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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 pulsesP2 Select appropriate equipment needed to prepare and cook grains and pulsesP3 Check that grains, pulses and other ingredients meet type, quality and quantity requirements | K1 Explain to store fresh grains and pulses correctly before cookingK2 Explain to check that grains and pulses are fit for preparation and cookingK3 Brief you should do if there are problems with the grains and pulses or other ingredientsK4Define it is important to use the correct tools and equipment to prepare and cook grains and pulsesK5Explain to carry out the appropriate cooking methods correctlyK6 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 grainsP2 Choose and use tools and equipment for preparing and cooking grains correctlyP3 Use appropriate methods to prepare grains for cooking | K1 Explain to store fresh grains and pulses correctly before cookingK2 Explain to check that grains and pulses are fit for preparation and cookingK3 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 requirementsP5 Use appropriate methods to cook grains P6 Combine grains with other ingredientsP7 Check that the dish has the correct flavor, consistency and quantityP8Check that cooking of grains meets quality requirementsP9 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 pulsesK5Explain to carry out the appropriate cooking methods correctlyK6 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 pulsesP2 Choose and use tools and equipment for preparing and cooking pulses correctlyP3 Use appropriate methods to prepare pulses for cookingP4 Check that preparation of pulses meets quality requirementsP5 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 cookingK2 Explain to check that grains and pulses are fit for preparation and cookingK3 Brief you should do if there are problems with the grains and pulses or other ingredientsK4Define it is important to use the correct tools and equipment to prepare and cook grains and pulsesK5Explain to carry out the appropriate cooking methods correctlyK6 Explain to finish and season grains and pulses according to requirements |

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|  | consistency and quantityP8Check 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 specificationsP2 Make sure dishes are at correct temperature for holding and servingP3 Safely store cooked grains and pulses not for immediate use | K1 Explain to store fresh grains and pulses correctly before cookingK2 Explain to check that grains and pulses are fit for preparation and cookingK3 Brief you should do if there are problems with the grains and pulses or other ingredientsK4Define it is important to use the correct tools and equipment to prepare and cook grains and pulsesK5Explain to carry out the appropriate cooking methods correctlyK6 Explain to finish and season grains and pulses according to requirements |