



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

LEVEL 6

PROGRAMME CODE: 0721 0654 B



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PREPARE PASTRIES

UNIT CODE: HOS/OS/FP/CR/08/6/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present a range of pastries. It involves preparing cakes, pastries, tarts, pies, flans and cookies.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT	PERFORMANCE CRITERIA
These describe the key outcomes which make up workplace function.	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. Prepare cakes	1.1 Select type and size of equipment suitable to prepare cakes. 1.2 Ingredients identified and selected as per the recipe. 1.3 Weigh and measure ingredients according to recipe. 1.4 Hygiene and procedures are observed as per HACCP 1.5 Prepare a variety of <i>cakes</i> and according to standard recipes and organisations standards 1.6 Follow the recipe including the recommended <i>culinary technique or mixing method</i> 1.7 Oven preheated at recommended time and temperatures in the recipe 1.8 Recommended temperatures and baking period/time observed as per the recipe 1.9 Presentation equipment identified and used as per the specification 1.10 Serve cake as per the recipe and style of service
2. Prepare basic pastries	2.1 Select type and size of equipment suitable to prepare basic pastries 2.2 Ingredients identified and selected as per the recipe. 2.3 Weigh and measure ingredients according to recipe.

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	<p>2.4 Hygiene and procedures are observed as per HACCP</p> <p>2.5 Prepare a variety of basic pastries according to recipes and desired <i>product characteristics</i>.</p> <p>2.6 Make basic pastries as per the recipe</p> <p>2.7 Oven preheated at recommended time and temperatures in the recipe</p> <p>2.8 Recommended temperatures and baking period/time observed as per the recipe</p> <p>2.9 Presentation equipment identified and used as per the recipe</p> <p>2.10 Serve pastry as per the specifications and style of service.</p>
3. Prepare tarts and pies	<p>3.1 Select type and size of equipment suitable to prepare tarts and pies.</p> <p>3.2 Ingredients identified and selected as per the recipe.</p> <p>3.3 Weigh and measure ingredients according to recipe.</p> <p>3.4 Hygiene and procedures are observed as per HACCP</p> <p>3.5 Prepare a variety of <i>tarts and pies</i> according to recipes and desired <i>product characteristics</i>.</p> <p>3.6 Make tarts and pies as per the recipe.</p> <p>3.7 Select, prepare and use <i>recommended equipment</i> as per the recipe</p> <p>3.8 Presentation equipment identified and used as per the recipe</p> <p>3.9 Serve tarts and pies as per the specifications and style of service</p>
4. Prepare flans	<p>4.1 Select type and size of equipment suitable to prepare flans</p> <p>4.2 Ingredients identified and selected as per the recipe.</p> <p>4.3 Weigh and measure ingredients according to recipe.</p>

