

Prepare, cook and finish complex pastry products

Overview

This standard is about preparing, cooking and finishing complex pastry products, for example:

- apple strudel
- barquettes
- samosas
- tarte tatin
- Paris Brest
- custard tarts

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

This standard focuses on the technical knowledge and skills required to prepare, cook and finish complex pastry 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 finish complex pastry 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. Weigh ingredients required accurately
3. Check the ingredients to make sure they meet quality standards and other requirements
4. Choose the correct tools and equipment to prepare, cook and finish the product
5. Prepare and cook the ingredients to meet requirements
6. Ensure the pastry product has the correct colour, texture and finish
7. Present the pastry product to meet requirements
8. Ensure the pastry product is at the correct temperature for holding and serving
9. Store any cooked pastry product 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 pastry product and their characteristics
2. How to store raw ingredients before preparation and cooking
3. How to select the correct type, quality and quantity of ingredients to meet product requirements
4. What you should do if there are problems with the ingredients
5. What the correct tools and equipment are to carry out the required preparation and cooking methods
6. How to carry out each of the preparation and cooking methods according to recipe requirements
7. Why it is important to use the correct tools, knives, equipment and techniques when preparing and cooking complex pastry products
8. The correct temperatures for cooking each type of complex pastry product and why these temperatures are important
9. How to identify when pastry products have the correct colour, texture and finish
10. Common faults with complex pastry products and how to minimise and correct them
11. How the use of different ingredients can affect the flavour of pastry
12. Current trends in relation to complex pastry products
13. How to store complex pastry products
14. Healthy eating options when preparing and cooking complex pastry products

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Scope/range

1. Pastry product

- 1.1 short
- 1.2 sweet
- 1.3 suet
- 1.4 choux
- 1.5 puff / flaky
- 1.6 sable
- 1.7 convenience
- 1.8 hot water paste

2. Preparation and cooking methods

- 2.1 weighing / measuring
- 2.2 sifting
- 2.3 rubbing in
- 2.4 creaming
- 2.5 kneading
- 2.6 resting
- 2.7 aerating
- 2.8 conditioning / chilling
- 2.9 piping
- 2.10 laminating
- 2.11 rolling
- 2.12 folding
- 2.13 lining / moulding
- 2.14 trimming
- 2.15 baking
- 2.16 combining cooking methods

3. Finishing methods

- 3.1 glazing
- 3.2 lattice
- 3.3 piping
- 3.4 quadrillage
- 3.5 scoring
- 3.6 moulding
- 3.7 filling

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