

Unit 308: Produce and present advanced main course dishes using standardised recipes

Worksheet 1: Quality and quantity checks (Tutor)

Accept any suitable response

1. Explain why each of the following checks are important when preparing advanced main course dishes.

Visual

Always undertake a visual check/assessment of the ingredients. This involves physically looking at the ingredients for any obvious defects such as mould. This method works well for assessing any potential physical contaminants in the ingredients. A visual assessment can also be undertaken when assessing quality attributes of colour, size and count against the ingredient specification and also the shelf life.

Aroma

The ingredients should have the correctly aroma. An unpleasant aroma would suggest that the product is off and shouldn't be consumed. This is especially important when using dairy products, often a vinegar smells is associated with ingredients that have started to go off.

Texture

Always check the texture of ingredients prior to use. Fresh items such as fruit should not be too soft that there is obviously signs that the ingredients is past it's best before date. Where an item has changed in texture it can be caused by the breakdown of the nature sugars and proteins contained within the ingredients. There also maybe signs that the ingredients have discoloured i.e. bananas are going brown.

2. What are meant by the following terms?

Use by dates

A use by date on food is about safety. This is the most important date to remember. Foods can be eaten until the use by date but not after. After the use by date, don't eat it, cook it or freeze it. The food could be unsafe to eat, even if it has been stored correctly and looks and smells fine.

Best before dates

The best before date, sometimes shown as BBE (best before end), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. Its flavour and texture might not be as good.