

## Prepare, cook and finish noodle dishes

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### Overview

This standard is about preparing, cooking and finishing fresh noodles, dried noodles and noodle dishes.

Both fresh and dried noodles are included in the standard and a range of preparation and cooking methods associated with noodles.

The preparation and cooking techniques covered include:

- portioning
- boiling
- soaking
- combining cooking methods

This standard focuses on the technical knowledge and skills required to prepare, cook and finish noodle dishes; 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
- Maintain food safety in a kitchen environment
- 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:

- Prepare, cook and finish basic noodle dishes

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## Performance criteria

You must be able to:

1. Check the noodles and other ingredients meet dish requirements
2. Choose and use the correct tools and equipment correctly for preparing, cooking and finishing noodle dishes
3. Prepare and cook the noodles and other ingredients to meet dish requirements
4. Ensure the noodle dish has the correct flavour, colour, texture and quantity
5. Present and garnish the noodle dish to meet requirements
6. Ensure the noodle dish is at the correct temperature for holding and serving
7. Store any cooked noodle dishes 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 noodle dishes and their characteristics
2. How to select the correct type, quality and quantity of noodles and other ingredients to meet dish requirements
3. What quality points to look for in noodles
4. Why and to whom you should report any problems with the noodles or other ingredients
5. The correct tools and equipment to carry out the required preparation and cooking methods
6. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
7. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing noodle dishes
8. The correct temperatures for cooking noodles and why these temperatures are important
9. How to check and adjust noodle dishes to make sure they have the correct colour, flavour, texture and quantity
10. The correct temperature for holding and serving noodle dishes
11. How to store uncooked, dried and fresh noodles
12. How to store cooked noodles and noodle dishes
13. Healthy eating options when preparing, cooking and finishing noodle dishes

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**Scope/range**

**1. Noodles**

- 1.1 fresh noodles
- 1.2 dried noodles

**2. Preparation methods**

- 2.1 soaking
- 2.2 blanching
- 2.3 straining
- 2.4 mixing

**3. Cooking methods**

- 3.1 boiling
- 3.2 steaming
- 3.3 deep frying
- 3.4 wok frying
- 3.5 combining cooking methods

**4. Finishing methods**

- 4.1 garnishing
- 4.2 presenting



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