



UNIT 286 (2PR6)

COOK-FREEZE FOOD

Freezing cooked food means that ingredients can be bought and used in season when they are at their best and relatively inexpensive. It also enables kitchens to make food well in advance, saving time later. However, it's important to follow the correct procedures when freezing cooked food so that flavours, texture and appearance are preserved, and also to ensure food safety.

UNIT 286 (LEVEL 2 UNIT, 3 CREDITS)

COOK-FREEZE FOOD

This unit deals with freezing cooked food. You will learn the importance of portioning, correct ways to pack and label frozen foods, the process of blast-freezing particular types of food and all aspects of storing cook-freeze food correctly.

This unit has four learning outcomes:

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



A well-organised freezer

Frozen foods must be properly packed, sealed and labelled then stored so that the oldest stock is used first.

Useful words

BLAST-FREEZING

The process of rapidly cooling and freezing foods using specialist equipment, ensuring that freshness and quality is maintained.

CONTAINERS

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

LABELLING

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

MONITORING

Regularly checking condition and progress. This applies to the temperature of the freezer and fridge, the quality, temperature, weight and use-by date of deliveries and the rotation of stock to make sure the oldest items are used first.

PACKING

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

PORTIONING

Dividing dishes 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.

STOCK ROTATION

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

STORING

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

TRANSPORTING

If cook-freeze food has to be transported from a central chilled store to the kitchen, distribution trolleys/vehicles maintain the cold-chain in transit.

KNOW YOUR... COOK-FREEZE METHODS



Monitor



Store



Label

UNIT 286 (2PR6)

COOK-FREEZE FOOD

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 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-freeze 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"/>



HINTS AND TIPS SUCCESSFUL FREEZING

Some foods don't freeze well and may change texture. Many raw vegetables will be less crisp and dairy products such as cream and yoghurt may separate. If in doubt, experiment by freezing a small quantity to test the results.

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 chickens	<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 desserts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Did you know?

The nation's love of frozen food increased in the late 1980s when microwave ovens became widespread, enabling frozen foods to be cooked quickly, often without defrosting.

UNIT 286 (2PR6)

COOK-FREEZE FOOD

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
8 Store cook-chill items under the correct conditions	●	●	●	●
9 Follow stock rotation procedures correctly and use stock in date order	●	●	●	●
10 Maintain accurate records of food items that are received, stored and issued	●	●	●	●
11 Handle food items so that they remain undamaged	●	●	●	●
12 Monitor and record food temperatures accurately.	●	●	●	●

**EXPERT ADVICE**
THE FREEZING PROCESS

Does freezing destroy flavour? Freezing is an excellent way to preserve fresh food. The freezing process itself does not destroy nutrients; when frozen properly at the correct temperature, fresh, high-quality foods will keep most of their vitamin content, natural colour, flavour and texture. Here are some points to observe:

- Freeze items you won't use quickly sooner rather than later.
- Store all foods at -18°C or lower to retain vitamin content, colour, flavour and texture.
- Freeze food as fast as possible to preserve its quality. Fast freezing prevents large ice crystals from forming.

'Cooking is an art and patience a virtue... Careful shopping, fresh ingredients and an unhurried approach are nearly all you need.'

*Keith Floyd
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 portion, pack and blast-freeze food you need to:

- K1** State why time and temperature are important when preparing cook-freeze food
- K2** State why containers must be sealed and labelled correctly before storage
- K3** State why portions must be controlled when filling packages.

(OUTCOME 4)

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

- K4** State why it is important to monitor and record food temperatures regularly
- K5** State why time and temperature are important when storing cook-freeze food
- K6** State why stock rotation procedures must be followed
- K7** State why storage areas should be secured from unauthorised access.

Did you know?

Freezer burn appears as greyish-brown leathery spots and is caused by air reaching the food surface.



