



UNIT 241 (2FPC6)

## PREPARE, COOK AND FINISH BASIC PULSE DISHES

Pulses are a naturally wholesome food and are growing in popularity as more people become conscious of their diets. They are naturally high in fibre and an important source of protein and iron for vegetarians. They also take on the flavours of other ingredients extremely well – whether it's an aromatic mix of garlic and ginger in an Indian daal or the meaty flavour of sausage in a Spanish stew of chickpeas and pork.

UNIT 241 (LEVEL 2 UNIT, 4 CREDITS)

## PREPARE, COOK AND FINISH BASIC PULSE DISHES

Pulses play an important role in vegetarian cookery, and are also a much-used ingredient in many other dishes.

This unit has six learning outcomes:

1. Be able to prepare basic pulse dishes
2. Understand how to prepare basic pulse dishes
3. Be able to cook basic pulse dishes
4. Understand how to cook basic pulse dishes
5. Be able to finish basic pulse dishes
6. Understand how to finish basic pulse dishes.



### *Tadka dhal*

*This tasty yet easy-to-cook dhal (lentil curry) dish is hugely popular in India. It is highly seasoned and great served with boiled rice.*

## Useful words

### BLACK-EYED BEANS

Pale-coloured beans with a black spot, which gives them their name. Often used in the popular Jamaican dish of rice and peas.

### BUTTER BEANS

A large, flat, white variety of the Lima bean that has a buttery flavour when cooked.

### CHICKPEAS

Round, pale-yellow legumes. Chickpeas are a major ingredient in many Indian and Middle-Eastern dishes, such as hummus.

### FLAGEOLETS

Small, tender beans popular in French cooking. Flageolets are haricot beans that are harvested before they are mature. Often used in lamb dishes.

### HARICOT BEANS

Small, oval-shaped, cream-coloured beans. Haricots are used to make the ever-popular baked beans.

### LEGUMES

Plant species that has seed pods that split along both sides when ripe. When the seeds of a legume are dried, they are called pulses.

### LENTILS

A tiny, lens-shaped pulse often used as a substitute for meat. There are several varieties of lentil, which are used after they've been dried.

### PULSES

The dried seeds, rich in protein and fibre, of several legumes, including beans, peas, and lentils.

### PUY LENTILS

Small, slate-green, peppery-tasting lentils with a blue marbling.

### KNOW YOUR... PULSES

*Soya beans*

*Black-eyed beans*

*Lentils*

*Haricot beans*

*Flageolet beans*

*Puy lentils*

*Butter beans*

*Chickpeas*



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FINISH BASIC PULSE DISHES**

## Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

No	Method	Summary of evidence, or portfolio reference	Assessor initials
1			
2			
3			
4			

Photocopy if required

\*Assessment method key: **O** Observation; **PD** Professional discussion; **Q** Questioning; **WP** Work product; **WT** Witness testimony; **Oth** Other

## What you must do

### (OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

#### Circled numbers must be observed

	1	2	3	4
1 Check the pulses and other ingredients meet dish requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Choose and use the correct tools and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Prepare the pulse and other ingredients to meet dish requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Strain the pulses as required.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



### HINTS AND TIPS SUPER SOAKERS

Soaking pulses before cooking shortens their cooking time. Soak beans overnight in enough cold water to cover them. Or use the quick-soak method – place the beans in a pot with enough water to cover them, then bring to a boil over high heat. Remove from the heat and let stand for an hour.

## What you must cover

### (OUTCOMES 1, 3, 5)

You must show that you have covered **ALL** of the following:

1 2 3 4

#### Pulses

All must be covered. At least **two** of these must be observed by your assessor.

1 beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 lentils	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

#### Preparation and cooking methods

All must be covered. At least **four** of these must be observed by your assessor.

1 soaking and washing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 boiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 braising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 steaming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 deep frying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 stewing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 baking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 combining with other ingredients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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## What you must do

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

For assessment criteria 8, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.

**(OUTCOME 3)**

## Circled numbers

must be observed

1 2 3 4

- |   |  |   |   |   |   |
|---|--|---|---|---|---|
| 5 | Make sure the pulse dish has the correct flavour, colour, texture and quantity | ● | ● | ● | ● |
| 6 | Cook the pulses and other ingredients to meet dish requirements.               | ● | ● | ● | ● |

**(OUTCOME 5)**

- |   |  |   |   |   |   |
|---|--|---|---|---|---|
| 7 | Present the pulse dish to meet requirements                                    | ● | ● | ● | ● |
| 8 | Make sure the pulse dish is at the correct temperature for holding and serving | ● | ● | ● | ● |
| 9 | Safely store any cooked pulse dishes not for immediate use.                    | ● | ● | ● | ● |

*Did you know?*

*Heinz makes an incredible 1.5 million cans of Baked Beans every day. Only four people know the entire recipe at any one time.*



*'Pulses have long been mocked as the staple of the kaftan-wearing, brown-rice brigade. But they earn their keep for their ability to add creamy, nutty textures to the plates of the gastronomic greats.'*  
*Hugh Fearnley-Whittingstall, TV chef*

## What you must know

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

### (OUTCOME 2)

To understand how to prepare basic pulse dishes you need to:

- K1** Describe how to check the pulses and other ingredients meet dish requirements
- K2** State what quality points to look for in different pulses
- K3** Describe what to do if there are problems with pulses or other ingredients
- K4** State the correct tools and equipment required to carry out different preparation methods.

### (OUTCOME 4)

To understand how to cook basic pulse dishes you need to:

- K5** State the correct tools and equipment required to carry out different cooking methods
- K6** Describe how to carry out different cooking methods
- K7** State the importance of using the correct tools, equipment and techniques
- K8.** Describe how to identify when pulse dishes have the correct colour, flavour, texture and quantity
- K9** State healthy options when making pulse dishes.

### (OUTCOME 6)

To understand how to finish basic pulse dishes you need to:

- K10** State the correct temperatures for holding and serving pulse dishes
- K11** Describe how to store cooked pulse dishes.



### EXPERT ADVICE PERFECT TIMING

Pulses are usually boiled before being made into other dishes such as hummus, fritters and rissoles. Red kidney beans need to be boiled for 10 minutes to destroy toxins they contain. Cooking times vary for other pulses, but here's a handful:

- Lentils: 15–30 mins
- Chickpeas: 45 mins
- Dried broad beans: 1 hr 30 mins

