## **PPL2PC26** **(J8JW 04)**

**Prepare, Cook and Finish Basic Grain 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 grain dishes, for example:

* grain salads
* buckwheat pancakes
* polenta dishes
* bulgur tabbouleh
* couscous side dishes
* crumble toppings (sweet or savoury) using oats
* quinoa salads

The standard covers a range of types of grains including oats, millet, couscous and quinoa amongst others. Preparation and cooking methods are also covered along with how to finish a basic grain dish.

#### 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)

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 (that is, 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 grains and other ingredients required for preparation.
2. Check the grains and other ingredients meet quality and other requirements.
3. Choose the correct tools and equipment required to prepare, cook and finish the grain dish.
4. Use the tools and equipment correctly when preparing, cooking and finishing the grain dish.
5. Prepare the ingredients to meet the requirements of the grain dish.
6. Cook the ingredients to meet the requirements of the grain dish
7. Check the grain dish has the correct flavour, colour, texture, and quantity.
8. Finish and present the grain dish to meet requirements.
9. Make sure the grain dish is at the correct temperature for holding and serving.
10. Store any cooked grain products 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. Grains - **four from:**

1.1 barley (pearl / pot)

1.2 buckwheat

1.3 corn or maize (polenta)

1.4 oats

1.5 millet

1.6 wheat (bulgar / semolina / cous cous)

1.7 quinoa

1. Preparation and cooking methods **three from:**

2.1 soaking

2.2 boiling

2.3 leaving covered

2.4 baking

1. Finishing methods - **two from:**

3.1 garnishing

3.2 adding accompaniments

3.3 presenting

3.4 combining with other ingredients

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

| **Evidence reference** | **Evidence description** | **Date** | **1.1** | **1.2** | **1.3** | **1.4** | **1.5** | **1.6** | **1.7** | **2.1** | **2.2** | **2.3** | **2.4** | **3.1** | **3.2** | **3.3** | **3.4** |
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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** |
| --- | --- | --- |
| 1. Different types of grain and their characteristics. |  |  |
| 2. Other foods for which grains can be used as a substitute. |  |  |
| 3. How to make sure that the grain and other ingredients meet product requirements. |  |  |
| 4. What quality points to look for in grain. |  |  |
| 5. Why and to whom you should report any problems with the grains or other ingredients.  |  |  |
| 6. The correct tools and equipment to carry out the required preparation and cooking methods. |  |  |
| 7. How to carry out each of the preparation, cooking and finishing methods according to product requirements. |  |  |
| 8. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing grain dishes. |  |  |
| 9. The correct temperatures for cooking grain dishes and why these temperatures are important. |  |  |
| 10. How to check and adjust a grain dishes to make sure it has the correct colour, flavour, texture and quantity. |  |  |
| 11. The correct temperatures for holding and serving grain dishes. |  |  |
| 12. The correct temperatures and procedures for storing grain dishes not for immediate use. |  |  |
| 13. Healthy eating options when preparing, cooking and finishing grain dishes. |  |  |

#### Supplementary evidence

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