

## Prepare, cook and finish dim sum

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### Overview

This standard is about preparing from raw ingredients, cooking and finishing the most common dim sum dishes.

The standard looks at various preparation methods and then how to cook and finish dim sum dishes.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish dim sum; 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 dim sum dishes

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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, fill and assemble dim sum
4. Use tools, knives and equipment correctly when preparing, filling and assembling dim sum
5. Prepare and combine ingredients to meet the requirements of the dish
6. Fill dough and wrappers with the correct amount of filling
7. Shape dim sum to the required standard
8. Cook dim sum using the appropriate cooking method
9. Ensure the product has the correct colour, texture, quantity and finish
10. Ensure the product is at the correct temperature for holding and storing
11. Store any cooked 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 quality points to look for in the ingredients
3. Why and to whom you should report any problems with the ingredients
4. What the correct tools and equipment are and the reasons for using them when carrying out the required preparation and cooking methods
5. What preparation and cooking methods are appropriate to each type of dim sum products
6. How to carry out each of the preparation methods according to product requirements
7. How to identify when dim sum fillings have the correct colour, flavour, texture and quantity
8. The quality points relating to prepared dim sum dough and won ton wrapper products
9. How to minimise and correct common faults with dim sum fillings, dough and wrappers
10. How to control portion sizes and minimise waste
11. The correct temperatures for storing dim sum fillings not for immediate use
12. How to store dim sum fillings
13. The storage/holding requirements and ideal conditions for processed dim sum dough and won ton wrapper products and what precautions should be taken when storing them
14. Healthy eating options when preparing and cooking dim sum
15. The effects of various temperatures and humidity on the ingredients used
16. The quality points relating to finished dim sum dough and wrappers
17. The quality points relating to finished dim sum products

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**Scope/range**

**1. Ingredients**

- 1.1 raw fish and shellfish
- 1.2 raw meat and poultry
- 1.3 vegetables and vegetable products
- 1.4 seasonings and sauces
- 1.5 dried ingredients

**2. Dough and wrappers**

- 2.1 dough
- 2.2 won ton wrappers
- 2.3 pastry based casing
- 2.4 cheung fun

**3. Dim sum**

- 3.1 encased in dough
- 3.2 encased in won ton wrappers
- 3.3 cheung fun based
- 3.4 pastry based

**4. Preparation methods**

- 4.1 weighing/measuring
- 4.2 chopping
- 4.3 mixing
- 4.4 mixing/kneading
- 4.5 shaping
- 4.6 combining with fats
- 4.7 sealing
- 4.8 portioning

**5. Cooking methods**

- 5.1 steaming
- 5.2 boiling
- 5.3 frying
- 5.4 baking
- 5.5 combining cooking methods

**6. Finishing methods**

- 6.1 portioning
- 6.2 garnishing
- 6.3 adding accompaniments

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