

Prepare, cook and present complex cold products

Overview

This standard is about producing complex cold products for example:

- cooked red meat
- cooked white meat
- joints of meat
- cooked poultry
- salads
- vegetables and fruit
- eggs
- farinaceous products
- fish (whole and portioned)
- game
- dairy products
- rice
- terrines
- pâté
- smoked items
- mousses
- cold savoury / buffet appetisers

The standard covers a range of preparation, cooking and finishing methods associated with complex cold products.

This standard focuses on the technical knowledge and skills required to prepare, cook and present complex cold products; 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 present complex cold products

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Performance criteria

You must be able to:

1. Select the type and quantity of ingredients needed for the product
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 present complex cold products
4. Use the tools and equipment correctly when preparing, cooking and presenting complex cold products
5. Prepare and cook the ingredients to meet requirements
6. Ensure the complex cold products have the correct flavour, colour, texture and quantity
7. Garnish and present complex cold products to meet requirements
8. Ensure complex cold products are at the correct temperature for holding and serving
9. Store any cooked complex cold products not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. How to select the correct type, quality and quantity of ingredients to meet product requirements
2. What you should do if there are problems with the ingredients
3. What the correct tools, knives and equipment are to carry out the required preparation, cooking and finishing methods
4. How to carry out each of the preparation, cooking and finishing methods according to product requirements
5. Why it is important to use the correct tools, knives, equipment and techniques when preparing, cooking and presenting complex cold products
6. How to identify when complex cold products have the correct colour, flavour, texture and quantity
7. Common faults with complex cold products and how to minimise and correct them
8. Items that can be used to garnish products
9. How to garnish products and present complex cold products
10. How to deal with items returned from the buffet
11. Current trends in relation to complex cold products
12. How to store complex cold products
13. Healthy eating options when preparing, cooking and presenting complex cold products

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Scope/range

1. Preparation, cooking, finishing and presenting methods

- 1.1 boiling
- 1.2 roasting
- 1.3 combining cooking methods
- 1.4 poaching
- 1.5 baking
- 1.6 steaming
- 1.7 pressing / reforming
- 1.8 shaping / moulding
- 1.9 filleting
- 1.10 de-boning
- 1.11 skinning / trimming
- 1.12 blending / liquidising
- 1.13 rolling
- 1.14 carving
- 1.15 trussing and tying
- 1.16 mincing and processing
- 1.17 passing
- 1.18 garnishing
- 1.19 presenting

2. Cold food products

- 2.1 cooked red meat
- 2.2 cooked white meat
- 2.3 joints of meat
- 2.4 cooked poultry
- 2.5 salads
- 2.6 vegetables and fruit
- 2.7 eggs
- 2.8 farinaceous products
- 2.9 fish (whole / portioned)
- 2.10 game
- 2.11 dairy products
- 2.12 rice
- 2.13 terrines
- 2.14 pâté
- 2.15 smoked items
- 2.16 mousses
- 2.17 cold savoury / buffet appetisers

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