

Food MCA Steps

MCA Step	S1 – General practical skill	S2 – Knife skills	S3 – Preparing fruit and vegetables	S4 – Use of the cooker	S5 – Use of equipment	S6 – Cooking methods	S7 – Combine and Shape	S8 – Sauce making	S9 – Marinate	S10 – Dough	S11 – Raising agents	S12 – Setting mixtures
6	<ul style="list-style-type: none"> Consistently shows accurate weighing and measuring Correct use of temperature probe and alternative methods used <ul style="list-style-type: none"> Selects and uses appropriate equipment confidently and accurately Final product is appealing and finished to a high standard 	<ul style="list-style-type: none"> Consistent, safe and accurate use of a knife (bridge, claw hold). Wide range of cuts used e.g. peeling, slicing, dicing, julienne and batons, which are consistent and accurate in size and shape 	<ul style="list-style-type: none"> Effective control of enzymic browning (if we do food prep) Accurately uses a wide range of the following skills: mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice and garnish 	<ul style="list-style-type: none"> Consistent, safe and accurate use of the oven, grill and hob Accurate selection and correct regulation of temperature 	<ul style="list-style-type: none"> Consistent, safe and accurate use of appropriate equipment (e.g. blender, food processor, mixer, pasta machine, stick blender, microwave) 	<ul style="list-style-type: none"> Consistent, safe and accurate use of appropriate cooking method/s; steaming, boiling, simmering, blanching, poaching, grilling, dry frying, shallow frying and stir frying 	<ul style="list-style-type: none"> Consistent, precise and accurate use of a wide range of the following: Roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) 	<ul style="list-style-type: none"> Can apply knowledge to create the correct consistency of sauce, demonstrating starch gelatinisation such as roux, all in one, blended Accurately makes reduction sauce. E.g. tomato pasta sauce, curry sauce, gravy, meat/alternatives sauces 	<ul style="list-style-type: none"> Allows sufficient time for marinade to infuse. Full understanding of use of marinade 	<ul style="list-style-type: none"> Makes a consistent, precise and accurate range of the following: bread, enriched bread dough, shortcrust pastry, choux pastry, flaky/puff pastry, pasta. Consistent, precise and accurate use of a wide range of the following: Roll out pastry, use of filo pastry, use a pasta machine, proving and resting, glazing and finishing, such as piping choux pastry, bread rolls, pasta, flat breads, pizza and calzone. 	<ul style="list-style-type: none"> Consistent, precise and accurate making of a swiss roll or meringue Consistent, precise and accurate use of a range of raising agents, e.g. self raising flour, baking powder and bicarbonate of soda Consistently, precisely and accurately makes choux pastry of correct consistency which is piped. Well-risen and crisp pastry. Demonstrates a clear understanding of the use of ingredients 	<ul style="list-style-type: none"> Consistently, precisely and accurately makes a well set starch based dish with sufficient chilling time i.e. custard Consistently, precisely and accurately makes a well set mixture using heat i.e. coagulated protein in eggs i.e. quiche Demonstrates a clear understanding of use of processes
5	<ul style="list-style-type: none"> Weights and measures accurately most of the time Attempts to use temperature probe and alternative methods used <ul style="list-style-type: none"> Selects and uses appropriate equipment accurately Final product is appealing and finished to a very good standard 	<ul style="list-style-type: none"> Safe and accurate use of a knife (bridge, claw hold). Variety of cuts used e.g. peeling, slicing, dicing, julienne and batons, which are consistent in size and shape 	<ul style="list-style-type: none"> Effective control of enzymic browning (if we do food prep) Accurately uses a variety of the following skills: mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice and garnish 	<ul style="list-style-type: none"> Safe and accurate use of the oven, grill and hob Accurate selection and regulation of temperature 	<ul style="list-style-type: none"> Safe and accurate use of appropriate equipment (e.g. blender, food processor, mixer, pasta machine, stick blender, microwave) 	<ul style="list-style-type: none"> Safe and accurate use of appropriate cooking method/s; steaming, boiling, simmering, blanching, poaching, grilling, dry frying, shallow frying and stir frying 	<ul style="list-style-type: none"> Consistent and accurate use of a wide range of the following: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) 	<ul style="list-style-type: none"> Correct consistency of sauce, demonstrating starch gelatinisation such as roux, all in one, blended Accurately makes reduction sauce. E.g. tomato pasta sauce, curry sauce, gravy, meat/alternatives sauces 	<ul style="list-style-type: none"> Allows sufficient time for marinade to infuse. Some understanding of use of marinade 	<ul style="list-style-type: none"> Makes a consistent and accurate range of the following: bread, enriched bread dough, shortcrust pastry, choux pastry, flaky/puff pastry and pasta Consistent and accurate