

## Prepare and cook eggs

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### Overview

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

- fried eggs
- scrambled eggs
- boiled eggs
- poached eggs

The preparation and cooking techniques covered include:

- cracking
- beating
- seasoning
- boiling
- shallow frying
- griddling
- scrambling
- poaching

This standard focuses on the technical knowledge and skills required to prepare and cook eggs; 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 and cook eggs

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### Performance criteria

You must be able to:

1. Check that the eggs and other ingredients are fit for cooking
2. Choose the right tools and equipment to prepare and cook eggs
3. Use the tools and equipment correctly when preparing and cooking eggs
4. Prepare the eggs to meet requirements
5. Cook the eggs as required
6. Finish the eggs as required
7. Ensure the eggs are at the right temperature for holding and serving
8. Store any eggs 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 store raw eggs
2. How to check raw eggs are fit for preparation and cooking
3. Why and to whom you should report any problems with eggs or other ingredients
4. The right tools and equipment to carry out the preparation and cooking methods
5. Why it is important to use the correct tools and equipment
6. How to use the preparation and cooking methods
7. How to tell if eggs are properly cooked
8. The correct temperatures for holding and serving cooked eggs
9. The correct storage requirements for eggs not for immediate consumption

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**Scope/range**

**1. Preparation methods**

- 1.1 cracking
- 1.2 beating
- 1.3 seasoning

**2. Cooking methods**

- 2.1 boiling
- 2.2 shallow frying
- 2.3 griddling
- 2.4 scrambling
- 2.5 poaching

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