

Unit DR98 04 (2FPC6)

Prepare, cook and finish basic pulse dishes

This Unit has the following element:

Element 1 (2FPC6.1)

Prepare, cook and finish basic pulse 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:** _____

Unit Summary

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

- ◆ falafel
- ◆ hummus
- ◆ bean goulash
- ◆ bean rissoles
- ◆ lentil fritters or loaves

The pulses covered are:

- ◆ beans
- ◆ peas
- ◆ lentils

The preparation and cooking techniques covered include:

- ◆ soaking/washing
- ◆ boiling
- ◆ braising
- ◆ steaming
- ◆ deep frying
- ◆ stewing

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

- ◆ checking the pulses and other ingredients meet dish requirements
- ◆ selecting tools and equipment for preparation and cooking
- ◆ preparing and cooking pulses and other ingredients
- ◆ draining pulses
- ◆ making sure pulses meets dish requirements such as flavour, colour, texture and quantity
- ◆ making sure the dish is held at the correct temperature
- ◆ storing cooked pulse 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 pulses and other ingredients meet dish requirements	
②	Choose and use tools and equipment correctly	
③	Prepare and cook the pulses and other ingredients to meet dish requirements	
④	Strain the pulses as required	
⑤	Make sure the pulse dish has the correct flavour, colour, texture and quantity	
⑥	Present the pulse dish to meet requirements	
7	Make sure the pulse dish is at the correct temperature for holding and serving	
8	Safely store any cooked pulse 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>Pulse, at least two required from the following:</i>						
beans						
peas						
lentils						
<i>Preparation and cooking methods, at least three required from the following:</i>						
soaking/washing						
boiling						
braising						
steaming						
deep frying						
stewing						

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

What you must know for the Unit	
For the whole Unit	
K1	How to check the pulses and other ingredients meet dish requirements
K2	What quality points to look for in pulses: <ul style="list-style-type: none"> ◆ beans ◆ peas ◆ lentils
K3	What you should do if there are problems with the pulse and other ingredients
K4	The correct tools and equipment to carry out the following preparation and cooking methods: <ul style="list-style-type: none"> ◆ soaking/washing ◆ boiling ◆ braising ◆ steaming ◆ deep frying ◆ stewing
K5	How to carry out the following cooking methods according to dish requirements: <ul style="list-style-type: none"> ◆ soaking/washing ◆ boiling ◆ braising ◆ steaming ◆ deep frying ◆ stewing
K6	Why it is important to use the correct tools, equipment and techniques
K7	How to identify when pulse dishes have the correct colour, flavour, texture and quantity
K8	The correct temperatures for holding and serving pulse dishes
K9	How to store cooked pulse dishes
K10	Healthy eating options when making pulse dishes

Knowledge evidence retained

Assessor signature: _____

Date: _____

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

Assessor Feedback