

## Produce cold starters and salads

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### Overview

This standard is about producing basic cold starters and salads. It covers how you would safely prepare the dishes, finishing, dressing and presentation skills.

This standard focuses on the technical knowledge and skills required to produce cold starters and salads; 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 basic cold starters and salads

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**Performance criteria**

You must be able to:

**Produce cold starters and salads**

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 dish, food safety and your workplace requirements
4. Prepare and combine the ingredients to meet dish requirements
5. Check the finished dish has the correct colour, texture, consistency and flavour
6. Present and finish the dish to meet customer and your workplace requirements
7. Store any ingredients not for immediate use according to workplace and food safety requirement

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## Knowledge and understanding

You need to know and understand:

### **Prepare cold starters and salads**

1. Safe and hygienic working practices when preparing cold starters and salads
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 ingredients
4. How to carry out the relevant preparation and finishing methods for each dish and which accompaniments or dressings are suitable for each dish
5. Healthy eating options when preparing and finishing cold starters and salads
6. How to present cold starters and salads in a way that meets your customers' high expectations and your workplace standards
7. The correct storage requirements for ingredients not for immediate consumption
8. The types of unexpected situations that may occur when preparing and finishing cold starters and salads

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**Scope/range**

**1. Food products**

- 1.1 Cooked / cured meats and meat products
- 1.2 fish and shellfish and fish products
- 1.3 cheese and dairy products
- 1.4 cold dressings / sauces / dips
- 1.5 salad / vegetables / fruit
- 1.6 bread products
- 1.7 pastry products

**2. Preparation and finishing methods**

- 2.1 washing
- 2.2 slicing
- 2.3 de-frosting
- 2.4 portioning
- 2.5 combining ingredients
- 2.6 garnishing
- 2.7 adding an accompaniment
- 2.8 presenting
- 2.9 dressing

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