

Unit DR83 04 (3FPC13) Prepare, cook and finish complex cold desserts

This Unit has the following element:

Element 1 (3FPC13.1) Prepare, cook and finish complex cold 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 DR83 04 (3FPC13) Prepare, cook and finish complex cold desserts

Unit Summary

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

- ◆ cheesecake
- ◆ mousses
- ◆ meringues
- ◆ sorbets

The preparation, cooking and finishing techniques covered include:

- ◆ creaming
- ◆ aeration
- ◆ combining
- ◆ sieving/passing
- ◆ pureeing
- ◆ folding
- ◆ addition of flavours/colours
- ◆ straining
- ◆ poaching
- ◆ baking
- ◆ boiling
- ◆ steaming
- ◆ de-moulding
- ◆ freezing
- ◆ refrigeration
- ◆ chilling
- ◆ stacking
- ◆ portioning
- ◆ cutting

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, processing and finishing methods
- ◆ finishing and decorating products

Unit DR83 04 (3FPC13)

Prepare, cook and finish complex cold desserts

Element 1 (3FPC13.1)

Prepare, cook and finish complex cold desserts

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 8, 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 the 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	Process the dessert to meet dish requirements	
⑥	Make sure the dessert has the correct colour, texture and finish	
⑦	Finish and present the dessert to meet requirements	
8	Make sure the dessert is at the correct temperature for holding and serving	
9	Safely store any dessert not for immediate use	

What you must cover (minimum requirement for observation in <i>italic</i> 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 four required from the following:</i>						
egg based set						
mousses/cold soufflés						
meringue based						
cheesecake						
paste based goods						
fruit/crème bavaois						
ice cream based/sorbet based						
<i>Preparation methods, at least five required from the following:</i>						
creaming						
aeration						
combining						
sieving/passing						
pureeing						
folding						
addition of flavours/colours						
straining						
<i>Cooking methods, at least two required from the following:</i>						
poaching						
baking						
boiling						
steaming						

Unit DR83 04 (3FPC13)

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Element 1 (3FPC13.1)

Prepare, cook and finish complex cold desserts (cont)

What you must cover (minimum requirement for observation in italic and bold) (cont) Evidence for the remaining points may be assessed through questioning or witness testimony	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
<i>Processing methods, at least three required from the following:</i>						
de-moulding						
freezing						
refrigeration						
chilling						
<i>Finishing methods, at least five required from the following:</i>						
cooling						
stacking						
glazing						
filling						
portioning						
cutting						
pipng						

Unit DR83 04 (3FPC13)**Prepare, cook and finish complex cold desserts****Element 1 (3FPC13.1)****Prepare, cook and finish complex cold desserts**

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

Unit DR83 04 (3FPC13)**Prepare, cook and finish complex cold desserts****What you must know for the Unit****For the whole Unit**

K1	What the correct tools and equipment are and the reasons for using them when preparing complex cold desserts
K2	How to control portions and minimise waste
K3	The appropriate preparation methods for the different complex cold desserts
K4	The types of problems that may occur when preparing cold desserts and how to deal with these correctly
K5	What the processing methods appropriate to each type of product are
K6	The quality points relating to processed and finished products
K7	How to adjust flavours and minimise common faults
K8	The types of problems that may occur when cooking and processing cold desserts and how to deal with these correctly
K9	Healthy eating options preparing and cooking complex cold desserts

Knowledge evidence retained

Assessor signature: _____

Date: _____

Unit DR83 04 (3FPC13)**Prepare, cook and finish complex cold desserts**

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

Assessor Feedback