

Domain

**COMMERCIAL COOKERY AND
CATERING**

Title:

**Apply advanced food preparation
techniques to cook specialised baked
products, desserts and pastries**

Level: 4

Credits: 8

Purpose

This unit standard specifies the competency required to apply advanced food preparation techniques to cook specialised baked products, desserts and pastries.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
- Unit 292 *Practice food safety methods in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. Assessment evidence may be collected from a real workplace or simulated workplace in which there is a high degree of realism that replicates a commercial workplace setting. Where a simulated workplace is used, candidates must:

- be placed under realistic time pressures
- use commercial equipment for both training and assessment
- encounter realistic customer/staff ratios.

While the end user in the assessment activity need not be a guest, there must be documented evidence of multiple occasions where the candidate has produced product or similar for guests who have the expectations of a paying guest.

3. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.

4. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.

5. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
6. Glossary
 - For the purposes of this unit standard, *advanced techniques* refers to the preparation of complicated food items which may involve non-standard recipes and may require extreme care and deft touches in preparation and baking. In some cases, the food item will be 'to order' for a special occasion.
 - *Mise en place* means the setting out of ingredients and utensils required for the preparation of food items.
 - The term *establishment requirements* or procedures refers to any policy, procedure, recipe, or agreed requirement, either written or oral, that is made known to the worker in the kitchen for use in their work.
 - *Safe working practices* include day to day observation of safety policies and procedures, legislative requirements and professional requirements.
 - *Specifications* refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.
7. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act No 11 2007 as amended
 - Tobacco Products Control Act No 1 of 2010
 - Public Health Amendment Act 45 of 1976
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Bake specialised items using advanced techniques

Range

Baked products may also include yeast-based or unleavened items and could include such things as tarts, croissants, petit fours, etc. For assessment, one specialised cake and one specialised bread must be produced.

Performance Criteria

- 1.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 1.2 Appropriate recipes for baked items are identified or created in line with guest and establishment requirements.
- 1.3 Mise en place is prepared and ingredients assembled for preparation of the baked item.
- 1.4 The best supplier for quality, price and service is selected according to establishment requirements.
- 1.5 Suitable equipment is selected and used for baking preparation and baking in line with establishment procedures.
- 1.6 Appropriate cooking methods are selected and used for baked items in line with recipe and establishment procedures.
- 1.7 Items are baked and presented according to recipe requirements and establishment procedures.
- 1.8 Baked items are cooled in line with food safety, recipe and establishment procedures.
- 1.9 Decorations, icings and finishes for baked products are prepared and applied in line with recipes and establishment procedures.
- 1.10 Baked items are labeled, dated, and stored for next use in line with food safety requirements and establishment procedures.
- 1.11 Baked products are served according to menu and guest requirements in line with establishment procedures.

Element 2: Prepare and cook specialised desserts used advanced techniques

Range

Specialised desserts include items such as ice creams, parfaits, sugar ornaments, gateau, meringues, nougat, Turkish Delight, Baked Alaska, pavlova, etc.

Performance Criteria

- 2.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 2.2 Appropriate recipes for desserts are identified or created in line with guest and establishment requirements.
- 2.3 Mise en place is prepared and ingredients assembled for preparation of the desserts.
- 2.4 The best supplier for quality, price and service is selected according to establishment requirements.
- 2.5 Suitable equipment is selected and used for dessert preparation and cooking in line with establishment procedures.
- 2.6 Appropriate cooking methods are selected and used for desserts in line with recipe and establishment procedures.
- 2.7 Desserts are cooked, assembled where necessary, and presented according to recipe requirements and establishment procedures.
- 2.8 Hot and cold sauces are prepared where required to a desired consistency and flavour, using suitable thickening agents where appropriate, according to recipe requirements.
- 2.9 Accompaniments, garnishes and decorations are used to enhance taste, texture and balance and ensuring that flavours and textures of garnishes complement desserts in line with recipe and establishment requirements.
- 2.10 Desserts are labelled, dated, and stored for next use in line with food safety requirements and establishment procedures.
- 2.11 Baked products are served according to menu and guest requirements in line with establishment procedures.

Element 3: Prepare and cook specialised pastries using advanced techniques

Range

Specialised pastries may include but are not limited to home-made puff pastry, Danish, pastry casings such as vol au vants, etc.

Performance Criteria

- 3.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 3.2 Appropriate recipes for pastry or pastries are identified or created in line with guest and establishment requirements.
- 3.3 Mise en place is prepared and ingredients assembled for preparation of the pastry.
- 3.4 The best supplier for quality, price and service is selected according to establishment requirements.
- 3.5 Suitable equipment is selected and used for pastry preparation and cooking in line with establishment procedures.
- 3.6 Appropriate cooking methods are selected and used for pastry or pastries in line with recipe and establishment procedures.
- 3.7 Items are cooked and presented according to recipe requirements and establishment procedures.
- 3.8 Pastry and pastry products are decorated to enhance appearance, using suitable fillings, icings and decorations, to standard recipes and/or establishment standards.
- 3.9 Pastry or pastry items are labelled, dated, and stored for next use in line with food safety requirements and establishment procedures.
- 3.10 Pastry items are served according to menu and guest requirements in line with establishment procedures.

Registration Data

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