

Prepare and cook pasta

Overview

This standard is about preparing and cooking pasta.

The standard covers the following types of pasta:

- dried
- fresh bought in

You will use the following preparation and cooking methods:

- storing
- boiling
- blanching
- straining

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

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Performance criteria

You must be able to:

1. Check the pasta to make sure it is fit for preparation and cooking
2. Choose the right tools and equipment for preparing and cooking pasta
3. Use the tools and equipment correctly when preparing and cooking pasta
4. Prepare the pasta to meet requirements
5. Cook the pasta as required
6. Finish the pasta as required
7. Ensure the pasta is at the right temperature for holding and serving
8. Store cooked pasta not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. The different names and shapes of pasta that may be used
2. How to check pasta to make sure it is fit for preparation and cooking
3. Why and to whom you should report any problems with the pasta or other ingredients
4. The right temperatures and cooking times for different types of pasta
5. The right tools and equipment for the preparation methods
6. How to prepare pasta using the correct preparation methods
7. The right tools and equipment for the cooking methods
8. Why it is important to use the correct tools and equipment
9. How to carry out the cooking methods correctly
10. How to identify when cooked pasta has the correct texture
11. Why it is important not to overcook pasta
12. The correct temperatures for holding and serving pasta
13. The correct storage requirements for pasta not for immediate consumption

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Scope/range

1. Pasta

1.1 dried

1.2 fresh bought in

2. Preparation methods

2.1 blanch

2.2 strain

3. Cooking methods

3.1 boil

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