

Unit DR85 04 (3FPC12) Prepare, cook and finish complex hot desserts

This Unit has the following element:

Element 1 (3FPC12.1) Prepare, cook and finish complex hot desserts

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 DR85 04 (3FPC12) Prepare, cook and finish complex hot desserts

Unit Summary

This Unit is about preparing, cooking and finishing complex hot desserts such as:

- ◆ hot soufflés
- ◆ paste based desserts
- ◆ fruit based desserts
- ◆ sponge based desserts

The preparation, cooking and finishing techniques covered include:

- ◆ creaming
- ◆ folding
- ◆ aeration
- ◆ use of moulds
- ◆ incorporating fat
- ◆ separation/combining of colours, flavours and ingredients
- ◆ steaming
- ◆ deep fat frying
- ◆ bain-marie
- ◆ baking
- ◆ re-heating
- ◆ microwaving
- ◆ gratinating
- ◆ cooling
- ◆ piping
- ◆ de-moulding
- ◆ glazing
- ◆ portioning

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

- ◆ selecting ingredients
- ◆ using appropriate preparation methods
- ◆ storing products for future use
- ◆ using appropriate cooking and finishing methods
- ◆ finishing and decorating products

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Element 1 (3FPC12.1)

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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 | Select type and quantity of ingredients needed for the dessert | |
| ② | Check the ingredients to make sure they meet quality standards | |
| ③ | Choose and use the tools and equipment correctly | |
| ④ | Prepare and cook the ingredients to meet requirements | |
| ⑤ | Make sure the dessert has the correct colour, texture and finish | |
| ⑥ | Finish and present the dessert to meet requirements | |
| 7 | Make sure the dessert is at the correct temperature for holding and serving | |
| 8 | Safely store any dessert 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>Desserts, at least three required from the following:</i> | | | | | | |
| hot soufflés | | | | | | |
| paste based | | | | | | |
| fruit based desserts | | | | | | |
| sponge based desserts | | | | | | |
| <i>Preparation methods, at least five required from the following:</i> | | | | | | |
| creaming | | | | | | |
| folding | | | | | | |
| aeration | | | | | | |
| use of moulds | | | | | | |
| incorporating fat | | | | | | |
| separation/combining of colours, flavours/ingredients | | | | | | |
| <i>Cooking methods, at least four required from the following:</i> | | | | | | |
| steaming | | | | | | |
| deep fat frying | | | | | | |
| bain-marie | | | | | | |
| baking | | | | | | |
| microwaving | | | | | | |
| <i>Finishing methods, at least five required from the following:</i> | | | | | | |
| gratinate | | | | | | |
| cooling | | | | | | |
| pipng | | | | | | |
| de-moulding | | | | | | |
| glazing | | | | | | |
| portioning | | | | | | |

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

Unit DR85 04 (3FPC12)**Prepare, cook and finish complex hot desserts**

| | |
|--|---|
| What you must know for the Unit | |
| For the whole Unit | |
| K1 | What the quality points are relating to the main ingredients |
| K2 | How to control portions and minimise waste |
| K3 | The appropriate preparation methods for the different complex hot desserts |
| K4 | The effects of various temperatures and humidities on ingredients used |
| K5 | What the correct tools and equipment are and the reasons for using them when preparing complex hot desserts |
| K6 | The types of problems that may occur when preparing hot desserts and how to deal with these correctly |
| K7 | Which cooking methods relate to each type of complex hot dessert |
| K8 | How to minimise common faults |
| K9 | What the quality points are relating to the finished product |
| K10 | The finishing methods appropriate for each type of product |
| K11 | The types of problems that may occur when cooking hot desserts and how to deal with these correctly |
| K12 | Healthy eating options preparing and cooking complex hot desserts |

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 | | |

Assessor Feedback