

Prepare, cook and finish basic cold and hot desserts

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## Overview

This standard is about cooking and finishing basic hot and cold desserts including:

- ice cream
- chocolate mousse
- sticky toffee pudding
- creme caramel
- apple pie
- lemon cheesecake
- trifle.

The standard covers the preparation methods and cooking methods associated with desserts and then goes onto how to finish a hot or cold dessert.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish basic cold and hot desserts; 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 hot and cold desserts

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## Performance criteria

You must be able to:

1. Select the type and quantity of ingredients required for preparation
2. Check the ingredients meet quality and other requirements
3. Choose the correct tools and equipment required to prepare, cook and finish the dessert
4. Use the tools and equipment correctly when preparing, cooking and finishing the dessert
5. Prepare the ingredients to meet the requirements of the dessert
6. Cook the ingredients to meet the requirements of the dessert
7. Ensure the dessert has the correct flavour, colour, texture, quantity and finish
8. Finish and present the dessert to meet requirements
9. Ensure the dessert is at the correct temperature for holding and serving
10. Store any cooked desserts 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 cold and hot desserts and their characteristics
2. How to make sure that the ingredients meet product requirements
3. What quality points to look for in cold and hot desserts
4. Why and to whom you should report any problems with the 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 product requirements
7. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing desserts
8. The correct times and temperatures for cooking desserts and why these temperatures are important
9. How to check and adjust a dessert make sure it has the correct colour, flavour, texture quantity and finish
10. The correct temperatures and conditions for holding and serving desserts
11. The correct temperatures and procedures for storing desserts not for immediate use
12. Healthy eating options when preparing, cooking and finishing desserts

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**Scope/range**

**1. Dessert**

- 1.1 ice cream
- 1.2 mousse
- 1.3 egg based
- 1.4 batter based
- 1.5 sponge based
- 1.6 fruit based
- 1.7 pastry based
- 1.8 set desserts

**2. Preparation methods**

- 2.1 slicing
- 2.2 creaming
- 2.3 folding
- 2.4 moulding
- 2.5 mixing
- 2.6 aeration
- 2.7 addition of flavours / colours
- 2.8 puréeing
- 2.9 combining
- 2.10 portioning
- 2.11 chilling

**3. Cooking methods**

- 3.1 boiling / poaching
- 3.2 stewing
- 3.3 baking
- 3.4 combination cooking
- 3.5 steaming
- 3.6 frying

**4. Finishing methods**

- 4.1 filling
- 4.2 glazing
- 4.3 piping
- 4.4 garnishing



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