

Prepare, cook and finish complex cold desserts

Overview

This standard is about preparing, cooking, processing and finishing complex cold desserts, for example:

- cheesecake
- mousses
- meringues
- sorbets

The standard covers a range of preparation, processing, cooking and finishing techniques associated with complex cold desserts.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish complex cold desserts; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain food safety in a kitchen environment
- Apply and monitor food safety management procedures in hospitality
- Manage food safety in a professional kitchen
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Prepare, cook and finish complex cold desserts

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Performance criteria

You must be able to:

1. Select the type and quantity of ingredients needed for the dessert
2. Check the ingredients to make sure they meet quality standards and other requirements
3. Choose the correct tools, knives and equipment to prepare, cook / process and finish the dish
4. Use tools, knives and equipment correctly when preparing, cooking / processing and finishing the dish
5. Prepare and process / cook the ingredients to meet requirements
6. Ensure the dessert has the correct colour, texture and finish
7. Finish and present the dessert to meet requirements
8. Ensure the dessert is at the correct temperature for holding and serving
9. Store any dessert not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. Different types of complex cold desserts and their characteristics
2. How to select the correct type, quality and quantity of ingredients to meet dish requirements
3. What quality points to look for in dish ingredients
4. What you should do if there are problems with the ingredients
5. How to control portions and minimise waste
6. The appropriate preparation methods for the different complex cold desserts
7. The effects of various temperatures and humidity on ingredients used
8. What the correct tools, knives and equipment are to carry out the required preparation, cooking and finishing methods
9. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
10. Why it is important to use the correct tools, knives, equipment and techniques when preparing, cooking and finishing complex cold desserts
11. Common problems that may occur when preparing complex cold desserts and how to minimise and correct them
12. Which preparation, cooking and finishing methods relate to each type of complex cold dessert
13. What the quality points are relating to the finished product
14. The types of problems that may occur when cooking, preparing and finishing complex cold desserts and how to deal with these correctly
15. Current trends in relation to complex cold desserts
16. Healthy eating options when preparing and cooking complex cold desserts

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Scope/range

1. Desserts

- 1.1 egg based set
- 1.2 mousses / cold soufflés
- 1.3 meringue based
- 1.4 cheesecake
- 1.5 paste based goods
- 1.6 fruit / crème bavarois
- 1.7 ice cream / sorbet based

2. Preparation methods

- 2.1 creaming
- 2.2 aeration
- 2.3 combining
- 2.4 sieving / passing
- 2.5 pureeing
- 2.6 folding
- 2.7 addition of colours / flavours
- 2.8 straining

3. Cooking methods

- 3.1 poaching
- 3.2 baking
- 3.3 boiling
- 3.4 steaming

4. Processing methods

- 4.1 de-moulding
- 4.2 freezing
- 4.3 refrigeration
- 4.4 chilling

5. Finishing methods

- 5.1 cooling
- 5.2 stacking
- 5.3 glazing
- 5.4 filling
- 5.5 portioning
- 5.6 cutting
- 5.7 piping

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