



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

KNQF LEVEL: 5

ISCED OCCUPATIONAL STANDARD CODE: 1013 454 B



**TVET CDACC
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PREPARE PASTRIES

UNIT CODE: HOS/OS/FP/CR/09/5/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present various pastries and breads. It requires the ability to assemble all the ingredients, working equipment, prepare breads and prepare pastries.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Assemble all the ingredients and equipment.	1.1 Clean and sanitize the working area and surfaces. 1.2 Hygiene procedures are observed as per HACCP. 1.3 Identify the equipment needed and ensure they are functional as per the SOPs. 1.4 Identify the ingredients, weigh and measure as per the recipe. 1.5 Assemble the equipment and ingredients as per SOPs.
2. Prepare short crust pastry Eg pie, tarts, flans, cornish pastry	2.1 Ingredients are identified and selected as per the recipe. 2.2 The ingredients for preparing short crust pastry are weighed and measured as per the recipe. 2.3 Dough for pastry is prepared as per the recipe. 2.4 Filling (fruits, cream, minced meat, sausage) is prepared as recipe. 2.5 Pastry is baked as per the recipe.
3. Prepare flaky/rough puff pastry	3.1 Ingredients are identified and selected as per the recipe. 3.2 The ingredients for preparing flaky/rough puff pastry are weighed and measured as per the recipe. 3.3 Dough for pastry is prepared as per the recipe. 3.4 Fat is added gradually to the dough and rolled until all the fat is incorporated as per the recipe. 3.5 Filling (fruits, cream, minced meat, sausage) is prepared as recipe. 3.6 Pastry is baked as per the recipe.

4. Prepare puff pastry	<p>4.1 Ingredients are identified and selected as per the recipe.</p> <p>4.2 The ingredients for preparing f puff pastry are weighed and measured as per the recipe.</p> <p>4.3 Dough for pastry is prepared as per the recipe.</p> <p>4.4 Dough is rolled several times till all fat is incorporated as per the recipe.</p> <p>4.5 <i>Filling</i> is prepared as recipe.</p> <p>4.6 Pastry is baked as per the recipe.</p>
5. Prepare choux paste	<p>5.1 Ingredients are identified and selected as per the recipe.</p> <p>5.2 The ingredients for preparing f puff pastry are weighed and measured as per the recipe.</p> <p>5.3 Dough for <i>pastry is prepared</i> (boiling and , relaxing, layering) as per the recipe.</p> <p>5.4 Dough is piped and baked as per the recipe</p> <p>5.5 Pastry is baked as per the recipe.</p> <p>5.6 Filling (cream, chocolate) is prepared and pastry filled as per the recipe.</p>
6. Prepare sugar paste	<p>6.1 Ingredients are identified and selected as per the recipe.</p> <p>6.2 The ingredients for preparing f sugar pastry are weighed and measured as per the recipe.</p> <p>6.3 Dough for sugar <i>pastry is prepared</i> as per the recipe.</p> <p>6.4 Sugar pastry is baked as per the recipe.</p> <p>6.5 Filling (chocolate) is prepared and pastry filled as per the recipe.</p>

RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. Ingredients include but not limited to:	<ul style="list-style-type: none"> • Flour • Fat • Liquid
2. Short crust pastry include but not limited to:	<ul style="list-style-type: none"> • Pie • Tarts • Flans

	<ul style="list-style-type: none"> • Cornish pastry
3. Pastry is prepared include but not limited to:	<ul style="list-style-type: none"> • Kneading • Relaxing • Layering
4. Filling include but not limited to:	<ul style="list-style-type: none"> • Fruits • Cream • Minced meat • Sausage

REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

Required Skills

The individual needs to demonstrate the following skills:

- Kitchen tools and equipment selection and use
- Food presentation techniques
- Baking and frying
- Techniques of preparing dough e.g. Kneading, resting, shaping, folding, chilling, rolling, piping
- Method of finishing pastries
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Creativity/Innovation
- Personal grooming
- Presentation
- Communication
- Interpersonal relations

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- Hazard Analysis of Critical Control Points (HACCP)
- Standard Operating Procedure (SOP)
- Occupational Safety and Health (OHS)
- Work place procedures
- Time management
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs

- Food product knowledge
- Quality control
- Costing and cost control
- Cooling pastries
- Storage of breads
- Blind baking
- Portion control
- Purchase specification
- Fats and oils
- Sugar and salt and their substitutes
- Allergens (gluten free & nut allergy, milk intolerance)
- Nutrition and dietetics
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Professional ethics
- French Language
- Different types of flours

EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

1. Critical aspects of Competency	<p>Assessment requires evidence that the candidate:</p> <ol style="list-style-type: none"> 1.1 Identified tools and equipment for preparing pastries. 1.2 Identified ingredients for preparing pastries. 1.3 Sanitise the working area and surfaces as they worked. 1.4 Checked the quality of the ingredients by using quality standards ie. colour, smell, texture and freshness. 1.5 Finished the pastries as per the recipe. 1.6 Handled the dough in cold temperatures as per the recipe. 1.7 Preheated the ovens to the required temperatures as per the recipe . 1.8 Stored the pastries as per the recipe. 1.9 Presented the pastries as per the recipe. 1.10 Demonstrated ability to observe hygiene in the kitchen. 1.11 Prepared valid fillings and used them to fill the pastries.
2. Resource Implications	<p>The following resources MUST be provided:</p> <ol style="list-style-type: none"> 2.1 Fully equipped kitchen. 2.2 Kitchen tools and equipment. 2.3 Working environment meeting the OSHA standards. 2.4 A variety of ingredients.
3. Method of Assessment	<p>Competency may be assessed through:</p> <ol style="list-style-type: none"> 3.1 Direct observation using a checklist

	<p>3.2 Written or oral questions</p> <p>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</p>
4. Context for Assessment	Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)
5. Guidance information for assessment	Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.