

Prepare and present food for cold presentation

Overview

This standard is about preparing and presenting cold products such as salads, bread products, pies, pâtés and cured meats. It also covers the holding of such foods to maintain effective food safety.

The food products covered include:

- bread products such as bread and rolls
- salads
- pre-prepared pies
- cooked meats
- fish
- pre-prepared terrines
- pre-prepared pâtés
- cured meats
- shellfish
- basic vinaigrette and cold sauces

This standard focuses on the technical knowledge and skills required to prepare and present food for cold presentation; 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:

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Performance criteria

You must be able to:

1. Select the type and quantity of food products and garnish ingredients required for preparation
2. Check the food products and garnish ingredients meet quality and other requirements
3. Choose the correct tools, knives and equipment to prepare and present the food for cold presentation
4. Use the tools, knives and equipment correctly when preparing and presenting the food
5. Prepare food products to meet the requirements of the dish
6. Ensure food products have the correct flavour, colour, texture and quantity
7. Garnish and present the food products to meet requirements
8. Store any prepared food products and garnish 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 make sure that the food products and garnish ingredients meet requirements
2. What quality points to look for in the presentation of cooked, cured and prepared foods
3. Why and to whom you should report any problems with the food items for cold presentation
4. The correct tools, knives and equipment to carry out the required preparation methods
5. Why it is important to use the correct techniques, tools, knives and equipment when preparing food for cold presentation
6. How to prepare the food products and garnish ingredients for cold presentation
7. How to produce basic vinaigrette and cold sauces
8. How to finish and garnish food products for cold presentation
9. How to check and adjust food products to make sure they have the correct colour, flavour, texture and quantity
10. Why time and temperature are important when preparing cooked, cured and prepared food for presentation
11. Why cooked, cured and prepared foods should be stored at the required temperature before presentation
12. Healthy eating options when preparing and presenting food for cold presentation

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Scope/range

1. Food products

- 1.1 bread products
- 1.2 salads
- 1.3 pre-prepared pies
- 1.4 cooked red/white meat
- 1.5 fish
- 1.6 pre-prepared terrines
- 1.7 pre-prepared pâtés
- 1.8 cured meats
- 1.9 shellfish
- 1.10 vinaigrette
- 1.11 cold sauces

2. Garnish ingredients

- 2.1 fruit
- 2.2 vegetables
- 2.3 herbs

3. Preparation methods

- 3.1 slicing
- 3.2 dressing
- 3.3 garnishing
- 3.4 portioning
- 3.5 whisking
- 3.6 combining ingredients

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