



UNIT 285 (2PR5)

## **COOK-CHILL FOOD**

Cook-chill is a system of catering where food is prepared in advance. It is then portioned into oven-ready containers and blast-chilled to preserve the goodness and flavour. Once chilled, the food can be stored for up to five days at a temperature below 5°C. The cook-chill method involves sticking to strict food hygiene procedures.

UNIT 285 (LEVEL 2 UNIT, 3 CREDITS)  
**COOK-CHILL FOOD**

Cook-chill procedures enable food to be prepared in advance, which is convenient when catering for large numbers of people.

This unit has four learning outcomes.

1. Be able to portion, pack and blast-chill food
2. Understand how to portion, pack and blast-chill food
3. Be able to store cook-chill food
4. Understand how to store cook-chill food.



*Griddled salmon*  
A darne of salmon, lightly seasoned and griddled, and garnished with orange segments.

## Useful words

### **BLAST-CHILL**

To quickly cool down cooked food with cold air in a specialised machine.

### **CONTAINERS**

Boxes, cartons, bags or other vessels that are used to store chilled or frozen foods.

### **LABELLING**

All packed and chilled food should be marked with its name, the date it was made, how it should be stored and the use-by date.

### **MONITORING**

To regularly check the condition and progress of food or systems in your workplace. In your work, you may have to monitor such things as the temperature of freezers and fridges and the quality, weight, temperature and use-by date of deliveries.

### **PACKING**

To place portions of food into containers, ready for chilling and storing.

### **PORTIONING**

Dividing food and assembling meals into the correct amount for a serving.

### **RECORDING**

To monitor and keep a written account of fridge and freezer temperatures. This is done several times each day to ensure the equipment is working properly.

### **SEALING**

To ensure that containers are completely closed, so that nothing can escape or enter the container and contaminate or degrade the food.

### **SOUS VIDE**

French for 'under vacuum', this is a system of cooking in vacuum-sealed plastic bags at relatively low temperatures for long periods. The food retains its appearance, texture and moisture.

### **STOCK ROTATION**

To use stock in the same order in which it was packaged and stored. This means the oldest stock is used first.

### **STORING**

To keep chilled food in a safe environment, at the correct temperature.

## **KNOW YOUR... CHILLING EQUIPMENT**

*Vacuum  
pack*



*Temperature  
indicator*

*Containers*



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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



### Did you know?

Though quiche is now considered a French classic, it actually originated in Germany. The word quiche is from the German 'kuchen', meaning cake.

## 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 Make sure the food is of the correct type, quality and quantity required	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Deal correctly with any food that does not meet requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Correctly portion, pack and cover food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Blast-chill food and correctly seal and label it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 Transport containers to the appropriate storage areas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 Handle containers correctly during transport to ensure they remain undamaged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 Monitor and record food temperatures accurately.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## What you must cover

### (OUTCOME 1)

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

1 2 3 4

#### Food

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

1 meat dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 poultry dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 joints/whole birds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 vegetables/fruits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 vegetable dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 fish dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 sauces/soups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 egg dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 pasta dishes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 desserts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



### HINTS AND TIPS STORING FOOD

Store perishable foods in airtight containers. Don't overload a refrigerator, as this may prevent adequate airflow and make the unit work harder to stay cold.

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**COOK-CHILL FOOD***Did you know?*

Until recently, a sushi chef (itamae) had to train for 10 years before being able to work in a restaurant. Today, demand for these food artists is so high, many start work after two years.

## 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
<b>8</b> Store cook-chill items under the correct conditions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>9</b> Follow stock rotation procedures correctly and use stock in date order	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>10</b> Maintain accurate records of food items that are received, stored and issued	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>11</b> Handle food items so that they remain undamaged	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>12</b> Monitor and record food temperatures accurately	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>13</b> Secure storage areas against unauthorised access	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>14</b> Report problems that have been identified with storage of cooking items promptly to the proper person.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## 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 portion, pack and blast-chill food you need to:

- K1** State why time and temperature is important when preparing cook-chill food
- K2** State why containers must be sealed and labelled correctly before storage
- K3** State why portions must be controlled when filling packages
- K4** Describe what quality points to look for when portioning, packing and blast chilling food.

### (OUTCOME 4)

To understand how to store cook-chill food you need to:

- K5** State why it is important to monitor and record food temperatures regularly
- K6** State why stock rotation procedures must be followed
- K7** State why time and temperature are important when storing cook-chill food
- K8** State why storage areas should be secure from unauthorised access.



### EXPERT ADVICE CHILLING FOOD

Once chilled, food can be stored for up to five days at a temperature below 5°C. To reheat a meal, food needs to reach 75°C at its centre.

- Cook-chill is a process that uses both heat and cold for batch food production.
- Temperature monitoring and record-keeping are critical in production of cook-chill products to avoid food-borne illness.
- Not all food products can be cook-chill processed.
- It is required to have a HACCP Plan and record-keeping system for cook-chill products.
- Packaging and labelling must meet requirements.

## Notes and feedback

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

*'if we eat together,  
if we meet at the  
table for good,  
simple, ethical food,  
we can create a  
kinder society.'*

*Raymond Blanc,  
chef and  
restaurateur*

