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| Title | **Prepare and cook grain and pulse dishes** | | |
| Level | **2** | **Credits** | **5** |

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| Purpose | The aim of this module is to develop basic knowledge, skills and understanding to prepare and cook grain and pulse dishes |

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| Classification ISCED | 1013 Hotel, restaurants and catering |

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| Available grade | Competent / Not yet competent |

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| Modification history | N/A |

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| **Competency standards** | **Performance criteria** | **Knowledge of understanding** |
| LU1: Assemble food and equipment to prepare and cook grains and pulses | P1 Assemble food and ingredients required to prepare and cook grains and pulses  P2 Select appropriate equipment needed to prepare and cook grains and pulses  P3 Check that grains, pulses and other ingredients meet type, quality and quantity requirements | K1 Explain to store fresh grains and pulses correctly before cooking  K2 Explain to check that grains and pulses are fit for preparation and cooking  K3 Brief you should do if there are problems with the grains and pulses or other ingredients  K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses  K5Explain to carry out the appropriate cooking methods correctly  K6 Explain to finish and season grains and pulses according to requirements |
| **LU2: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to prepare grains and pulses for cooking** | P1 Identify requirements for preparing and cooking grains  P2 Choose and use tools and equipment for preparing and cooking grains correctly  P3 Use appropriate methods to prepare grains for cooking | K1 Explain to store fresh grains and pulses correctly before cooking  K2 Explain to check that grains and pulses are fit for preparation and cooking  K3 Brief you should do if there are problems with the grains and pulses or other ingredients |

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|  | P4 Check that preparation of grains meets quality requirements  P5 Use appropriate methods to cook grains P6 Combine grains with other ingredients  P7 Check that the dish has the correct flavor, consistency and quantity  P8Check that cooking of grains meets quality requirements  P9 Correct temperatures for holding grains and Pulses dishes | K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses  K5Explain to carry out the appropriate cooking methods correctly  K6 Explain to finish and season grains and pulses according to requirements |
| **LU3: Use basic methods and equipment (under indirect supervision from Chef de Partie and other associates) to cook grains and pulses** | P1 Identify requirements for preparing and cooking pulses  P2 Choose and use tools and equipment for preparing and cooking pulses correctly  P3 Use appropriate methods to prepare pulses for cooking  P4 Check that preparation of pulses meets quality requirements  P5 Use appropriate methods to cook pulses P6 Combine pulses with other ingredients P7 Check that the dish has the correct flavor, | K1 Explain to store fresh grains and pulses correctly before cooking  K2 Explain to check that grains and pulses are fit for preparation and cooking  K3 Brief you should do if there are problems with the grains and pulses or other ingredients  K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses  K5Explain to carry out the appropriate cooking methods correctly  K6 Explain to finish and season grains and pulses according to requirements |

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|  | consistency and quantity  P8Check that cooking of pulses meets quality requirements |  |
| **LU4: Present grains and pulses for service following senior guidance** | P1 Garnish and present the dish to meet organizational specifications  P2 Make sure dishes are at correct temperature for holding and serving  P3 Safely store cooked grains and pulses not for immediate use | K1 Explain to store fresh grains and pulses correctly before cooking  K2 Explain to check that grains and pulses are fit for preparation and cooking  K3 Brief you should do if there are problems with the grains and pulses or other ingredients  K4Define it is important to use the correct tools and equipment to prepare and cook grains and pulses  K5Explain to carry out the appropriate cooking methods correctly  K6 Explain to finish and season grains and pulses according to requirements |