

SQA Advanced Unit Specification

General information for centres

Unit title: Production Cookery: Cold Kitchen

Unit code: HT2D 47

Unit purpose: This unit is designed to enable candidates to develop practical cookery preparation skills and produce items to an advanced level and will provide candidates with the opportunity to evaluate the dishes that they have produced.

On completion of the Unit the candidate should be able to:

1. Apply a range of food preparation techniques to a wide range of commodities.
2. Apply a range of cookery methods and presentation styles to a wide range of commodities to produce dishes, to an acceptable commercial standard.
3. Select, prepare cook, present and evaluate a selection of dishes to a commercially acceptable standard.

Credit points and level: 2 SQA Credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from National 1 to Doctorates.*

Recommended prior knowledge and skills: Access to this unit is at the discretion of the centre. However it is strongly recommended that candidates have competence in cookery skills to at Vocational Qualification Units level 2 Food Preparation and Cooking, or have achieved a national qualification or units in Practical or Professional Cookery or relevant industrial experience.

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: If this unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

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Assessment: Candidates will complete a log book/portfolio of the range of dishes and skills they have developed in Outcomes 1 and 2.

For Outcome 3 candidates will be required to make items on a menu, selected from a range supplied by the tutor. Each candidate will undertake production of the menu items in a production situation. At all times HACCAP and Food Safety regulations will be followed. After each production a critical self evaluation should be completed and recorded.

Performance evidence will be recorded on an observation checklist by the tutor/lecturer.

Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Apply a range of food preparation techniques to a wide range of commodities.

Knowledge and/or skills

- ◆ Modern and traditional food preparation techniques
- ◆ Skills in applying preparation techniques to suitable commodities
- ◆ Awareness and knowledge of seasonal commodities and their availability
- ◆ Modern and current presentation styles
- ◆ Food Hygiene and HACCAP

Evidence requirements

Please refer to the Evidence Requirements for Outcome 2.

Assessment guidelines

Please refer to the Assessment Guidelines for Outcome 2.

Outcome 2

Apply a range of cookery methods and presentation styles to a wide range of commodities to produce dishes, to an acceptable commercial standard.

Knowledge and/or skills

- ◆ Modern and traditional methods of cookery
- ◆ Presentation styles as currently used in the catering and hospitality industry
- ◆ Understanding service style requirements and their impact on the methods used
- ◆ How to plan and prepare for the appropriate style required
- ◆ Health and hygiene requirements
- ◆ Awareness of seasonal commodities and availability

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Evidence requirements

The candidate will produce evidence to demonstrate that they have:

- ◆ covered a comprehensive range of preparation techniques
- ◆ recorded details of preparation techniques used and their suitability
- ◆ covered a range of cookery methods
- ◆ presented dishes appropriately
- ◆ complied with HACCAP and food hygiene legislation

Candidate evidence should be recorded by means of a candidate log book/portfolio. Details of the preparation techniques, cookery process, and the dishes produced and presentation of dishes must be recorded.

In addition an observation checklist should be completed by the tutor/lecturer.

Assessment guidelines

Candidates' log book/portfolio must contain details of preparation techniques, cookery process, and the dishes produced and presentation of dishes. In addition candidates should be encouraged to record any additional notes where appropriate for example, difficulties or challenges encountered during the execution of methods.

Photographic evidence should be encouraged.

Tutors should provide the range of compatible foods and dishes to be produced using specific cookery methods.

Outcome 3

Select, prepare, cook, present and evaluate a selection of dishes to a commercially acceptable standard.

Knowledge and/or skills

- ◆ Menu planning, taking account of availability of fresh commodities, and seasonality
- ◆ Suitability of items for cookery processes
- ◆ Types of service styles
- ◆ Presentation styles and methods
- ◆ HACCP and food safety regulations
- ◆ Evaluation of dishes in terms of suitability of presentation style, cookery method used, ease of service, commercial acceptability

Evidence requirements

The candidate will produce evidence to demonstrate that they have:

- ◆ produced a menu, the content of which will be directed by the tutor
- ◆ selected appropriate commodities
- ◆ prepared and cooked selected dishes
- ◆ presented dishes appropriately
- ◆ supplied a critical appraisal of each dish, and reviewed the possibilities of altering the methods or presentation

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Candidate evidence should be recorded by means of a candidate log book/portfolio. In addition performance evidence should be recorded on an observation checklist by the tutor/lecturer.

Assessment guidelines

A folio of evidence will be undertaken by each candidate which should detail all of the issues taken into account in the planning, production and evaluation of the menu selected.

Evidence must be shown that the candidate used HACCAP guidelines and was aware of food and personal hygiene.

The portfolio should be supplemented with further written and photographic material demonstrating this critical approach.

A standard evaluation format should be used for each attempt showing success or not.

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Administrative Information

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Unit title:	Production Cookery: Cold Kitchen
Superclass category:	NF
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History of changes:

Version	Description of change	Date

Source: SQA

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FURTHER INFORMATION: Call SQA's Customer Contact Centre on 44 (0) 141 500 5030 or 0345 279 1000. Alternatively, complete our [Centre Feedback Form](#).