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>
	<p>4.4 Hygiene and procedures are observed as per HACCP</p> <p>4.5 Prepare a variety of <i>flans</i> according to recipes and desired <i>product characteristics</i>.</p> <p>4.6 Make flans as per the recipe.</p> <p>4.7 Select, prepare and use <i>recommended equipment</i> as per the recipe</p> <p>4.8 Presentation equipment identified and used as per the recipe</p> <p>4.9 Refrigerate (where necessary) at the recommended temperature and time to cool before serving.</p> <p>4.10 Serve flans as per the specifications and style of service</p>
5. Prepare cookies	<p>5.1 Select type and size of equipment suitable to prepare cookies</p> <p>5.2 Ingredients identified and selected as per the recipe.</p> <p>5.3 Weigh and measure ingredients according to recipe.</p> <p>5.4 Hygiene and procedures are observed as per HACCP</p> <p>5.5 Prepare a variety of cookies according to recipes and desired <i>product characteristics</i>.</p> <p>5.6 Make cookies as per the recipe.</p> <p>5.7 Select, prepare and use <i>recommended equipment</i> as per the recipe</p> <p>5.8 Presentation equipment identified and used as per the recipe</p> <p>5.9 Refrigerate (where necessary) at the recommended temperature and time to cool before serving.</p> <p>5.10 Serve cookies as per the specifications and style of service</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. Cakes may include but not limited to:	<ul style="list-style-type: none"> • Sponge cakes • Butter cakes • Banana cake • Marble • Fruit • Velvet
2. Culinary technique or mixing method May may include but not limited to:	<ul style="list-style-type: none"> • Rubbing in method • Melting • Creaming • Whisking Method
3. Pastries and pastry products May may include but not limited to:	<ul style="list-style-type: none"> • Flans • Tarts • Fruit tartlets • Croissants • Viennese wafers • Danish Pastry • Brioches • Pies
4. Equipment May may include but not limited to:	<ul style="list-style-type: none"> • Mixers • Blenders • Bowl cutters • Dough sheets • Accessories • Ovens and proovers • Scales and measures • Mixing and baking utensils
5. Fillings may include but not limited to:	<ul style="list-style-type: none"> • Fresh or crystallised fruit and fruit purées • Whole or crushed nuts • Cream • Custard • Meringue

Variable	Range
<p>1. Decorations may include but not limited to:</p>	<ul style="list-style-type: none"> • Glazes • Jellies • Fruit purées • Icings • Fresh, preserved or crystallised fruits • Nuts • Fillings, including cream, mousse and fruit purées.
<p>2. Product characteristics may include but not limited to:</p>	<ul style="list-style-type: none"> • Colour • Consistency and texture • Crust stability • Moisture content • Mouth feel and eating properties • Appearance

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 equipment selection and use
- Food presentation techniques
- cooking methods (Baking, frying)
- Kneading, whisking, shaping, rolling, piping
- Icing and decorating
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- 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
- Salad dressing
- Seasoning salads
- Time management
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- Costing and cost control

- Storage of breads
- Portion control
- Purchase specification
- Confectionary foods
- Fats and oils
- Sugar and salt and their substitutes
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Nutrition and dietetics
- Food and wine pairing
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- French Language
- Different types of flour
- Communication
- Accounting (basic)
- Interpersonal relations
- Management (supplies, human resource)
- Problem solving skills
- Planning and organizing
- ICT
- First Aid

EVIDENCE GUIDE

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

<p>1. Critical aspects of Competency</p>	<p>Assessment requires evidence that the candidate:</p> <ol style="list-style-type: none"> 1.1. Demonstrated ability to conduct pre-start checks on ovens used for baking 1.2. Demonstrated ability to start, operate, monitor and adjust ovens to achieve required quality outcomes 1.3. Baked pastries as per the quality standards 1.4. Demonstrated ability to apply safe work practices and identify OSH hazards and controls 1.5. Demonstrated ability to safely shutdown ovens 1.6. Demonstrated ability to monitor baking process, including: steam injection crust colour, sheen, uniformity of shape and size as per the recipe 1.7. Demonstrated ability to apply food safety procedures 1.8. Hygienically handled and stored breads
<p>2. Resource Implications</p>	<p>The following resources must be provided:</p> <ol style="list-style-type: none"> 1.9. Fully equipped operational commercial/institution kitchen including industry-current tools, utensils and equipment 1.10. Ingredients for preparing various types of pastries
<p>3. Method of Assessment</p>	<p>Competency may be assessed through:</p> <ol style="list-style-type: none"> 1.11. Direct observation using a checklist of the learners preparing various pastries 1.12. Written or oral questions to test knowledge 1.13. Review of portfolios of evidence and third party reports of on-the-job performance by the candidate
<p>1. Context of Assessment</p>	<p>Competency may be assessed:</p> <ol style="list-style-type: none"> 4.1 On-the-job 4.2 Off-the -job 4.3 During Industrial attachment
<p>5. Guidance information for assessment</p>	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>