that may cause allergic reactions	



### Learning outcome 3

## Be able to prepare and cook hot desserts and puddings

You can:	Portfolio reference
d. Identify different types of hot desserts and puddings	
e. Identify quality points of ingredients for hot desserts and puddings	
f. State how to adjust the quantity of ingredients to give the correct portion yield from hot desserts and puddings	
g. Describe preparation and cooking methods for hot desserts and puddings	



## Learning outcome 4

### Be able to finish hot desserts and puddings

You can:	Portfolio reference
c. Describe the quality points when finishing hot desserts and puddings	
d. Describe finishing and decorating techniques	
e. Identify sauces, creams and coulis that may be served with hot desserts and puddings	
f. Identify correct holding and storage procedures for finished products	
g. Identify ingredients in hot desserts and puddings that may cause allergic reactions	

# 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 cold desserts

**Equipment:** Mixing bowls, wooden spoons, metal spoons, rubber spatulas, baking trays, pans, whisks, wire cooling trays, measuring jugs, rolling pins, cutters, palette knives, piping bags, sieves, scales, ovens, moulds, apple corers, peelers, zesters, mixing machines, blowtorch.

**Preparation and cooking methods:**

Weighing, measuring, creaming, piping, lining moulds, addition of flavours, beating, folding, moulding, whisking, mixing, aeration, slicing, portioning, chilling, combining, puréeing.

**Quality points at each stage of the process:**

Cooking process, appearance, taste, texture, consistency, aroma, chilling, resting, portion control, temperature control, flavour.

**Safe and hygienic practices:** Correct storage, correct temperatures, personal hygiene, current food safety legislation, organisational standards, personal protective equipment (PPE).

**Types of cold dessert:** Mousses, gelatine-based, egg-based, fruit-based, ice cream, meringue, convenience products, rice-based, compote.

**Quality points of ingredients:** Use-by date, quantity, temperature, texture, colour, freshness, packaging, aroma.

**Adjust the quantity of ingredients:**

Checking recipe, checking and adjusting ratios, weighing, measuring, visual check.



## Outcome 2: Be able to finish cold desserts

**Equipment:** Plates, trays, fridge, freezer, piping bag, piping nozzles, knives, palette knives, spoons, squeeze bottles, blowtorch.

**Dish requirements:** Dish specification, dish specification photograph, colour, texture, taste, consistency, garnished and decorated correctly.

**Quality points:** Follow dish specification, colour, texture, consistency, taste, aroma, garnish, decoration.

**Finishing and decorating techniques:** Portioning, cutting, glazing, demoulding, dusting, piping, feathering, run outs, chocolate transfers.

**Sauces, creams and coulis:** Fruit coulis, fruit sauces, chocolate sauces, caramel and toffee sauces, crème Anglaise, syrups.

**Holding and storage procedures:** Avoiding cross-contamination, covered, labelled and dated, correct fridges, correct temperatures, leaving desserts in fridge as long as possible, hazard analysis and critical control points (HACCP), stock rotation.

**Ingredients that may cause allergic reactions:** Nuts, fruits, dairy, gluten, correct labelling, following recipes.

## Outcome 3: Be able to prepare and cook hot desserts and puddings

**Equipment:** Ovens, combination oven, steamer, salamander, deep-fat fryer, crêpe pans, bowls, trays, saucepans, small kitchen equipment, refrigerator.

**Quality points at each stage of process:** Taste, colour, texture, consistency, temperature, correct measurements and ratio, portion control.

**Safe and hygienic practices:** Correct storage, correct temperatures, personal hygiene, current food safety legislation, organisational standards, PPE.

**Types of hot desserts and puddings:** Batter-based, beignets, soufflés, sponge-based, milk puddings, egg custard-based, cereal, suet paste-based, fruit-based, crêpes.

**Quality points of ingredients:** Use-by date, temperature, texture, colour,

consistency, freshness, flavour.

**Adjusting the quantity of ingredients:** Checking recipe, checking and adjusting ratios, weighing, measuring, visual check.

**Preparation and cooking methods:** Weighing, measuring, lining moulds, creaming, mixing, beating, folding, whisking, aeration, addition of flavours boiling, poaching, stewing, baking, steaming, combination cooking, frying, deep frying, water bath.



## Outcome 4: Be able to finish hot desserts and puddings

**Equipment:** Ovens, combination oven, steamer, salamander, deep-fat fryer, crêpe pans, bowls, trays, saucepans, plates, trays, fridge, freezer, piping bag, piping nozzles, knives, palette knives, spoons, squeeze bottles, blowtorch.

**Dish requirements:** Dish specification, dish specification photograph, colour, texture, taste, consistency, garnished and decorated correctly.

**Quality points:** Follow dish specification, colour, texture, consistency, taste, aroma, garnish, decoration.

**Describe finishing and decorating techniques:** Portioning, cutting, glazing, piping, filling, saucing, feathering, colour, balance, dusting, chocolate, fruit, tuiles, sugar.

**Sauces, creams and coulis:** Crème Anglaise, custard sauce, caramel and toffee sauces, fruit coulis, fruit sauces, chocolate sauces, syrups.

**Holding and storage procedures for finished products:** Correct temperature, above 63°C, time (not more than 2 hours), correct holding equipment (hot cupboard, oven, bain-marie), HACCP, food safety, current legislation.

**Ingredients that may cause allergic reactions:** Nuts, fruits, dairy, gluten, product knowledge, correct labelling, following recipes.

# Notes

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