

Overview

The standard is about processing cook-chilled foods. The standard covers portioning, packaging and blast-chilling food, sealing and labelling blast-chilled food correctly; whilst monitoring and recording its temperature. The standard also covers storing packaged cook-chilled foods correctly, stock rotation procedures and maintenance of accurate records.

This standard focuses on the technical knowledge and skills required to process cook-chilled food; 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:

- Cook-chilled food

Performance criteria

- You must be able to:*
1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace procedures
 2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
 3. Check that the food meets the dish, food safety and your workplace requirements regarding quality, quantity and cooking requirements
 4. Deal correctly with any food that does not meet requirements
 5. Portion, pack and cover food correctly
 6. Blast-chill food, seal and label it correctly
 7. Monitor and record food and storage area temperatures accurately and according to food safety and your workplace requirements
 8. Transport containers to the appropriate storage areas in a safe and hygienic manner
 9. Store cook-chill items at the correct temperature and condition
 10. Follow stock rotation procedures correctly and use stock in date order
 11. Maintain accurate records of food items that are received, stored and issued
 12. Handle food items correctly so that they remain undamaged
 13. Secure storage areas against unauthorised access
 14. Report any problems that you identify promptly to the proper person

Knowledge and understanding

You need to know and understand:

1. Safe and hygienic working practices when portioning, packing and blast-chilling food
2. Why time and temperature is important when producing cook-chill food
3. Why food containers must be sealed and labelled correctly before storage
4. Why portions must be controlled when producing cook-chilled foods
5. What quality points to look for when portioning, packing and blast-chilling food
6. The types of problems that may occur when portioning, packing, blast-chilling and storing cook-chilled food
7. Safe and hygienic working practices when storing cook-chilled foods
8. Why it is important to monitor and record food and storage temperatures regularly
9. Why stock rotation procedures must be followed
10. Why storage areas should be secured from unauthorised access

Scope/range

1. Food
 - 1.1 meat dishes
 - 1.2 poultry dishes
 - 1.3 joints / whole birds
 - 1.4 vegetables / fruits
 - 1.5 vegetable dishes
 - 1.6 fish dishes
 - 1.7 sauces / soups
 - 1.8 egg dishes
 - 1.9 pasta dishes
 - 1.10 desserts

2. Problems with
 - 2.1 equipment
 - 2.2 food
 - 2.3 packaging

J8K5 04 - Cook-chilled food

Developed by People 1st

Version Number 3

Date Approved 01 Mar 2022

Indicative Review Date 28 Feb 2027

Validity Current

Status Original

Originating Organisation People 1st International Ltd

Original URN PPL2PRD5

Relevant Occupations Chef, Cook, Kitchen Assistant

Suite Food Production and Cooking, Hospitality - Professional Cookery

Keywords cook, chill, food
