Cook-chill is a system of catering where food is prepared in advance. It is then portioned into oven-ready containers and blast-chilled to preserve the goodness and flavour. Once chilled, the food can be stored for up to five days at a temperature below 5°C. The cook-chill method involves sticking to strict food hygiene procedures.
Cook-chill procedures enable food to be prepared in advance, which is convenient when catering for large numbers of people.

This unit has four learning outcomes.

1. Be able to portion, pack and blast-chill food
2. Understand how to portion, pack and blast-chill food
3. Be able to store cook-chill food
4. Understand how to store cook-chill food.
Useful words

BLAST-CHILL
To quickly cool down cooked food with cold air in a specialised machine.

CONTAINERS
Boxes, cartons, bags or other vessels that are used to store chilled or frozen foods.

LABELLING
All packed and chilled food should be marked with its name, the date it was made, how it should be stored and the use-by date.

MONITORING
To regularly check the condition and progress of food or systems in your workplace. In your work, you may have to monitor such things as the temperature of freezers and fridges and the quality, weight, temperature and use-by date of deliveries.

PACKING
To place portions of food into containers, ready for chilling and storing.

PORTIONING
Dividing food and assembling meals into the correct amount for a serving.

RECORDING
To monitor and keep a written account of fridge and freezer temperatures. This is done several times each day to ensure the equipment is working properly.

SEALING
To ensure that containers are completely closed, so that nothing can escape or enter the container and contaminate or degrade the food.

SOUS VIDE
French for ‘under vacuum’, this is a system of cooking in vacuum-sealed plastic bags at relatively low temperatures for long periods. The food retains its appearance, texture and moisture.

STOCK ROTATION
To use stock in the same order in which it was packaged and stored. This means the oldest stock is used first.

STORING
To keep chilled food in a safe environment, at the correct temperature.
Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

<table>
<thead>
<tr>
<th>No</th>
<th>Method</th>
<th>Summary of evidence, or portfolio reference</th>
<th>Assessor initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>2</td>
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<td>4</td>
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</tbody>
</table>

Photocopy if required

*Assessment method key: O Observation; PD Professional discussion; Q Questioning; WP Work product; WT Witness testimony; Oth Other*
What you must do

(OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers must be observed

1. Make sure the food is of the correct type, quality and quantity required
2. Deal correctly with any food that does not meet requirements
3. Correctly portion, pack and cover food
4. Blast-chill food and correctly seal and label it
5. Transport containers to the appropriate storage areas
6. Handle containers correctly during transport to ensure they remain undamaged
7. Monitor and record food temperatures accurately.

Did you know?

Though quiche is now considered a French classic, it actually originated in Germany. The word quiche is from the German ‘kuchen’, meaning cake.

What you must cover

(OUTCOME 1)

You must show that you have covered ALL of the following:

Food

All must be covered. At least four of these must be observed by your assessor.

1. meat dishes
2. poultry dishes
3. joints/whole birds
4. vegetables/fruit
5. vegetable dishes
6. fish dishes
7. sauces/soups
8. egg dishes
9. pasta dishes
10. desserts

Did you know?

Though quiche is now considered a French classic, it actually originated in Germany. The word quiche is from the German ‘kuchen’, meaning cake.

Hints and Tips

Storing food

Store perishable foods in airtight containers. Don’t overload a refrigerator, as this may prevent adequate airflow and make the unit work harder to stay cold.
# What you must do

**outcome 3**

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

<table>
<thead>
<tr>
<th>Circled numbers</th>
<th>must be observed</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
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</thead>
<tbody>
<tr>
<td>8</td>
<td>Store cook-chill items under the correct conditions</td>
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<tr>
<td>9</td>
<td>Follow stock rotation procedures correctly and use stock in date order</td>
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<tr>
<td>10</td>
<td>Maintain accurate records of food items that are received, stored and issued</td>
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<td>11</td>
<td>Handle food items so that they remain undamaged</td>
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<tr>
<td>12</td>
<td>Monitor and record food temperatures accurately</td>
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<tr>
<td>13</td>
<td>Secure storage areas against unauthorised access</td>
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<tr>
<td>14</td>
<td>Report problems that have been identified with storage of cooking items promptly to the proper person.</td>
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</table>

**Did you know?**

Until recently, a sushi chef (itamae) had to train for 10 years before being able to work in a restaurant. Today, demand for these food artists is so high, many start work after two years.
What you must know

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

(OUTCOME 2)

To understand how to portion, pack and blast-chill food you need to:

K1 State why time and temperature is important when preparing cook-chill food

K2 State why containers must be sealed and labelled correctly before storage

K3 State why portions must be controlled when filling packages

K4 Describe what quality points to look for when portioning, packing and blast chilling food.

(OUTCOME 4)

To understand how to store cook-chill food you need to:

K5 State why it is important to monitor and record food temperatures regularly

K6 State why stock rotation procedures must be followed

K7 State why time and temperature are important when storing cook-chill food

K8 State why storage areas should be secure from unauthorised access.

EXPERT ADVICE

CHILLING FOOD

Once chilled, food can be stored for up to five days at a temperature below 5°C. To reheat a meal, food needs to reach 75°C at its centre.

• Cook-chill is a process that uses both heat and cold for batch food production.

• Temperature monitoring and record-keeping are critical in production of cook-chill products to avoid foodborne illness.

• Not all food products can be cook-chill processed.

• It is required to have a HACCP Plan and record-keeping system for cook-chill products.

• Packaging and labelling must meet requirements.
Notes and feedback

You or your assessor may use this space for any notes or additional comments about your work.

‘If we eat together, if we meet at the table for good, simple, ethical food, we can create a kinder society.’

Raymond Blanc, chef and restaurateur