

Unit DR9W 04 (2FPC12) Prepare, cook and finish basic grain dishes

This Unit has the following element:

Element 1 (2FPC12.1) Prepare, cook and finish basic grain dishes

Candidate Name:

Assessment Centre:

I have completed the requirements of this Unit.

Candidate signature: _____ **Date:** _____

I can confirm the candidate has completed all requirements of this Unit.

Assessor signature: _____ **Date:** _____

Assessor counter signature:
(where applicable) _____ **Date:** _____

IV signature: _____ **Date:** _____

IV counter signature:
(where applicable) _____ **Date:** _____

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Unit Summary

This Unit is about preparing, cooking and finishing basic grain dishes, for example:

- ◆ grain salads
- ◆ buckwheat pancakes
- ◆ polenta dishes
- ◆ bulgar tabouleh
- ◆ cous cous side dishes
- ◆ crumble toppings (sweet or savoury) using oats
- ◆ quinoa salads, toppings or baked layers

The types of grain covered are:

- ◆ pearl and pot barley
- ◆ buckwheat
- ◆ corn/maize (polenta)
- ◆ oats
- ◆ round
- ◆ millet
- ◆ wheat — bulgar, semolina, cous cous
- ◆ quinoa

The preparation and cooking techniques covered include:

- ◆ soaking
- ◆ boiling
- ◆ leaving covered
- ◆ baking

The typical day-to-day activities you might carry out for this Unit include:

- ◆ checking grain and other ingredients meet dish requirements
- ◆ selecting tools and equipment for preparation and cooking
- ◆ preparing and cooking the grain and other ingredients
- ◆ making sure the grain meets dish requirements such as flavour, colour, texture and quantity
- ◆ straining and moulding the dish
- ◆ finishing the dish according to requirements
- ◆ making sure the dish is held at the correct temperature
- ◆ storing cooked grain dishes not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony Note: For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.		
①	Check the grain and other ingredients to make sure they meet dish requirements	
②	Choose and use the tools and equipment correctly	
③	Prepare and cook the grain and other ingredients to meet requirements	
④	Strain and mould the grain as required	
⑤	Make sure the grain dish has the correct flavour, colour, texture and quantity	
⑥	Finish and present the grain dish to meet requirements	
7	Make sure the grain dish is at the correct temperature for holding and serving	
8	Safely store any cooked grain dishes not for immediate use	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Grain, at least four required from the following:</i>						
barley (pearl and pot)						
buckwheat						
corn/maize (polenta)						
oats						
millet						
wheat (bulgar, semolina, cous cous)						
quinoa						
<i>Preparation and cooking methods, at least three required from the following:</i>						
soaking						
boiling						
leaving covered						
baking						

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Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

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What you must know for the Unit	
For the whole Unit	
K1	Other foods for which grains can be used as a substitute
K2	How to check that grain and other ingredients meet dish requirements
K3	<p>What quality points to look for in grain:</p> <ul style="list-style-type: none"> ◆ barley (pearl and pot) ◆ buckwheat ◆ corn/maize (polenta) ◆ oats ◆ millet ◆ wheat <ul style="list-style-type: none"> — bulgar — semolina — cous cous ◆ quinoa
K4	What you should do if there are problems with the grain and other ingredients
K5	<p>The correct tools and equipment to carry out the following preparation and cooking methods:</p> <ul style="list-style-type: none"> ◆ soaking ◆ boiling ◆ straining and moulding ◆ leaving covered ◆ baking
K6	<p>How to carry out the following cooking methods according to dish requirements:</p> <ul style="list-style-type: none"> ◆ soaking ◆ boiling ◆ straining and moulding ◆ leaving covered ◆ baking
K7	Why it is important to use the correct tools, equipment and techniques
K8	How to finish grain dishes according to dish requirements
K9	How to identify when grain dishes have the correct colour, flavour, texture and quantity
K10	The correct temperatures for holding and serving grain dishes
K11	How to store cooked grain dishes
K12	Healthy eating options when making grain dishes

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Knowledge evidence retained

Assessor signature: _____ **Date:** _____

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Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

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Assessor Feedback