



Higher National Unit Specification

General information

Unit title: Professional Cookery: Practical (SCQF level 7)

Unit code: J2LE 34

Superclass: NF

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Source: Scottish Qualifications Authority

Version: 03

Unit purpose

This unit is designed to enable learners with professional cookery experience to develop advanced practical skills in the following:

- ◆ Knife skills and food preparation techniques
- ◆ Preparing and cooking a wide range of ingredients
- ◆ Carrying out a wide range of cookery processes
- ◆ Preparing and cooking complex dishes to meet specific dietary requirements
- ◆ Preservation methods

This unit is suitable for learners who have achieved qualifications at SCQF level 6 in Professional Cookery and/or those with experience of working in a professional kitchen, for example in a chef de partie role.

On completion of this unit, learners could progress to other units in Professional Cookery at SCQF levels 7/8 and/or seek employment in a professional kitchen.

This unit is mandatory in the Higher National Certificate (HNC) in Professional Cookery, the Higher National Diploma (HND) in Professional Cookery with Management and the Professional Development Award (PDA) in Professional Cookery at SCQF level 7. It has been designed to be delivered in conjunction with the SCQF level 7 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*, but is also suitable for delivery as a stand-alone unit.

This unit is part of a progressive suite of units in Professional Cookery at SCQF levels 5–8.

Higher National Unit Specification: General information (cont)

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Outcomes

On successful completion of the unit, the learner will be able to:

- 1 Demonstrate a wide range of food preparation techniques.
- 2 Demonstrate a wide range of cookery processes.
- 3 Produce a wide range of dishes to a commercially acceptable standard.

Credit points and level

3 Higher National Unit credits at SCQF level 7: (24 SCQF credit points at SCQF level 7)

Recommended entry to the unit

Whilst entry is at the discretion of the centre, learners would normally be expected to have attained qualifications in cookery at SCQF level 5/6 or relevant industrial experience.

Core Skills

Achievement of this Unit gives automatic certification of the following Core Skills component:

Core Skill component Critical Thinking at SCQF level 5

Any opportunities to develop further aspects of Core Skills are highlighted in the Support Notes section of this Unit specification.

Context for delivery

If this unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

The Assessment Support Pack (ASP) for this unit provides assessment and marking guidelines that exemplify the national standard for achievement. It is a valid, reliable and practicable assessment. Centres wishing to develop their own assessments should refer to the ASP to ensure a comparable standard. A list of existing ASPs is available to download from SQA's website (<http://www.sqa.org.uk/sqa/46233.2769.html>).

Equality and inclusion

This unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Higher National Unit Specification: Statement of standards

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Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Demonstrate a wide range of food preparation techniques.

Knowledge and/or skills

- ◆ Advanced knife skills
- ◆ Preparation techniques for a wide range of ingredients
- ◆ Safe and hygienic working practices

Outcome 2

Demonstrate a wide range of cookery processes.

Knowledge and/or skills

- ◆ Cookery processes for a wide range of ingredients
- ◆ Safe and hygienic working practices

Outcome 3

Produce a wide range of dishes to a commercially acceptable standard.

Knowledge and/or skills

- ◆ Understanding and using a wide range of ingredients
- ◆ Understanding ingredient function
- ◆ Producing dishes for dietary requirements and restrictions
- ◆ Portion and waste control
- ◆ Safe and hygienic working practices
- ◆ Evaluation skills

Higher National Unit Specification: Statement of standards (cont)

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Evidence requirements for this unit

Learners will need to provide evidence to demonstrate their knowledge and/or skills across all outcomes by showing that they can:

For all outcomes:

