

## Produce products from pre-mixed ingredients

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### Overview

This standard is about how you produce, cook and finish basic products from pre-mixed ingredients. It covers how you would safely prepare the products, appropriate cooking methods and finishing and presentation skills.

This standard focuses on the technical knowledge and skills required to produce products from pre-mixed ingredients; 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:

- Produce products from pre-mixed ingredients

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## Performance criteria

You must be able to:

### **Prepare pre-mixed ingredients**

1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard
2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
3. Check that all ingredients meet the product, portions, food safety and your workplace requirements
4. Prepare the ingredients to meet dish requirements
5. Label and store products not for immediate use according to workplace and food safety requirements

### **Cook, finish and present products from pre-mixed ingredients**

6. Check that all ingredients meet the product, portions, food safety and your workplace requirements
7. Cook the ingredients to meet dish requirements
8. Ensure the finished product has the correct colour, texture and flavour
9. Check that the product is cooked and held at the correct temperature
10. Present and finish the product to meet customer and your workplace requirements
11. Store any cooked products not for immediate use according to workplace and food safety requirements

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## Knowledge and understanding

You need to know and understand:

### **Prepare pre-mixed ingredients**

1. Safe and hygienic working practices when preparing products from pre-mixed ingredients
2. How to check that the ingredients meet your workplace requirements and are fit for use, of the correct quality and quantity
3. Why and to whom you should report any problems with the ingredients
4. Why it is essential that ovens should be at the correct temperature before baking commences
5. How to carry out the relevant preparation, cooking and finishing methods for each dish
6. The correct storage requirements for products made from pre-mixed ingredients not for immediate consumption

### **Cook, finish and present products from pre-mixed ingredients**

7. Healthy eating options when preparing, cooking and finishing products from pre-mixed ingredients
8. How to present products from pre-mixed ingredients in a way that meets your customers' high expectations and your workplace standards
9. The correct storage requirements for products made from pre-mixed ingredients not for immediate consumption
10. The types of unexpected situations that may occur when preparing, cooking and finishing products from pre-mixed ingredients and how to deal with these

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**Scope/range**

**1. Ingredients**

- 1.1 pre-prepared pastry
- 1.2 cake/sponge mixes
- 1.3 scone mix
- 1.4 dough mix
- 1.5 biscuit mix
- 1.6 tray-bake mix

**2. Basic preparation methods**

- 2.1 mixing
- 2.2 kneading
- 2.3 greasing
- 2.4 creaming/beating
- 2.5 lining
- 2.6 melting
- 2.7 glazing
- 2.8 portioning
- 2.9 rolling
- 2.10 shaping
- 2.11 cutting

**3. Basic cooking methods**

- 3.1 baking
- 3.2 deep frying

**4. Basic finishing methods**

- 4.1 dusting / sprinkling / dredging
- 4.2 filling
- 4.3 piping
- 4.4 spreading / coating
- 4.5 glazing
- 4.6 trimming

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<b>Developed by</b>	People 1st
<b>Version Number</b>	2
<b>Date Approved</b>	February 2016
<b>Indicative Review Date</b>	March 2021
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	People 1st
<b>Original URN</b>	PPL 2PR16
<b>Relevant Occupations</b>	Cook; Chef; Kitchen Assistant
<b>Suite</b>	Food Production and Cooking
<b>Keywords</b>	flour, dough, tray, baked

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