

Unit 51: Principles of Preparing, Cooking and Finishing Basic Pastry Products

Unit code: R/502/8310

QCF Level 2: BTEC Specialist

Credit value: 2

Guided learning hours: 9

Unit aim

This unit aims to provide learners with knowledge of how to prepare, cook and finish basic pastry products. They will cover a range of preparation and cooking techniques for the following types of pastry:

- short
- sweet
- suet
- choux
- puff
- convenience.

Unit introduction

Pastry chefs focus on preparing, baking and decorating cakes, breads, cookies and pastries. They research and experiment with new flavours and techniques and ensure the quality of ingredients and cooking utensils. Pastry chefs need a solid background in mathematics and science, as their work involves calculations for ingredient measuring, weighing and adjusting. Science education is also useful because the way ingredients combine to produce a desired result is itself a study in chemistry.

Learners will gain knowledge of preparing, cooking and finishing basic pastry products. They will learn about quality points in pastry ingredients and how to deal with problems with pastry ingredients.

Learners will be taught the importance of following the recipe when preparing pastry products, and of using the correct tools and equipment to carry out different preparation and cooking methods of pastry products.

Learners will consider preparation, cooking and finishing methods for different types of pastry products and how to store pastry products after preparation. Presentation of food is an important and valuable skill and learners will be shown when pastry products meet dish requirements for colour, flavour, texture and finish.

In line with government guidance and contemporary practice, learners should be introduced to the basic principles of healthy eating and its associated benefits. Some of these basic considerations will be introduced to the teaching and applied to the preparation and cooking of pastry products.

Learning outcomes and assessment criteria

In order to pass this unit, the evidence that the learner presents for assessment needs to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria determine the standard required to achieve the unit.

On completion of this unit a learner should:

Learning outcomes	Assessment criteria
1 Know how to prepare basic pastry products	1.1 Outline quality points in pastry ingredients 1.2 Describe the importance of following the recipe when preparing pastry products 1.3 Describe preparation methods for pastry products 1.4 State the tools and equipment required to carry out different preparation methods 1.5 Describe how to deal with problems with pastry ingredients 1.6 Explain how to store pastry products after preparation
2 Know how to cook and finish basic pastry products	2.1 State the importance of using the correct equipment and techniques when cooking pastry products 2.2 Describe cooking methods for different types of pastry products 2.3 Describe finishing methods for pastry products 2.4 Explain how to identify when pastry products meet dish requirements for colour, flavour, texture and finish 2.5 State healthy eating considerations when making pastry products

Unit content

1 Know how to prepare basic pastry products

Pastry types: short; sweet; suet; choux; puff; convenience

Quality points in pastry ingredients: appearance; colour; aroma/smell; texture; ingredients (flours, sugar, fat, dairy products)

Importance of following the recipe when preparing pastry products: facilitating consistent reproduction of pastry products; providing proportions of ingredients; ease of preparation by following steps in logical sequence to produce appropriate end results; conciseness; interesting appeal; pleasing to the senses; economical

Preparation methods for pastry products: weighing/measuring; sifting; rubbing in; creaming; resting; piping; rolling; laminating/folding; cutting; shaping; trimming; lining

Tools and equipment required to carry out different preparation methods: mixing bowls; wooden spoons; metal spoons; rubber spatulas; baking trays; whisks; wire cooling trays; measuring jugs; rolling pins; cutters; palette knives; piping bags; sieves; scales

Dealing with problems with pastry ingredients: ensuring ingredients are suitable (right quantity, quality, freshness); weighing and checking quality of delivered ingredients in front of the delivery person; returns to suppliers; correct disposal of unusable ingredients; seeking advice from appropriate person/s

Storing pastry products after preparation: consideration of temperature, light and air exposure; use of airtight containers; display cabinets, including temperature-controlled cabinets; refrigeration, chilling and freezing

2 Know how to cook and finish basic pastry products

Importance of using the correct equipment and techniques when cooking pastry products: avoiding accidents; achieving best results of food after cooking; enabling quick and efficient work

Cooking methods for different types of pastry products: baking; steaming; combining cooking methods

Finishing methods for pastry products: methods (gratinating, cooling, piping, de-moulding, glazing, portioning, freezing, refrigeration, chilling, stacking, filling, cutting, rolling, trimming/smoothing, dusting/dredging/sprinkling, coating); time planning; quality; selecting and using appropriate ingredients and equipment; presentation of the pastry products to meet requirements; food orders

Identifying when pastry products meet dish requirements for colour, flavour, texture and finish: appearance; taste; aroma/smell; glaze

Healthy eating considerations when making pastry products: portioning; substituting/reducing ingredients (fat, sugar); increasing the fibre content of pastry products

Essential guidance for tutors

Delivery

This unit introduces learners to the principles of preparing, cooking and finishing basic pastry products.

Where possible, samples of pastry products listed in the unit content should be available for learners to see.

Much of the content of the unit, although theoretical, can be taught in a practical environment such as a kitchen where the theory can be readily applied.

Learners' self-directed study in libraries, learning resource centres and, where appropriate, the workplace, can support learning. Learners need to be encouraged to undertake self-directed research.

Learning outcome 1 could be delivered during formal structured lessons supported by independent learner research. Tutors must explain the quality points of the ingredients used in basic pastry products and the importance of following recipes. Tutors should teach learners about the preparation methods and the equipment used to prepare basic pastry products and how to deal with problems with any of the ingredients.

For learning outcome 2, it is important that tutors teach learners about the safe use of tools and equipment in order to help reduce the risk of accidents as well as ensuring that health and safety requirements are followed. Tutors could demonstrate to learners the finishing methods for pastry products and how to identify when pastry products meet dish requirements for colour, flavour, texture and finish.

Healthy eating considerations may form part of a group discussion, exploring different approaches to ingredient content which could incorporate some of the current healthy eating principles without any detrimental effect on quality and customer appeal.

Outline learning plan

The outline learning plan has been included in this unit as guidance and can be used in conjunction with the delivery of multiple choice tests.

The outline learning plan demonstrates one way of planning the delivery and assessment of this unit.

Topic and suggested activities
Introduction to unit.
Tutors to introduce learners to how to prepare basic pastry products.
Tutors to demonstrate the production of basic pastry products using the correct tools and techniques.
Tutors to show the preparation and cooking methods for pastry products.

Topic and suggested activities
Tutors to show how to deal with problems with pastry ingredients and how to store pastry products after preparation.
Tutor to introduce learners to the concept of finishing pastry products and demonstrate presentation techniques and how to identify when pastry products meet dish requirements for colour, flavour, texture and finish.
Tutor-led discussion on healthy eating considerations when making pastry products.
Tutorial support and feedback.
Self-initiated learning time.

Assessment

Tutors should ensure that learners cover all the unit content.

Essential resources

Although this is a knowledge-based unit, learners should have access to commercial kitchens and support areas. They should be able to see appropriate large and small specialist professional equipment that is up to date and in good repair and working order.

Centre libraries should have a selection of contemporary cookery books available for learners to use. The books should cover a wide range of styles and recipes and show how excellent presentation of commodities can be achieved.

Indicative resource materials

Textbooks

Campbell J, Foskett D and Ceserani V – *Practical Cookery, 11th Edition* (Hodder Education, 2008) ISBN 9780340948378

Campbell J, Rippington N, Foskett D and Ceserani V – *Practical Cookery Level 2* (Hodder Education, 2010) ISBN 9781444112269

Davidson A – *The Oxford Companion to Food, 2nd Edition* (Oxford University Press, 2006) ISBN 9780192806819

Foskett D and Ceserani V – *The Theory of Catering, 11th Edition* (Hodder Education, 2007) ISBN 9780340939260

Foskett D, Ceserani V and Campbell J – *Foundation Practical Cookery* (Hodder Education, 2009) ISBN 9780340983997

Mead T, Holmes S, Wilson P, Batten S, Richer W, Dale G, Ingle S, Neild C, Neild M and Ovenden F – *BTEC Level 2 First in Hospitality Student Book* (Pearson Education, 2011) ISBN 9780435026592

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Caterer and Hotelkeeper – Reed Business Information

Websites

www.bha.org.uk	British Hospitality Association
www.cookeryclub.co.uk	Cookery Club – cookery information of the web
www.food.gov.uk	Food Standards Agency – safer food, better business
www.nhs.uk/Livewell/Goodfood	NHS Choices – good food and healthy diet
www.people1st.co.uk	People 1st – Sector Skills Council for Hospitality, Leisure, Travel and Tourism