

Prepare, cook and finish basic pasta dishes

Overview

This standard is about preparing, cooking and finishing basic pasta dishes, for example:

- lasagne (alforno, open)
- macaroni cheese
- cannelloni
- spaghetti bolognaise
- ravioli

The standard covers a range of types of pasta, both dried and fresh and the associated preparation and cooking techniques.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish basic pasta dishes; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

- Prepare, cook and finish basic pasta dishes

Performance criteria

You must be able to:

1. Select the type and quantity of pasta and other ingredients required
2. Check the pasta and other ingredients meet quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare, cook and finish the pasta dish
4. Use the tools, knives and equipment correctly when preparing, cooking and finishing the pasta dish
5. Prepare the ingredients to meet the requirements of the pasta dish
6. Cook the ingredients to meet the requirements of the pasta dish
7. Check the pasta dish has the correct flavour, colour, texture and quantity
8. Garnish and present the pasta dish to meet requirements
9. Make sure the pasta dish is at the correct temperature for holding and serving
10. Store any cooked pasta not for immediate use in line with food safety regulations

Knowledge and understanding

You need to know and understand:

1. Different types of pasta dishes and their characteristics
2. How to check the pasta and other ingredients meet dish requirements
3. What quality points to look for in a range of pasta
4. Why and to whom you should report any problems with the pasta or other ingredients.
5. The correct tools and equipment for the required preparation and cooking methods
6. How to carry out each of the preparation, cooking and finishing methods
7. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing pasta dishes
8. The correct temperatures for cooking pasta and why these temperatures are important
9. How to check and adjust a pasta dish to make sure it has the correct flavour, colour, texture and quantity
10. The correct temperatures for holding and serving pasta dishes
11. The correct temperatures and procedures for storing pasta dishes not for immediate use
12. Healthy eating options when preparing, cooking and finishing pasta dishes

Scope/range

1. Pasta
 - 1.1 stuffed pasta
 - 1.2 shaped pasta
 - 1.3 lasagne
 - 1.4 dried pasta
 - 1.5 fresh pasta
2. Preparation methods
 - 2.1 blanching
 - 2.2 straining
 - 2.3 mixing
3. Cooking methods
 - 3.1 boiling
 - 3.2 baking
 - 3.3 combination of cooking methods
4. Finishing Methods
 - 4.1 garnishing
 - 4.2 saucing
 - 4.3 presenting

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Suite Hospitality - Professional Cookery

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