

Prepare, cook and finish complex hot desserts

Overview

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

- hot soufflés
- paste based desserts
- fruit based desserts
- sponge based desserts

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

This standard focuses on the technical knowledge and skills required to prepare, cook and finish complex hot 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 hot 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 and finish the dish
4. Use tools, knives and equipment correctly when preparing, cooking and finishing the dish
5. Prepare and 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 hot 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 hot 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 hot desserts
11. Common problems that may occur when preparing hot desserts and how to minimise and correct them
12. Which preparation, cooking and finishing methods relate to each type of complex hot dessert
13. What the quality points are relating to the finished product
14. The types of problems that may occur when cooking hot desserts and how to deal with these correctly
15. Current trends in relation to complex hot desserts
16. Healthy eating options when preparing and cooking complex hot desserts

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Scope/range

1. Desserts

- 1.1 hot soufflés
- 1.2 paste based
- 1.3 fruit based
- 1.4 sponge based

2. Preparation methods

- 2.1 creaming
- 2.2 folding
- 2.3 aeration
- 2.4 use of moulds
- 2.5 incorporating fat
- 2.6 separation / combining of colours / flavours / ingredients

3. Cooking methods

- 3.1 steaming
- 3.2 deep fat frying
- 3.3 bain-marie
- 3.4 baking
- 3.5 microwaving

4. Finishing methods

- 4.1 gratinating
- 4.2 cooling
- 4.3 piping
- 4.4 de-moulding
- 4.5 glazing
- 4.6 portioning

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