

UNIT 279 (LEVEL 2 UNIT, 4 CREDITS)

PREPARE, COOK AND FINISH NOODLE DISHES

This unit is about preparing, cooking and finishing fresh noodles and noodle dishes.

This unit has **six** learning outcomes:

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

UNIT 279 (2FPC17)

**PREPARE, COOK AND
FINISH NOODLE 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 noodles and other ingredients meet dish requirements | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Select the appropriate tools and equipment and use correctly | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Prepare the noodles and other ingredients to meet dish requirements | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

(OUTCOME 3)

Circled numbers

must be observed

1 2 3 4

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

(OUTCOME 5)

Circled numbers

must be observed

1 2 3 4

- | | | | | | |
|---|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 6 | Present and garnish the noodle dish to meet requirements | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Make sure the noodle dish is at the correct temperature for holding and serving | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Safely store any cooked noodle dishes not for immediate use | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

What you must cover

(OUTCOMES 1, 3, 5)

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

1 2 3 4

Noodles

All must be covered. **Both** of these must be observed by your assessor.

- | | | | | | |
|---|---------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | fresh noodles | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | dried noodles | <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 in Chinese or Thai cuisine.

- | | | | | | |
|---|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | soaking | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | blanching | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | straining | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | mixing | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | boiling | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | steaming | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | deep frying | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | wok frying | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | combining cooking methods | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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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 noodles you need to:

- K1** State how to select the correct type, quality and quantity of noodles and other ingredients to meet dish requirements
- K2** Describe what quality points to look for in noodles and other ingredients
- K3** Describe what to do if there are problems with the noodles and other ingredients
- K4** Describe how to carry out different preparation methods according to dish requirements.

(OUTCOME 4)

To understand how to cook noodle dishes you need to:

- K5** Describe how to carry out different cooking methods according to dish requirements
- K6** Describe how to minimise and correct common faults with noodles and noodle dishes
- K7** Describe how to identify when noodle dishes have the correct flavour, colour, texture and quantity.

(OUTCOME 6)

To understand how to finish noodle dishes you need to:

- K8** State the correct temperatures for holding and serving noodle dishes
- K9** Describe how to store un-cooked, dried and fresh noodles
- K10** Describe how to store cooked noodles and noodle dishes
- K11** State healthy eating options when preparing, cooking and finishing noodle dishes.