- ◆ Select and use appropriate knives and preparation equipment
- ◆ Carry out each of the preparation techniques in Table A on at least one occasion
- ◆ Produce each of the vegetable cuts in Table B on a minimum of two occasions
- ◆ Prepare fruit on two occasions, must include segmenting citrus fruit plus one other technique
- ◆ Prepare flat fish on a minimum of two occasions, must include filleting plus one of the other cuts in Table C
- ◆ Prepare round fish on a minimum of two occasions, must include filleting plus one of the other cuts in Table D
- ◆ Prepare a range of meat and poultry cuts for use in the types of dishes in Table E
- ◆ Prepare game on a minimum of one occasion
- ◆ Carry out two of the preservation methods in Table F
- ◆ Store prepared products appropriately prior to use
- ◆ Select and use the appropriate cooking equipment to carry out each of the cookery processes in Table G
- ◆ Carry out each of the cookery processes in Table G on a minimum of two occasions
- ◆ Apply each of the cookery processes in Table G to a minimum of two ingredients
 - Produce a range of dishes, to a commercially acceptable standard, demonstrating an appropriate level of complexity. Must include the following types of dishes and incorporate the additional ingredients in Table H:
 - One quick cook beef or veal dish
 - One slow cook beef or veal dish
 - One quick cook lamb or mutton dish
 - One slow cook lamb or mutton dish
 - One quick cook pork or bacon dish
 - One slow cook pork or bacon dish
 - One quick turkey or duck dish
 - One slow cook turkey or duck dish
 - One game dish
 - One chicken dish (must include a sauté cut, French trimming and a deboned leg)
 - One white fish dish
 - One oily fish dish
 - One shellfish (molluscs/crustaceans) dish
 - One vegetarian or vegan dish
 - One dish suitable for a common dietary requirement
 - Two ethnic/cultural dishes

Higher National Unit Specification: Statement of standards (cont)

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- ◆ Season to a commercially acceptable standard
- ◆ Demonstrate effective portion and waste control
- ◆ Control the temperature, timings and energy use throughout each cookery process
- ◆ Finish and present dishes to a commercially acceptable standard
- ◆ Critically evaluate the finished dishes and identify improvements/adaptations
- ◆ Demonstrate safe and hygienic working practices

Practical activities should be carried out in a realistic working environment, such as a training kitchen, or real work place.

Evidence of performance should be recorded using assessor observation checklists completed by the teacher/lecturer and include learners' evaluations and photographs of the tasks undertaken/dishes produced.

Table A: Preparation techniques			
Peel	Pipe	Blanch	Tie
Grate	Fold	Skin	Truss
Roll	Whisk	Tenderise	Clarify
Shape	Pane	Stuff	Marinate

Table B: Preparation techniques — Vegetable cuts			
Macédoine	Julienne	Paysanne	Tourné
Brunoise	Jardinière	Mirepoix	Concassé

Table C: Preparation techniques — Flat fish cuts			
Filleting	Tronçon	Goujons	Pavé

Table D: Preparation techniques — Round fish cuts				
Filleting	Butterfly	Darnes	Loins	Supremes

Table E: Preparation techniques — Meat and poultry	
Slow cook beef or veal dishes	Quick cook pork or bacon dishes
Quick cook beef or veal dishes	Slow Cook turkey or duck dishes
Slow cook lamb or mutton dishes	Quick cook turkey or duck dishes
Quick cook lamb or mutton dishes	Chicken dishes (must include sauté cuts, French trimming and a deboned leg)
Slow cook pork or bacon dishes	

Table F: Preservation methods			
Fermenting	Curing	Pickling	Smoking

Table G: Cookery processes		
Roasting	Boiling	Pressure cooking
Braising	Steaming	Microwaving
Shallow frying	Poaching	Sous vide
Deep frying	Grilling	Confit
Baking	Sautéing	

Higher National Unit Specification: Statement of standards (cont)

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Oils and fats	Root vegetables	Potatoes/rice/pasta
Alcohols/vinegars	Green vegetables	Pulses/grains/nuts
Spices	Other vegetables	Dairy products
Stocks	Salad items	Eggs
Sauces	Fruit	Processed products



Higher National Unit Support Notes

Unit title: Professional Cookery: Practical (SCQF level 7)

Unit support notes are offered as guidance and are not mandatory.

While the exact time allocated to this unit is at the discretion of the centre, the notional design length is 120 hours.

Guidance on the content and context for this unit

This unit is mandatory in the HNC/HND in Professional Cookery at SCQF levels 7/8 and the PDA in Professional Cookery at SCQF level 7. It is designed to be delivered in conjunction with the SCQF level 7 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*. However, it is also suitable for delivery as a stand-alone unit.

