

UNIT 278 (LEVEL 2 UNIT, 5 CREDITS)

## PREPARE, COOK AND FINISH DIM SUM

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This unit is about preparing from raw ingredients, cooking and finishing the most common Dim Sum dishes.

This unit has **six** learning outcomes:

1. Be able to prepare fillings for Dim Sum
2. Understand how to prepare fillings for Dim Sum
3. Be able to prepare dough and wrappers for Dim Sum
4. Understand how to prepare dough and wrappers for Dim Sum
5. Be able to assemble and cook Dim Sum
6. Understand how to assemble and cook Dim Sum.

## UNIT 278 (2FPC16)

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## 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.

For assessment criteria 6, 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

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| 1 | Select the type and quantity of ingredients needed for the product          | ● | ● | ● | ● |
| 2 | Check the ingredients to make sure they meet quality standards              | ● | ● | ● | ● |
| 3 | Select the appropriate tools and equipment and use correctly                | ● | ● | ● | ● |
| 4 | Prepare and combine ingredients to meet the requirements of the dish        | ● | ● | ● | ● |
| 5 | Make sure the product has the correct colour, texture and quantity          | ● | ● | ● | ● |
| 6 | Make sure the product is at the correct temperature for holding and storing | ● | ● | ● | ● |
| 7 | Safely store any cooked product not for immediate use.                      | ● | ● | ● | ● |

## What you must cover

### (OUTCOME 1)

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

1 2 3 4

#### Preparation methods

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

- |   |                    |   |   |   |   |
|---|--------------------|---|---|---|---|
| 1 | weighing/measuring | ● | ● | ● | ● |
| 2 | chopping           | ● | ● | ● | ● |
| 3 | mixing             | ● | ● | ● | ● |
| 4 | portioning         | ● | ● | ● | ● |

#### Ingredients

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

- |   |                                   |   |   |   |   |
|---|-----------------------------------|---|---|---|---|
| 1 | raw fish and shellfish            | ● | ● | ● | ● |
| 2 | raw meat and poultry              | ● | ● | ● | ● |
| 3 | vegetables and vegetable products | ● | ● | ● | ● |
| 4 | seasonings and sauces             | ● | ● | ● | ● |
| 5 | dried ingredients                 | ● | ● | ● | ● |

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## 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

- |   | 1                        | 2                        | 3                        | 4                        |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>8</b> Select the type and quantity of ingredients needed for the products                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>9</b> Check the ingredients to make sure they meet quality standards                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>10</b> Select the appropriate tools and equipment and use correctly                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>11</b> Prepare the ingredients to meet dish requirements   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>12</b> Make sure the dough product has the correct colour, texture and finish                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>13</b> Make sure the bread and dough product is at the correct temperature for holding and storing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>14</b> Safely store any un-cooked dough and wrappers not for immediate use.                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## What you must cover

**(OUTCOME 3)**

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

1 2 3 4

**Dough and wrappers**

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

- |                              | 1                        | 2                        | 3                        | 4                        |
|------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>1</b> dough               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2</b> won ton wrappers    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3</b> pastry based casing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4</b> cheung fun          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

**Preparation methods**

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

- |                              | 1                        | 2                        | 3                        | 4                        |
|------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <b>1</b> weighing/measuring  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2</b> mixing/kneading     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3</b> shaping             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4</b> combining with fats | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## What you must do

### (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.

#### Circled numbers must be observed

	1	2	3	4
15 Select the type and quantity of ingredients needed for the product	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16 Check the ingredients to make sure they meet quality standards	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17 Select the appropriate tools and equipment and use correctly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18 Fill dough and wrappers with the correct amount of filling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19 Shape Dim Sum to the required standard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20 Cook Dim Sum using the appropriate cooking method using the correct equipment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21 Ensure that the Dim Sum is cooked to the required standard and at the correct temperature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22 Assemble and present cooked Dim Sum according to the organisational standard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23 Make sure the Dim Sum are at the correct temperature for serving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24 Safely store any un-cooked Dim Sum components not for immediate use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## What you must cover

### (OUTCOME 5)

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

1 2 3 4

#### Dim Sum

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

1 encased in dough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 encased in won ton wrappers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 cheung fun based	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 pastry based	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Preparation and cooking methods

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

1 weighing/measuring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 shaping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 sealing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 steaming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 boiling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 frying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 baking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 combination cooking methods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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## What you must know

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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.

