

Cook and finish basic offal dishes

Overview

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

- sautéed kidneys
- braised liver
- steak and kidney pie
- pâté

The standard covers a range of types of offal including liver and kidneys along with several cooking methods. The standard then goes into how you finish a basic offal dish.

This standard focuses on the technical knowledge and skills required to cook and finish basic offal 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:

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Performance criteria

You must be able to:

1. Check the offal meets dish requirements
2. Choose the correct tools and equipment to cook and finish the offal
3. Use the tools and equipment correctly when cooking and finishing the offal
4. Combine the offal with other ingredients
5. Cook the offal to meet the requirements of the dish
6. Ensure the dish has the correct colour, flavour, consistency and quantity
7. Garnish and present the dish to meet requirements
8. Ensure the dish is at the correct temperature for holding and serving
9. Store any cooked offal not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. How to check the offal meets dish requirements
2. What quality points to look for in a range of offal
3. What you should do if there are problems with the offal or other ingredients
4. The correct tools and equipment to carry out the required cooking methods
5. Why it is important to use the correct tools and equipment
6. How to carry out the cooking methods according to dish requirements
7. Why it is important to use the correct cooking and finishing methods for each type of offal
8. The correct temperatures for cooking offal and why these temperatures are important
9. How to carry out the finishing methods
10. How to check and adjust an offal dish to make sure it has the right flavour, colour, consistency and quantity
11. The correct temperatures for holding and serving offal dishes
12. The correct temperatures and procedures for storing offal dishes not for immediate use
13. Healthy eating options when cooking and finishing offal

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Scope/range

1. Offal

- 1.1 liver
- 1.2 kidney
- 1.3 other

2. Cooking methods

- 2.1 grilling
- 2.2 griddling
- 2.3 shallow frying
- 2.4 boiling
- 2.5 braising
- 2.6 poaching
- 2.7 combining cooking methods
- 2.8 baking
- 2.9 steaming
- 2.10 'bain marie'
- 2.11 sautéing

3. Finishing Methods

- 3.1 garnishing
- 3.2 saucing
- 3.3 presenting

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