



UNIT 247 (2FPC12)

PREPARE, COOK AND FINISH BASIC GRAIN DISHES

Grains are incredibly versatile, highly nutritious and can be used as the basis for a wide range of dishes. While some people may think of them as a bit bland, with the correct cooking techniques and the addition of other ingredients, many delicious dishes can be created using grain products such as barley, buckwheat, quinoa and couscous.

UNIT 247 (LEVEL 2 UNIT, 4 CREDITS)

PREPARE, COOK AND FINISH BASIC GRAIN DISHES

In this unit, you'll discover the wide variety of grains available and the different ways of cooking them. Among the grains covered are barley, buckwheat, polenta, oats, millet, wheat and quinoa. You'll also find out about the various cooking methods that can be used to prepare grain dishes, including soaking, boiling and baking.

This unit has six learning outcomes:

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

Chilli polenta cakes
Polenta flavoured with fresh chilli, coriander and salt, then moulded into cakes and fried until golden.



Useful words

BUCKWHEAT

Triangular-shaped seeds from a grassy plant, which are used to make flour. Buckwheat is not a true wheat, so is gluten-free. The flour has a nutty flavour and is often used to make pancakes or noodles.

BULGAR

A food made from germinated wheat that has been partially boiled and dried, and has usually had its bran removed.

COUSCOUS

Tiny grains, usually made from semolina wheat. Couscous is popular in north African cooking.

MILLET

Grain produced from a grassy plant that grows well in dry conditions. Millet can be used to make flour and to brew millet beer.

PEARL BARLEY

Barley that has had its outer layer removed and is then polished to remove the layer of bran. It is quicker to cook than pot barley.

POLENTA

A yellow flour made from maize, which can be either coarse or fine. The word is also used to refer to a porridge-like dish made from the flour.

POT BARLEY

Barley that still has its bran layer. It takes longer to cook than pearl barley, but is considered to be more nutritious.

QUINOA

The seeds from a plant originally grown in South America. Quinoa (pronounced 'keen-wa') has a high protein content and a light, fluffy texture and nutty flavour when cooked.

SEMOLINA

A coarsely ground form of wheat. Semolina is often used to make pasta and can also be used to make puddings and cakes.

TABBOULEH

A Middle-Eastern salad made of bulgar wheat, mint, parsley, tomatoes, onions, lemon juice and oil.

KNOW YOUR... GRAIN TYPES



Buckwheat

Bulgar



Couscous



Polemta



Millet



Quinoa



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**PREPARE, COOK AND
FINISH BASIC GRAIN 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



*Did you know?
Malted barley
is a key
ingredient in
making whisky,
beers and lagers.*

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 grain and other ingredients meet dish requirements	●	●	●	●
2 Choose and use the correct tools and equipment	●	●	●	●
3 Prepare the grain and other ingredients to meet dish requirements	●	●	●	●

What you must cover

(OUTCOMES 1, 3, 5)

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

1 2 3 4

Grain

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

1 barley (pearl and pot)	●	●	●	●
2 buckwheat	●	●	●	●
3 corn/maize (polenta)	●	●	●	●
4 oats	●	●	●	●
5 millet	●	●	●	●
6 wheat (bulgar, semolina, couscous)	●	●	●	●
7 quinoa	●	●	●	●

Preparation and cooking methods

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

1 soaking	●	●	●	●
2 boiling	●	●	●	●
3 leaving covered	●	●	●	●
4 baking	●	●	●	●



HINTS AND TIPS PUKKA PORRIDGE

To make porridge, add rolled oats to three or four times their volume of water. Stir continuously over a low heat until the porridge simmers, then stir for five minutes. Add a pinch of salt. Serve with a sprinkle of sugar and milk.

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PREPARE, COOK AND FINISH BASIC GRAIN DISHES**What you must do****(OUTCOME 3)**

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

- | | | | | | |
|---|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 4 | Make sure the grain dish has the correct flavour, colour, texture and quantity | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5 | Cook the grain and other ingredients to meet dish requirements. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

(OUTCOME 5)

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.

Circled numbers

must be observed

1 2 3 4

- | | | | | | |
|---|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 6 | Strain and mould the grain as required | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7 | Finish and present the grain dish to meet requirements | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8 | Make sure the grain is at the correct temperature for holding and serving | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9 | Safely store any cooked grain dishes not for immediate use. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

*Did you know?*

Quinoa has been grown in the Andes for more than 6000 years. The Incas called it 'the mother of all grains'. It contains up to 18% more protein than any other grain and all the essential amino acids.

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 grain dishes you need to:

- K1** State other foods for which grains can be used as a substitute
- K2** Describe how to check that grain and other ingredients meet dish requirements
- K3** Describe what to do if there are problems with grain or other ingredients
- K4** State what quality points to look for in different types of grain
- K5** State the correct tools and equipment required to carry out different preparation methods.

(OUTCOME 4)

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

- K6** State the correct tools and equipment required to carry out different cooking methods
- K7** Describe how to carry out different cooking methods according to dish requirements
- K8** State the importance of using the correct tools, equipment and techniques
- K9** Describe how to identify when pastry products have the correct colour, flavour, texture and quantity
- K10** State healthy options when making grain dishes.

(OUTCOME 6)

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

- K11** Describe how to finish grain dishes according to dish requirements
- K12** State the correct temperatures for holding and serving grain dishes
- K13** State how to store cooked grain dishes.



EXPERT ADVICE ON THE BOIL

Most grain products can be cooked by simmering. Here's a handy guide to cooking times:

- Pearl barley needs no soaking and takes about 45 minutes to cook. Wholegrain barley should be soaked for several hours before cooking, which will take around 90 minutes.
- Polenta takes about 45 minutes to cook; however, quick-cook polenta is available and can be prepared in just a few minutes.
- Quinoa should be rinsed, then simmered for around 15–20 minutes.

Notes and feedback

You or your assessor may use this space for any notes or additional comments about your work.

'Barley is hugely underrated, and has a wonderfully intense flavour and gentle texture.'

*Herbert Berger,
executive chef at
1 Lombard Street
restaurant, London*

