

## Prepare and cook rice

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### Overview

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

- boiled rice
- steamed jasmine rice
- braised rice

The standard covers the following types of rice:

- long
- short

You will use the following preparation and cooking methods:

- washing
- steaming
- boiling
- straining
- braising

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

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### Performance criteria

You must be able to:

1. Check that the rice is fit for cooking
2. Choose the right tools and equipment for preparing and cooking rice
3. Use the tools and equipment correctly when preparing and cooking rice
4. Prepare the rice to meet requirements
5. Cook the rice as required
6. Ensure the rice is at the right temperature for holding and serving
7. Store any rice not for immediate use in line with food safety regulations, if permitted in your organisation

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### Knowledge and understanding

You need to know and understand:

1. How to store uncooked rice
2. How to check the rice to make sure it is fit for preparation and cooking
3. What you should do if there are problems with the rice
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 rice is properly cooked
8. The correct temperatures for holding and serving cooked rice
9. The correct storage requirements for rice not for immediate consumption

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**Scope/range**

**1. Rice**

1.1 long

1.2 short

**2. Preparation and cooking methods**

2.1 washing

2.2 steaming

2.3 boiling

2.4 braising

2.5 straining

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