

Prepare, cook and finish basic pulse dishes

Overview

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

- falafel
- hummus
- bean burgers
- lentil fritters or loaves

The standard covers a range of types of pulses, the preparation of them and how to cook them.

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

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Performance criteria

You must be able to:

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

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Scope/range

1. Pulses

1.1 beans

1.2 peas

1.3 lentils

2. Preparation methods

2.1 soaking and washing

2.2 peeling / shelling

3. Cooking Methods

3.1 boiling

3.2 braising

3.3 steaming

3.4 stewing

3.5 pureeing

3.6 deep frying

3.7 baking

3.8 combining cooking methods

4. Finishing Methods

4.1 garnishing

4.2 saucing

4.3 presenting

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Developed by People 1st

Version Number 2

Date Approved February 2016

Indicative Review Date March 2021

Validity Current

Status Original

Originating Organisation People 1st

Original URN PPL 2FPC6/16

Relevant Occupations Chef; Cook; Kitchen Assistant

Suite Hospitality - Professional Cookery

Keywords prepare, cook, finish, basic, pulse