Unit specification: support notes

Unit title: Production Cookery: Cold Kitchen

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this Unit

This unit integrates well with the Production Cookery: Hot Kitchen unit (HT2F 47), it is recommended that the two units within the practical sessions and assessments are combined where applicable. The menu required for Cold Kitchen can be viewed holistically to include both the hot and cold dishes.

Outcomes 1 and 2, will allow candidates the opportunity to demonstrate a full range of preparation skills and cookery processes.

Outcome 3 – where the group members will each prepare a suitable menu, allows each candidate the opportunity to develop these skills while linking cookery methods to presentation styles and ease of service. Candidate must critically examine the production items, and formalise their findings in the folio.

Candidates should at all time of the process take part in informal discussions with others and their tutor during which they analyse issues, discuss a range of approaches and agree a solution. Health and Safety issues, menu planning events, and recommendations for procedural changes, are examples of appropriate topics and in this case there is scope for integration with other Outcomes and Units. Outcome 3 may be used to complement part of the assessment of Outcomes 1 or 2. Links between Outcomes is good practice and reinforces the development of practical communication skill needed in the workplace.

Knowledge aspects underpinning the practical work should be stressed as being equally important. Practical work should cover:

- ◆ Commodities: cuts of beef, pork offal, lamb, poultry, feathered and furred game, fish and shellfish, vegetables, fruits, farinaceous, eggs, dairy products.
- ◆ Process/preparation techniques:
 - Small joint of meat: trimming, tying, mincing.
 - Poultry: boning, trimming, trussing, barding
 - Furred game: boning, trimming, barding, tying
 - Feathered game: singeing, trussing, barding
 - Whole flat fish: filleted and range of cuts
 - Whole round fish: filleted and range of cuts
 - Mollusc: cleaning and preparation
 - Crustacean: cleaning and preparation

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- ◆ Cold hors d'oeuvres — **Single** eg:
 - Oysters
 - Caviar
 - Smoked salmon
 - Foie Gras
 - Gulls eggs
 - Chilled melon
 - Potted shrimps
 - Charcutiere style sausages such as salami
 - Grapefruit cocktail
 - Avocado pear
 - Shellfish cocktails

- ◆ Cold hors d'oeuvres — **Compound/Composed** eg:
 - Salad Nicoise
 - Russian salad
 - Waldorf salad
 - Salad aux Fruits à la Japonaise

- ◆ Vegetarian preparations

Definitions

A vegetarian is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs.

A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustacean, or meat slaughtered by-products.

Types of Vegetarian

Lacto-ovo-vegetarian. Eats both dairy products and eggs. This is the most common type of vegetarian diet.

Lacto-vegetarian. Eats dairy products but not eggs.

Vegan. Does not eat dairy products, eggs, or any other animal product.

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- ◆ Pâtés and terrines (including Canapés)
 - Smoked, cured and fresh Salmon terrine
 - Chick/Duck liver terrine
 - Pates of Foie Gras/Chicken liver
 - Smoked Mackerel pâté
 - Game terrine
 - Quail pâté
 - Salmon pâté
 - Chicken Galantines
 - Stuffed Goose Neck

Canapés such as:

- Fillet of Scotch beef in Brioche with Horseradish relish
 - Seared West Coast Scallop with Basil and Parsley Pesto
 - Marinated Chicken Satay with Peanut Satay sauce
 - Salt-crusted Mini Baked Potatoes with Cold Chive Hollandaise
 - Caramelised Onion Tartlets with Goats' Cheese and Thyme
 - Thai Fishcakes with Sesame and Lime Dipping sauce
 - Vegetarian 'Sausage Rolls'
 - Croustades filled with Gravadlax and Soured Cream
 - Bruschetta with Tomato and Basil
 - Mini Yorkshire Puddings with Rare Beef and Horseradish and Mustard Crème Fraîche sauce
 - Thai Pork Kebabs with Peanut and Coconut sauce
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- ◆ Decorated cold meats and fish:
 - Aspic Glazed Whole Salmon — as a decoration centre piece on a cold buffet
 - Chaud-froid and Aspic Glazed Supremes
 - Whole Gammons and Hams — also as a decoration centre piece on a cold buffet
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- ◆ Derivative sauces from mayonnaise, vinaigrettes and salad dressings
 - Mayonnaise: Tartare, Sauce Verte, Sauce Remoulade, Sauce Vincent, Aioli...
 - Other dressings: Classic French dressing, Balsamic and Port reduction, Cumberland, Horseradish, Sun-dried Tomato Vinaigrette, Pesto, Gribiche, Vierge...

- ◆ Healthy catering practices should be evidenced by: low salt, low fat

Salt

The Food Standards Agency has a target to reduce the salt intake of the population to 6g per person per day by 2010.

