

Prepare and cook grain

Overview

This standard is about preparing, cooking and finishing simple grain dishes, including the use of the following ingredients:

- barley (pearl)
- oats
- wheat (cous cous)

You will use the following preparation and cooking methods:

- boiling
- leaving covered
- soaking
- straining
- braising
- shallow frying

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

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Performance criteria

You must be able to:

1. Check that the grain is fit for cooking
2. Choose the right tools and equipment to prepare and cook grain
3. Use the tools and equipment correctly when preparing and cooking grain
4. Prepare the grain to meet requirements
5. Cook the grain as required
6. Finish the grain as required
7. Ensure the grain is at the right temperature for holding and serving
8. Store any grain 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 uncooked grain
2. How to check the grain to make sure it is fit for preparation and cooking
3. Why and to whom you should report any problems with the grains or other ingredients
4. The right tools and equipment for 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. The correct cooking times and processes for grain
8. Correct temperatures for holding and serving cooked grain
9. The correct storage requirements for basic grain dishes not for immediate consumption

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Scope/range

1. Grain

1.1 barley (pearl)

1.2 oats

1.3 wheat (bulgar, semolina, cous cous)

1.4 quinoa

2. Preparation and cooking methods

2.1 boiling

2.2 leaving covered

2.3 soaking

2.4 straining

2.5 braising

2.6 shallow frying

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