

Prepare, cook and finish basic rice dishes

Overview

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

- egg fried rice
- risotto
- pilaff/pilau
- kedgeree
- stir fry
- dolmades
- rice pudding
- sushi

The standard covers several types of rice, used in both sweet and savoury dishes and the associated preparation and cooking techniques.

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

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Performance criteria

You must be able to:

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

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Scope/range

1. Rice

- 1.1 long
- 1.2 short
- 1.3 round
- 1.4 brown

2. Preparation methods

- 2.1 soaking
- 2.2 washing

3. Cooking methods

- 3.1 boiling
- 3.2 frying
- 3.3 braising
- 3.4 steaming
- 3.5 stewing
- 3.6 baking
- 3.7 microwaving

4. Finishing methods

- 4.1 garnishing
- 4.2 presenting

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