use of a wide range of the following: roll out pastry, use of filo pastry, use a pasta machine, proving and resting, glazing and finishing, such as piping choux pastry, bread rolls, pasta, flat breads, pizza and calzone 	<ul style="list-style-type: none"> Consistent and accurate making of a swiss roll or meringue Consistent and accurate use of a range of raising agents, e.g. self raising flour, baking powder and bicarbonate of soda Consistently and accurately makes choux pastry of correct consistency which is piped or shaped. Well-risen and crisp pastry Demonstrates an understanding of the use of ingredients 	<ul style="list-style-type: none"> Consistently and accurately makes a well set starch based dish with sufficient chilling time i.e. custard Consistently and accurately makes a well set mixture using heat i.e. coagulated protein in eggs i.e. quiche Demonstrates an understanding of use of processes
4	<ul style="list-style-type: none"> Weights and measures accurately some of the time <ul style="list-style-type: none"> Visual colour check carried out, alternative testing methods used e.g. knife/skewer Selects and uses equipment with some accuracy Final product is appealing and finished to a good standard 	<ul style="list-style-type: none"> Safe use of a knife with some accuracy (bridge, claw hold). Shows an awareness of cuts used e.g. peeling, slicing, dicing, julienne and batons, which are relatively consistent in size and shape 	<ul style="list-style-type: none"> Can control enzymic browning most of the time. (if we do food prep) Shows an awareness of the following skills: mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice and garnish 	<ul style="list-style-type: none"> Safe use of the oven, grill and hob Selection and regulation of temperature, which may be inaccurate 	<ul style="list-style-type: none"> Safe use of appropriate equipment with some accuracy (e.g. blender, food processor, mixer, pasta machine, stick blender, microwave) 	<ul style="list-style-type: none"> Safe use of appropriate cooking method/s; steaming, boiling, simmering, blanching, poaching, grilling, dry frying, shallow frying and stir frying 	<ul style="list-style-type: none"> Consistent use of a wide range of the following: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) 	<ul style="list-style-type: none"> Relatively correct consistency of sauce, demonstrating starch gelatinisation such as roux, all in one, blended Makes reduction sauce with some accuracy. E.g. tomato pasta sauce, curry sauce, gravy, meat/alternatives sauces 	<ul style="list-style-type: none"> Allows sufficient time for marinade to infuse 	<ul style="list-style-type: none"> Makes a consistent range of the following: bread, enriched bread dough, shortcrust pastry, choux pastry, flaky/puff pastry and pasta Consistent use of a wide range of the following: roll out pastry, use of filo pastry, use a pasta machine, proving and resting, glazing and finishing, such as piping choux pastry, bread rolls, pasta, flat breads, pizza and calzone 	<ul style="list-style-type: none"> Consistent making of a swiss roll or meringue Consistent use of a range of raising agents, e.g. self raising flour, baking powder and bicarbonate of soda Consistently makes choux pastry of correct consistency which is piped or shaped with some inaccuracy. Well-risen pastry but may be undercooked Demonstrates some understanding of the use of ingredients 	<ul style="list-style-type: none"> Consistently makes a well set starch based dish with sufficient chilling time i.e. custard Consistently makes a well set mixture using heat i.e. coagulated protein in eggs i.e. quiche Demonstrates some understanding of use of processes
3	<ul style="list-style-type: none"> Weights and measures with occasional guidance Visual colour check carried out, some alternative testing methods used e.g. knife/skewer Difficulty in selecting and using some equipment without guidance Final product is complete and finished to a satisfactory standard 	<ul style="list-style-type: none"> Safe use of a knife (bridge, claw hold). Basic technique shown with relatively consistent size and shape 	<ul style="list-style-type: none"> Can control enzymic browning most of the time. (if we do food prep) Shows some awareness of the following skills: mash, shred, scissor snip, scoop, crush, grate, peel, segment, de-skin, de-seed, blanch, shape, pipe, blend, juice and garnish 	<ul style="list-style-type: none"> Safe use of the oven, grill and hob with little guidance Selection and regulation of temperature, may be inaccurate 	<ul style="list-style-type: none"> Safe use of appropriate equipment with limited accuracy (e.g. blender, food processor, mixer, pasta machine, stick blender, microwave) 	<ul style="list-style-type: none"> Safe use of appropriate cooking method/s with limited guidance; steaming, boiling, simmering, blanching, poaching, grilling, dry frying, shallow frying and stir frying 	<ul style="list-style-type: none"> Use of some of the following with limited supervision: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) 	<ul style="list-style-type: none"> Relatively correct consistency of sauce with guidance, demonstrating starch gelatinisation such as roux, all in