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### (OUTCOME 2)

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To understand how to prepare fillings for Dim Sum you need to:

- K1** State how to select the correct type, quality and quantity of ingredients to meet product requirement
- K2** Describe what quality points to look for in ingredients
- K3** State what to do if there are problems with the ingredients
- K4** State what the correct tools and equipment are and the reasons for using them when carrying out the necessary preparation methods
- K5** State what the correct tools and equipment are and the reasons for using them when carrying out the necessary cooking methods
- K6** State what preparation methods are appropriate to different types of Dim Sum products
- K7** State what cooking methods are appropriate to different types of Dim Sum products
- K8** State the correct temperatures for storing Dim Sum fillings not for immediate use
- K9** Describe how to carry out necessary preparation methods according to product requirements
- K10** Describe how to identify when Dim Sum fillings have the correct colour, flavour, texture and quantity
- K11** Describe how to minimise and correct common faults with Dim Sum fillings

**K12** State how to control portion sizes and minimise waste

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**K13** State how to store Dim Sum fillings

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**K14** State healthy eating options when preparing and cooking Dim Sum.

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### (OUTCOME 4)

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To understand how to prepare doughs and wrappers for Dim Sum you need to:

- K15** State how to select the correct type, quality and quantity of ingredients to meet product requirement
- K16** Describe what to do if there are problems with the ingredients
- K17** State what the correct tools and equipment are and the reasons for using them when carrying out different preparation methods
- K18** State what the correct tools and equipment are and the reasons for using them when carrying out different cooking methods
- K19** Describe how to carry out different preparation methods according to product requirements
- K20** Describe how to carry out different cooking methods according to product requirements
- K21** Describe the quality points relating to prepared Dim Sum dough and Won Ton wrapper products
- K22** Describe how to control portions and minimise waste
- K23** State the effects of different temperatures and humidity's on the ingredients used
- K24** State the storage and holding requirements and ideal conditions for processed Dim Sum dough and Won Ton wrapper products

**K25** Describe what precautions should be taken when storing Dim Sum dough and Won Ton wrapper products

**K26** Describe how to minimise and correct common faults in producing Dim Sum dough and wrappers

**K27** Describe the quality points relating to finished Dim Sum and wrappers

**K28** State healthy eating options when preparing Dim Sum dough and wrappers.

### (OUTCOME 6)

To understand how to assemble and cook Dim Sum you need to:

**K29** State how to select the correct type, quality and quantity of ingredients to meet product requirements

**K30** Describe what to do if there are problems with the ingredients

**K31** Describe how to store and maintain freshness and condition of ready made wrappings

**K32** State what the correct tools and equipment are and the reasons for using them when carrying out different preparation methods

**K33** State what the correct tools and equipment are and the reasons for using them when carrying out different cooking methods

**K34** Describe how to carry out different preparation methods according to product requirements

**K35** Describe how to carry out different cooking methods according to product requirements

**K36** Describe the quality points relating to prepared Dim Sum products ready for cooking

**K37** Describe how to control portions and minimise waste

**K38** State the effects of different temperatures and humidity's on the ingredients used

**K39** State the storage and holding requirements and ideal conditions for processed Dim Sum products

**K40** Describe what precautions should be taken when storing Dim Sum products

**K41** Describe how to minimise and correct common faults in producing Dim Sum

**K42** Describe how to minimise and correct common faults in cooking Dim Sum

**K43** Describe the quality points relating to finished Dim Sum products

**K44** State healthy eating options when preparing and cooking Dim Sum products.

