

UNIT 276 (LEVEL 2 UNIT, 2 CREDITS)

PROCESS DRIED INGREDIENTS PRIOR TO COOKING

This unit is about processing and cooking dishes which incorporate dried ingredients.

This unit has two learning outcomes:

1. Be able to process dried ingredients prior to cooking
2. Understand how to process dried ingredients prior to cooking.

UNIT 276 (2FP8)

**PROCESS DRIED INGREDIENTS
PRIOR TO COOKING**

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 dried foods 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 Re-hydrate dried foods in the correct manner to meet dish requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 Make sure the re-hydrated food has the correct flavour, colour, texture and quantity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 Remove non-edible parts of the re-hydrated food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 Make sure the re-hydrated food is held ready for combining with other ingredients in a way which preserves its colour, consistency and flavour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 Safely store any re-hydrated food not for immediate use.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What you must cover

(OUTCOME 1)

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

1 2 3 4

Dried foods

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

1 dried meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 dried fish and shellfish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 dried vegetable and mushroom	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Preparation methods

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

1 cleaning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 soaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 washing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 straining	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 storage	<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 process dried ingredients prior to cooking you need to:

- K1** State how to select the correct type, quality and quantity of dried ingredients to meet dish requirements
- K2** Describe what quality points to look for in dried ingredients
- K3** Describe what to do if there are problems with the dried ingredients
- K4** Describe how to carry out different preparation methods according to dish requirements
- K5** Describe how to minimise and correct common faults when using dried ingredients
- K6** State the correct temperatures for holding and storing dried ingredients
- K7** State how to uncooked, re-hydrated ingredients.

