

Produce basic cereal, pulse and grain dishes

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## Overview

This standard is about producing, cooking and finishing basic cereal, pulse and grain dishes. It covers how you would safely prepare the dish, appropriate cooking methods and finishing and presentation skills, e.g. risotto. It also covers the cooking and finishing of pulses and grains in a simple form, e.g. boiled or steamed.

This standard focuses on the technical knowledge and skills required to produce basic cereal, pulse and grain dishes; 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 cereal, pulse and grain dishes

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## Performance criteria

You must be able to:

### **Produce basic cereal, pulse and grain dishes**

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 cook the ingredients to meet dish requirements
5. Check the finished cereal, pulse or grain dish has the correct colour, texture, consistency and flavour
6. Check that the dish is cooked and held at the correct temperature
7. Present and finish the dish to meet customer and your workplace requirements
8. Store any cooked cereal, pulse and grain dishes not for immediate use according to workplace and food safety requirements

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## Knowledge and understanding

You need to know and understand:

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1. Safe and hygienic working practices when preparing, cooking, cooling and finishing basic cereal, pulse and grain dishes
2. How to check that the cereal, pulse and grain and other 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 cereal, pulse and grains or other ingredients
4. How to carry out the relevant preparation, cooking and finishing methods for each dish and which cereal, pulse and grain are suitable for each method of cooking
5. Healthy eating options when preparing, cooking and finishing basic cereal, pulse and grain dishes
6. How to present basic cereal, pulse and grain dishes in a way that meets your customers' high expectations and your workplace standards
7. The correct cooling and storage requirements for basic cereal, pulse and grain products not for immediate consumption
8. The types of unexpected situations that may occur when preparing, cooking and finishing basic cereal, pulse and grain products and how to deal with them

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**Scope/range**

**1. Ingredients**

- 1.1 cereals (rice / wheat / barley / rye / oats / corn)
- 1.2 pulses (peas / beans / soya / lentils)
- 1.3 grains (polenta / quinoa / buckwheat)

**2. Preparation and cooking methods**

- 2.1 soaking / washing
- 2.2 boiling
- 2.3 braising
- 2.4 steaming
- 2.5 frying
- 2.6 baking
- 2.7 microwaving

**3. Finishing methods**

- 3.1 garnishing
- 3.2 adding an accompaniment
- 3.3 presenting

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