

3228 Principles of frying bakery products

SQA Unit Code

H3HM 04

Level 3

SCQF Level 6

SCQF Credit value 6

Unit Summary

This unit is about understanding how bakery products are deep fried using a deep fat fryer, in a non-automated or automated bakery production environment

You need to know how heat is transferred to products and the changes which take place within products during frying and the importance of correct cooling. You also need to understand the changes which occur to frying media when heated and how these changes are controlled to ensure effective frying of products

In order to be assessed as competent you must demonstrate to your assessor that you can consistently perform to the requirements set out below. Your performance evidence must include at least one observation by your assessor.

Evidence of knowledge and understanding should be collected during observation of performance in the workplace. Where it cannot be collected by observing performance, other assessment methods should be used.

You need to know and understand:

1. the importance of using fats or oils of the correct type for frying
2. the chemical structure of frying fats and oils
3. how the chemical structure of frying fats and oils are affected by heat over time
4. why it is necessary to replace fats or oils according to specifications
5. how heat is transferred from the frying media to a deep fry product
6. the meaning of the terms; slip point, smoke point and flash point for a fat or oil and their importance for the operating temperature of the fryer
7. the physical changes that take place within products during the frying process
8. how the absorption of fats into the surface of products during the frying process is important to the eating quality of the product and its resultant calorific value
9. what the affects of frying with too low a frying temperature
10. what the affects of frying with too high a frying temperature are
11. the importance of adequate ventilation during the frying products
12. the importance of correctly positioning, draining and cooling products

Evidence of performance may employ examples of the following assessment:

- observation
- written and oral questioning;
- evidence from company systems (e.g. Food Safety Management System)
- reviewing the outcomes of work

- checking any records of documents completed
- checking accounts of work that the candidate or others have written