This unit is designed to enable learners to develop advanced practical skills in professional cookery and will help to prepare them for employment as a sous chef or for progression to other units/qualifications in Professional Cookery at SCQF levels 7/8.

Practical activities should be carried out in a realistic working environment, such as a training kitchen, or real work place, with the focus of this unit being practical vocational training.

Guidance on approaches to delivery of this unit

Delivery of this unit should include a variety of teaching and learning approaches, such as:

- ◆ Teacher/lecturer led demonstrations
- ◆ Practical activities
- ◆ Reflection and evaluation
- ◆ A variety of resources
- ◆ Structured worksheets

The requirements for the unit should be discussed with learners as part of the introduction to the unit. The main approach to delivery should be lecturer led demonstrations, followed by completion of tasks by learners. The teacher/lecturer should demonstrate all new techniques and equipment prior to learners carrying out tasks. Learners should have an understanding of the importance of following specifications when carrying out tasks.

Delivery of this unit should be underpinned with background information relevant to each task, therefore it is suited for integration with the units the SCQF level 7 units *Professional Cookery: Knowledge* and *Professional Cookery: Kitchen Operations*.

The practice of working safely, hygienically and in an organised and methodical manner should be promoted and observed by the lecturer/teacher. Learners should also be made aware of any hazards/risks involved within each lesson.

Higher National Unit Support Notes (cont)

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All outcomes in this unit can be delivered and assessed in a blended style. For example, a lesson can be laid out in such a way to successfully achieve multiple knowledge and skills points across several outcomes, as long as the learner meets the minimum evidence requirements.

A lesson involving making beef consommé, for example, could cover:

- ◆ Knife skills
- ◆ Selected vegetable cuts
- ◆ Beef dish preparation
- ◆ Meat
- ◆ Stocks
- ◆ Eggs
- ◆ Root vegetables
- ◆ Green vegetables
- ◆ Shallow frying
- ◆ Poaching

Learners should analyse the completed dishes in relation to colour, taste, consistency, flavour and appearance. This will develop learners' understanding of acceptable quality.

It is strongly recommended that a range of different dish types are covered, including but not restricted to:

- ◆ Amuse-bouche
- ◆ Starter
- ◆ Intermediate
- ◆ Main course

Dishes should be produced to a commercially acceptable standard and an appropriate level of complexity to reflect SCQF level 7.

Guidance on approaches to assessment of this unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

The evidence requirements are fully expressed in the mandatory section of this unit specification. However, learners work should be recorded and evidenced using assessor observation checklists completed by the teacher/lecturer and include learners' evaluations and recommendations for improvements/adaptations and photographs for each task completed/dish produced. These should be kept up to date to keep track of learners' progress and will be used to provide evidence for internal and external purposes.

Higher National Unit Support Notes (cont)

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The assessment support pack provided for this unit illustrates the standard required. If a centre wishes to design its own assessment for this unit, it should be of a comparable standard.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the evidence requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

The Critical Thinking component of Problem Solving at SCQF level 5 is embedded in this unit. When a learner achieves the unit, their Core Skills profile will also be updated to include this component.

Problem Solving: Critical Thinking at SCQF level 6

For all outcomes, learners will be demonstrating the Core Skill component of Critical Thinking at SCQF level 6, when they apply their knowledge and skills to prepare and cook a range of ingredients. This will include:

- ◆ Selecting and using the appropriate knives and other kitchen equipment
- ◆ Producing a range of advanced vegetable, beef, lamb, pork, poultry and fish cuts
- ◆ Preparing a wide range of ingredients using the correct preparation technique
- ◆ Storing prepared ingredients appropriately
- ◆ Cooking a wide range of ingredients using the appropriate cooking process
- ◆ Controlling timings, temperatures and energy usage
- ◆ Producing a range of complex dishes for different requirements, incorporating different techniques and ingredients
- ◆ Finishing and presenting food to a commercially acceptable standard
- ◆ Demonstrating safe and hygienic working practices

