## **PPL2PC20** **(J8JM 04)**

### Prepare, Cook and Finish Basic Pulse Dishes

### Candidate’s statement

I confirm that the evidence detailed in this unit is my own work.

|  |  |
| --- | --- |
| Candidate’s name |  |
| Candidate’s signature |  |
| Date |  |

### Assessor’s statement

I confirm that the candidate has achieved all the requirements of this unit.

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| Assessor’s name |  |
| Assessor’s signature |  |
| Date |  |
| Countersigning Assessor’s name(if applicable) |  |
| Countersigning Assessor’s signature(if applicable) |  |
| Date |  |

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### Internal Verifier’s statement

I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| Internal Verifier’s name |  |
| Internal Verifier’s signature |  |
| Date |  |
| Countersigning Internal Verifier’s name (if applicable) |  |
| Countersigning Internal Verifier’s signature (if applicable) |  |
| Date |  |

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| External Verifier’s initials (if sampled) |  |
| Date |  |

#### Unit overview

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

* falafel
* hummus
* bean burgers
* lentil fritters or loaves

The standard covers a range of types of pulses, the preparation of them and how to cook them.

#### Sufficiency of evidence

There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment.

#### Performance criteria (What you must do)

There must be evidence for all performance criteria (PC).

The assessor must assess PCs 1-8 by directly observing the candidate’s work.

For PC 9, if it is not possible to observe both “holding” and “serving”, alternative methods of assessment may be used for one of them (i.e. either holding **or** serving) but the assessor must observe the other.

PC 10 may be assessed by alternative methods if observation is not possible.

1. Select the type and quantity of pulses and other ingredients required for preparation.
2. Check the pulses and other ingredients meet quality and other requirements.
3. Choose the correct tools, knives and equipment required to prepare, cook and finish the pulse dish.
4. Use the tools, knives and equipment correctly when preparing, cooking and finishing the pulse dish.
5. Prepare the ingredients to meet the requirements of the pulse dish.
6. Cook the ingredients to meet the requirements of the pulse dish.
7. Check the pulse dish has the correct flavour, colour, texture and quantity.
8. Garnish and present the pulse dish to meet requirements.
9. Make sure the pulse dish is at the correct temperature for holding and serving.
10. Store any cooked pulse dishes not for immediate use in line with food safety regulations.

#### Performance criteria evidence

| **Evidence reference** | **Evidence description** | **Date** | **PC1** | **PC 2** | **PC 3** | **PC 4** | **PC5** | **PC 6** | **PC 7** | **PC 8** | **PC9** | **PC 10** |
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#### Scope / range (What you must cover)

**All** scope / range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for a minimum of:

1. Pulses - **two from:**

1.1 beans

1.2 peas

1.3 lentils

**Four from across the following preparation and cooking methods:**

1. Preparation methods

2.1 soaking and washing

2.2 peeling / shelling

1. Cooking methods

3.1 boiling

3.2 braising

3.3 steaming

3.4 puréeing

3.5 deep frying

3.6 stewing

3.7 baking

3.8 combining cooking methods

1. Finishing methods - two from:

4.1 garnishing

4.2 saucing

4.3 presenting

Evidence for any “what you must cover” point not included in the minimum observation requirements may be assessed using alternative assessment methods.

#### Scope / range evidence (continued on next page)

| **Evidence reference** | **Evidence description** | **Date** | **1.1** | **1.2** | **1.3** | **2.1** | **2.2** | **3.1** | **3.2** | **3.3** | **3.4** | **3.5** | **3.6** | **3.7** | **3.8** |
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#### Scope / range evidence (continued)

| **Evidence reference** | **Evidence description** | **Date** | **4.1** | **4.2** | **4.3** |
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#### Knowledge and understanding (What you must know and understand)

For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning).

| **Knowledge statement** | **Evidence reference** | **Date** |
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| 1. Different types of pulse dishes and their characteristics.
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| 1. How to make sure that the pulses and other ingredients meet dish requirements.
 |  |  |
| 1. What quality points to look for in pulses.
 |  |  |
| 1. Why and to whom you should report any problems with the pulses or other ingredients.
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| 1. The correct tools and equipment to carry out the required preparation and cooking methods.
 |  |  |
| 1. How to carry out each of the preparation, cooking and finishing methods according to dish requirements.
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| 1. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing pulse dishes.
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| 1. The correct temperatures for cooking pulses and why these temperatures are important.
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| 1. How to check and adjust a pulse dish to make sure it has the correct colour, flavour, texture and quantity.
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| 1. The correct temperatures for holding and serving pulse dishes.
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| 1. The correct temperatures and procedures for storing pulse dishes not for immediate use.
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| 1. Healthy eating options when preparing, cooking and finishing pulse dishes.
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#### Supplementary evidence

| **Reference** | **Evidence description** | **Date** |
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#### Assessor feedback on completion of the unit: