

	Unit ID: 506
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Prepare and cook desserts and pastries
Level: 3	Credits: 6

Purpose

People credited with this unit standard are able to: prepare and cook hot and cold desserts; and prepare and cook 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. Glossary

- *Equipment for making desserts* may include but is not limited to blenders, ice-cream machines, ice makers, juicers and vitamisers, fridge, freezer,

oven, cream dispenser, mixers; bowl cutters, scales and measures, mixing and baking utensils.

- *Hand utensils* refers to items such as whisk, piping bags, plastic dispensing bottles for decorating, palette knives, spatula, sugar thermometer, wooden spoon, baking tray, moulds, dough cutter, cream gun.
 - *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.
6. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
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
 - The International Health Regulation Act 28 of 1974
 - 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: Prepare and cook hot and cold desserts

Range

Hot desserts may include but are not limited to puddings, pies, tarts, flans, fritters, prepared fruit, soufflé, sabayon; crepes, sweet omelette; waffles.

Cold desserts may include but are not limited to custards, Bavarian creams, mousses, charlotte, meringue, fresh fruit salad, cold puddings (semolina, rice pudding), poached pear, fruit tarts and tartlets, frozen desserts (sorbet, ice cream, ice bombe, parfait).

Sauces may include but are not limited to glazes (sugar syrups, fondant, chocolate/apricot glaze); fruit sauces/coulis (berries or poached fruit); fruit purees, cream sauces (anglaise/vanilla sauce, chocolate sauce); wine sauces (sabayon and zabaglione); custards and crèmes; flavoured butters and creams.

Thickening agents for desserts may include but are not limited to roux; flour; corn flour; arrowroot; potato starch; modified starch; breadcrumbs; eggs and egg yolks; gelatin; cream.

Accompaniments, garnishes and decorations may include but are not limited to icing sugar, vermicelli, caramel or chocolate ornaments, cocoa powder, mint leaves, glazed cherries, fresh berries, whipped cream, chocolate sauce, biscuit crumbs, all kinds of nuts.

For credit, at least one hot dessert and one cold dessert must be produced, with the accompanying sauces where relevant.

Performance Criteria

- 1.1 Ingredients are selected, measured and weighed according to recipe requirements.
- 1.2 Appropriate equipment and utensils are selected and used in line with dessert preparation requirements.
- 1.3 Standard or establishment recipes are used to produce a variety of hot, cold and frozen desserts in line with establishment requirements.
- 1.4 *Mise en place* is prepared and ingredients assembled for preparation of desserts and sauces in line with establishment procedures.
- 1.5 Desserts are produced using a range of appropriate ingredients in line with establishment requirements.
- 1.6 Desserts are decorated to enhance presentation according to establishment standards.
- 1.7 Desserts are portioned, plated, and presented in line with establishment standards.

- 1.8 Hot and cold sauces are prepared to a desired consistency and flavour, using suitable thickening agents where appropriate, according to recipe requirements.
- 1.9 Sauces are labeled and stored to retain desired quality and characteristics in line with establishment requirements.
- 1.10 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 establishment requirements.
- 1.11 Desserts are labeled and stored at the appropriate temperature and under the correct conditions to maintain quality, freshness and guest appeal in line with establishment requirements.
- 1.12 Packaging is selected and used to preserve taste, appearance and eating characteristics in line with recipe and establishment requirements.
- 1.13 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Element 2: Prepare and cook pastries

Range

Pastry or pastry products must include at least one from each of:

- short and sweet paste (e.g. flans, tarts, pies; choux paste e.g. profiteroles, éclairs);
- pie dough, sweet pastry dough (e.g. shortbread, sandy cookie dough, sugar dough for tartlets);
- batters (e.g. pancake batter, deep-fried batter);
- puff pastry (e.g. Millefeuille; filo or apple strudel).

Performance Criteria

- 2.1 Suitable equipment and utensils are selected and used safely and efficiently in line with recipe and establishment requirements.
- 2.2 *Mise en place* is prepared and ingredients assembled for preparation of desserts and sauces in line with establishment procedures.
- 2.3 Pastries and pastry products are prepared according to establishment standard.
- 2.4 Basic pastes are prepared according to standard recipes/industry standards, using appropriate techniques, methods and equipment.
- 2.5 Pastry and pastry products are decorated to enhance appearance; using suitable fillings, icings and decorations, to standard recipes and/or establishment standards.

- 2.6 Pastry items are portioned and plated, including applying portion control to minimize wastage.
- 2.7 Pastry items are labeled, dated and stored correctly to minimize spoilage and wastage.
- 2.8 Any waste generated during preparation and cooking is disposed of or recycled in line with safety and establishment requirements.

Registration Data

Subfield:	Hospitality and Tourism
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