

Prepare and cook pulses

Overview

This standard is about preparing and cooking simple pulse dishes.

The standard covers the following types of pulses:

- beans (for example, kidney beans, adzuki, pinto and butter beans)
- peas (for example chick peas, split peas)
- lentils (for example red, split lentils)

You will use the following preparation and cooking methods:

- washing
- soaking
- boiling
- steaming
- braising
- baking

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

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Performance criteria

You must be able to:

1. Check that the pulses are fit for cooking
2. Choose the right tools and equipment to prepare and cook pulses
3. Use the tools and equipment correctly when preparing and cooking pulses
4. Prepare the pulses to meet requirements
5. Cook the pulses as required
6. Finish the pulses as required
7. Ensure the pulses are at the right temperature for holding and serving
8. Store any pulses 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 pulses
2. How to check the pulses to make sure they are fit for preparation and cooking
3. Why and to whom you should report any problems with the pulses 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. How to tell if pulses are properly cooked
8. The correct temperatures for holding and serving cooked pulses
9. The correct storage requirements for pulses not for immediate consumption

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Scope/range

1. Pulses

1.1 beans

1.2 peas

1.3 lentils

2. Preparation and cooking methods

2.1 washing

2.2 soaking

2.3 boiling

2.4 steaming

2.5 braising

2.6 baking



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