Advice on Fats

Current population average intakes of saturated fat exceed public health recommendations and the rising levels of obesity indicate that energy (calorie) intakes currently exceed energy requirements. Both these conditions raise serious health concerns, particularly in relation to cardiovascular disease, some cancers and type 2 diabetes.

The Bad Fats

Saturated fats raise total blood cholesterol as well as LDL cholesterol (the bad cholesterol). Saturated fats are mainly found in animal products such as meat, dairy, eggs and seafood. Some plant foods are also high in saturated fats such as **coconut oil, palm oil and palm kernel oil**.

Trans fats are invented as scientists began to 'hydrogenate' liquid oils so that they can withstand better in food production process and provide a better shelf life. As a result of hydrogenation, trans fatty acids are formed. Trans fatty acids are found in many commercially **packaged foods**, commercially fried foods such as French Fries from some fast food chains, other packaged snacks such as microwaved popcorn as well as in vegetable shortening and hard stick margarine.

The Good Fats

Monounsaturated Fats

Monounsaturated fats lower total cholesterol and LDL cholesterol (the bad cholesterol) and increase the HDL cholesterol (the good cholesterol). Nut, canola and olive oils are high in monounsaturated fats.

Polyunsaturated Fats

Polyunsaturated fats also lower total cholesterol and LDL cholesterol. Seafood like **salmon and fish oil**, as well as corn, soy, safflower and sunflower oils are high in polyunsaturated fats. **Omega 3** fatty acids belong to this group.

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- ◆ Avoid using cooking oils that are high in saturated fats and/or trans fats such as coconut oil, palm oil, or vegetable shortening. Instead, use oils that are low in saturated fats and high in mono- and polyunsaturated fats such as canola oil, olive oil and **flax seed oil**.
- ◆ Minimise using commercially **packaged foods** which are high in trans fats. Always read labels to look for trans-fat free alternatives.
- ◆ As saturated fats are found in animal products, use lower-fat version dairy such as 1% or skim milk instead of whole milk. Trim visible fats and skins from meat products.

Healthy Eating

- ◆ Improving consumer awareness and understanding of healthy eating, with particular focus on the impact of saturated fat on health
- ◆ Encouraging promotion and uptake of healthier options, such as reduced fat products and the retailers healthier ranges
- ◆ Encouraging accessibility of smaller food portion sizes
- ◆ Encouraging voluntary reformulation of mainstream products to reduce saturated fat and energy

The FSA targets were expected to be part of a requirement of the government's Action Plan to reduce people's saturated fat intake from 13.3% of food energy to 11% by 2010 and to **reduce sugar intake from 12.7% to 11% of food energy**.

While each candidate will be required to plan the production of a menu, the candidates will all play a part on the production of all menus.

Where this menu is combined with that for Hot Kitchen, the menu should consist of a selection of hot and cold dishes.

It is suggested that this should be a minimum of three starters, four main courses, vegetables and potatoes can either be planned separately or planned as part of a main course presentation. Sweets should also be included as part of a balanced menu.

This will give the opportunity to participate in a greater number of styles and presentation. The evaluation of suitability of styles of cooking, service and presentation will be contained in the project portfolio.

Guidance on the delivery and assessment of this Unit

Assessment approaches should be sufficiently flexible to allow for adaptation to suit the needs of the candidates. We have seen that outcomes may be integrated but candidates must be aware of the need to fulfil all assessment criteria. Where candidates are part-time negotiation of content and delivery around employment needs and situation is recommended. The nature of the assessment requirements means that stand-alone delivery is very difficult and unrealistic.

Personal graphics and/or digital photographs would support and enhance both written and oral evidence. The use of technology for word processing and to provide audio-visual support may be appropriate, although candidates without access to such resources should not be disadvantaged.

Whether candidates are fulltime, part-time or work-based, assessment approaches should be sufficiently flexible to allow for adaptation to suit the needs and situation of the candidates.

Open learning

Outcomes 1 and 2 are appropriate to Open and Flexible learning, with tutor input support at all stage of the draft of the folio of evidence. Centre-devised assessment agreements should detail controlled conditions and the validity of the assessor's status to ensure authenticity of evidence. In addition, for Outcomes 1 and 2 candidates must be directly observed and assessed by the tutor. This could be achieved either by direct observation while arranging a meeting with candidates and assessor, by video conferencing, or by the tutor assessing and verifying a video of performance of competence which meets all assessment criteria.

Equality and inclusion

This unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

General information for candidates

Unit title: Production Cookery: Cold Kitchen

This unit will enable you to develop practical cookery preparation skills and produce items to an advanced level. You will learn how to evaluate the dishes you have produced with a view to suggesting improvements in the way the dishes have been produced or presented. In addition you will also develop organisational skills.

At the end of the unit you will be able to:

- ◆ Apply a range of food preparation techniques to a wide range of commodities.
- ◆ Apply a range of cookery methods and presentation styles to a wide range of commodities to produce dishes, to an acceptable commercial standard.
- ◆ Select, prepare cook, present and evaluate a selection of dishes to a commercially acceptable standard.