

## Prepare, cook and finish basic egg dishes

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### Overview

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

- scrambled eggs
- eggs benedict
- omelettes
- Scotch eggs
- baked eggs
- egg custard
- meringue
- ice cream

The standard covers a range of preparation and cooking methods associated with basic egg dishes.

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

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### Performance criteria

You must be able to:

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

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**Scope/range**

**1. Preparation**

- 1.1 whisking
- 1.2 mixing
- 1.3 folding

**2. Cooking methods**

- 2.1 frying
- 2.2 griddling
- 2.3 poaching
- 2.4 baking
- 2.5 scrambling
- 2.6 bain marie
- 2.7 cooling/freezing

**3. Finishing Methods**

- 3.1 garnishing
- 3.2 saucing
- 3.3 presenting

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