Problem Solving: Planning and Organising at SCQF level 6

For all outcomes, learners will be demonstrating the Core Skill component of Planning and Organising at SCQF level 6, when they prepare and cook a range of ingredients to produce complex dishes to meet different requirements. This will include:

- ◆ Identifying and using the correct knives and other kitchen equipment
- ◆ Identifying appropriate preparation techniques and cooking methods for a range of ingredients
- ◆ Preparing and cooking a range of ingredients appropriately

- ◆ Controlling timings, temperatures and energy use
- ◆ Seasoning appropriately
- ◆ Demonstrating effective portion and waste control
- ◆ Demonstrating safe and hygienic working practices

Higher National Unit Support Notes (cont)

Unit title: Professional Cookery: Practical (SCQF level 7)

Problem Solving: Reviewing and Evaluating at SCQF level 6

For all outcomes, learners will be demonstrating the Core Skill component of Reviewing and Evaluating at SCQF level 6 when they prepare, cook and finish a range of dishes. This will include:

- ◆ Analysing and critically evaluating each dish produced
- ◆ Making recommendations for improvements/adaptation to the dishes in terms of processes, ingredients, seasoning, etc

Numeracy: Using Number at SCQF level 5

For all outcomes, learners will be demonstrating the Core Skill component of Using Number at SCQF level 5 when they prepare and cook a range of ingredients. This will include:

- ◆ Weighing and measuring
- ◆ Controlling timings and temperatures
- ◆ Calculating portions
- ◆ Adapting recipes

Information and Communication Technology: Providing/Creating Information at SCQF level 4

Learners are likely to use the internet to compile information/build a portfolio of evidence to support their practical activities. For example recipes, photographs, etc. In doing so they will be demonstrating the Core Skill component of Providing/Creating Information at SCQF level 4.

Working with Others: Working Co-operatively with Others at SCQF level 5

Learners will have to work with others in a professional kitchen environment when preparing ingredients, cooking, and finishing a range of dishes. This will involve interacting cooperatively with others to ensure a safe and hygienic working environment and negotiating the use of shared tools, equipment and resources.

History of changes to unit

Version	Description of change	Date
03	"with salt" removed from evidence requirements on page 5	15/07/20
02	Core Skills Component Critical Thinking at SCQF level 5 embedded.	19/11/19

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General information for learners

Unit title: Professional Cookery: Practical (SCQF level 7)

This section will help you decide whether this is the unit for you by explaining what the unit is about, what you should know or be able to do before you start, what you will need to do during the unit and opportunities for further learning and employment.

This unit builds on the knowledge and skills gained in SCQF level 6 unit *Professional Cookery: Practical*. It is designed to develop advanced practical skills in the following:

- ◆ Knife skills and advanced food preparation techniques (eg, stuffing, tying, clarifying and marinating)
- ◆ Preparing and cooking a wide range of ingredients
- ◆ Carrying out a wide range of cookery processes
- ◆ Preparing and cooking complex dishes to meet specific dietary requirements
- ◆ Preservation methods

You will critically evaluate the dishes you produce with the aim of constant improvement in mind. You will also develop kitchen and self-management skills.

It is recommended that you have achieved qualifications at SCQF level 5/6 in cookery and/or have experience of working in a professional kitchen before undertaking this unit.

The assessments for this unit will test your practical skills when preparing and cooking a wide range of ingredients to produce a variety of complex dishes.

Completion of this unit will also enable you to develop the following Core Skills:

- ◆ *Problem Solving: Critical Thinking* at SCQF level 6
- ◆ *Problem Solving: Planning and Organisation* at SCQF level 6
- ◆ *Problem Solving: Reviewing and Evaluating* at SCQF level 6
- ◆ *Numeracy: Using Number* at SCQF level 5
- ◆ *Information and Communication Technology: Providing/Creating Information* at SCQF level 4
- ◆ *Working with Others: Working Co-operatively with Others* at SCQF level 6

On completion of this unit, you could progress to other units in Professional Cookery at SCQF levels 7/8 and/or seek employment in a professional kitchen.

This unit is part of a progressive suite of units in Professional Cookery at SCQF levels 5–8.