

Process dried ingredients prior to cooking

Overview

This standard is about processing dried ingredients prior to cooking.

Dishes that may require this process include some Asian dishes or the use of dried mushrooms in a risotto. It covers different types of dried ingredients including meat, fish, shellfish, vegetables and fungi. The standard includes portioning, re-hydrating and combining with other ingredients as the processing methods.

This standard focuses on the technical knowledge and skills required to process dried ingredients prior to cooking; 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 basic food safety in catering
- Ensure food safety practices are followed in the preparation and serving of food and drink
- Provide basic advice on allergens to customers
- 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:

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Performance criteria

You must be able to:

1. Check the dried foods meet dish requirements
2. Choose the correct tools and equipment to process dried ingredients prior to cooking
3. Use the tools and equipment correctly when processing dried ingredients prior to cooking
4. Re-hydrate dried foods in the correct manner to meet dish requirements
5. Ensure the re-hydrated food has the correct flavour, colour, texture and quantity
6. Remove non-edible parts of the re-hydrated food
7. Ensure the re-hydrated food is held ready for combining with other ingredients in a way which preserves its colour, consistency and flavour
8. Store any re-hydrated food 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 dried ingredients to meet dish requirements
2. What quality points to look for in dried ingredients
3. What you should do if there are problems with the dried ingredients
4. How to carry out the required preparation methods according to dish requirements
5. How to minimise and correct common faults when using dried ingredients
6. How to identify when dried ingredients have the correct colour, flavour, texture and quantity once re-hydrated
7. The correct temperatures for holding and storing dried ingredients
8. How to store un-cooked, re-hydrated ingredients

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Scope/range

1. Dried foods

- 1.1 dried meat
- 1.2 dried fish and shellfish
- 1.3 dried vegetables and funghi

2. Preparation methods

- 2.1 cleaning
- 2.2 soaking
- 2.3 washing
- 2.4 straining



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