

Prepare, cook and finish basic grain dishes

Overview

This standard is about preparing, cooking and finishing basic grain dishes, for example:

- grain salads
- buckwheat pancakes
- polenta dishes
- bulgur tabouleh
- cous cous side dishes
- crumble toppings (sweet or savoury) using oats
- quinoa salads

The standard covers a range of types of grains including oats, millet, cous cous and quinoa amongst others. Preparation and cooking methods are also covered along with how to finish a basic grain dish.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish basic grain 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 grain dishes

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Performance criteria

You must be able to:

1. Select the type and quantity of grains and other ingredients required for preparation
2. Check the grains and other ingredients meet quality and other requirements
3. Choose the correct tools and equipment required to prepare, cook and finish the grain dish
4. Use the tools and equipment correctly when preparing, cooking and finishing the grain dish
5. Prepare the ingredients to meet the requirements of the grain dish
6. Cook the ingredients to meet the requirements of the grain dish
7. Ensure the grain dish has the correct flavour, colour, texture, and quantity
8. Finish and present the grain dish to meet requirements
9. Ensure the grain dish is at the correct temperature for holding and serving
10. Store any cooked grain 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. Different types of grain and their characteristics
2. Other foods for which grains can be used as a substitute
3. How to make sure that the grain and other ingredients meet product requirements
4. What quality points to look for in grain
5. Why and to whom you should report any problems with the grains or other ingredients.
6. The correct tools and equipment to carry out the required preparation and cooking methods
7. How to carry out each of the preparation, cooking and finishing methods according to product requirements
8. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing grain dishes
9. The correct temperatures for cooking grain dishes and why these temperatures are important
10. How to check and adjust a grain dishes to make sure it has the correct colour, flavour, texture and quantity
11. The correct temperatures for holding and serving grain dishes
12. The correct temperatures and procedures for storing grain dishes not for immediate use
13. Healthy eating options when preparing, cooking and finishing grain dishes

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Scope/range

1. Grains

- 1.1 barley (pearl / pot)
- 1.2 buckwheat
- 1.3 corn / maize (polenta)
- 1.4 oats
- 1.5 millet
- 1.6 wheat (bulgur / semolina / cous cous)
- 1.7 quinoa

2. Preparation and cooking methods

- 2.1 soaking
- 2.2 boiling
- 2.3 leaving covered
- 2.4 baking

3. Finishing methods

- 3.1 garnishing
- 3.2 adding accompaniments
- 3.3 presenting
- 3.4 combining with other ingredients

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