one, blended Makes reduction sauce with some guidance. E.g. tomato pasta sauce, curry sauce, gravy, meat/alternatives sauces 	<ul style="list-style-type: none"> Use of marinade with sufficient time with some supervision 	<ul style="list-style-type: none"> Some correct texture of: bread, enriched bread dough, shortcrust pastry, choux pastry, flaky/puff pastry and pasta Uses some of the following with limited guidance: roll out pastry, use of filo pastry, use a pasta machine, proving and resting, glazing and finishing, such as piping choux pastry, bread rolls, pasta, flat breads, pizza and calzone 	<ul style="list-style-type: none"> Makes a swiss roll or meringue with some inaccuracies and limited assistance Uses a range of raising agents, e.g. self raising flour, baking powder and bicarbonate of soda Makes choux pastry with inaccuracies or with some supervision Demonstrates little understanding of the use of ingredients 	<ul style="list-style-type: none"> Makes a set starch based dish with sufficient chilling time i.e. custard Makes a set mixture using heat i.e. coagulated protein in eggs i.e. quiche with supervision Demonstrates little understanding of use of processes
2	<ul style="list-style-type: none"> Weights and measures mainly with some supervision Visual colour check carried out inaccurately Uses equipment with some supervision Product may not be combined or cooked properly leading to a poor finish such as poor QC/cooking/colour/size/assembly 	<ul style="list-style-type: none"> Can use a knife safely with some supervision. Limited range of techniques. Pieces are inconsistent in size and shape 	<ul style="list-style-type: none"> Shows little awareness of enzymic browning (if we do food prep) Shows little awareness of the following skills: mash, crush, grate, peel, segment, de-skin, de-seed, blend and juice 	<ul style="list-style-type: none"> Safe use of the oven, grill and hob with supervision Selection and regulation of temperature, may be inaccurate 	<ul style="list-style-type: none"> Safe use of appropriate equipment with guidance (e.g. blender, food processor, mixer, pasta machine, stick blender, microwave) 	<ul style="list-style-type: none"> Safe use of appropriate cooking method/s with guidance; steaming, boiling, simmering, blanching, poaching, grilling, dry frying, shallow frying and stir frying 	<ul style="list-style-type: none"> Use of some of the following with some supervision: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) 	<ul style="list-style-type: none"> Inaccurate sauce which may contain lumps Makes reduction sauce with supervision. E.g. tomato pasta sauce, curry sauce, gravy, meat/alternatives sauces 	<ul style="list-style-type: none"> Marinade used for minimal time, under instruction 	<ul style="list-style-type: none"> Inaccurate texture of: bread, enriched bread dough, shortcrust pastry, choux pastry, flaky/puff pastry and pasta Uses some of the following with some guidance: roll out pastry, use of filo pastry, use a pasta machine, proving and resting, glazing and finishing, such as piping choux pastry, bread rolls, pasta, flat breads, pizza and calzone 	<ul style="list-style-type: none"> Makes a swiss roll or meringue with inaccuracies, or completed with guidance Uses a range of raising agents, e.g. self raising flour, baking powder and bicarbonate of soda Makes choux pastry with inaccuracies, or completed with guidance Demonstrates limited understanding of the use of ingredients 	<ul style="list-style-type: none"> Makes a set starch based dish with some inaccuracies i.e. custard, or completed with guidance Makes a set mixture using heat with some inaccuracies i.e. quiche, or completed with guidance Demonstrates limited understanding of use of processes
1	<ul style="list-style-type: none"> Weights and measures with supervision Does not check if food is cooked correctly Uses equipment with supervision Product may not be combined or cooked properly leading to a poor finish such as poor QC/cooking/colour/size/assembly 	<ul style="list-style-type: none"> Can use a knife safely with close supervision. Pieces are inconsistent in size and shape 	<ul style="list-style-type: none"> Shows no awareness of enzymic browning Can display some of the following skills with close supervision: mash, crush, grate, peel, segment, de-skin, de-seed, blend and juice 	<ul style="list-style-type: none"> Use of the oven, grill and hob with close supervision Selects and regulates temperature with guidance 	<ul style="list-style-type: none"> Use of appropriate equipment with close supervision (e.g. blender, food processor, mixer, pasta machine, stick blender, microwave) 	<ul style="list-style-type: none"> Safe use of appropriate cooking method/s with close guidance; steaming, boiling, simmering, blanching, poaching, dry frying, shallow frying and stir frying 	<ul style="list-style-type: none"> Use of some of the following with close supervision: roll, wrap, skewer, mix, coat, layer meat, fish and alternatives, shape and bind wet mixtures (such as falafels, burgers, fish cakes or meatballs) 	<ul style="list-style-type: none"> Inaccurate sauce which may contain lumps Makes reduction sauce with close supervision. E.g. tomato pasta sauce, curry sauce, gravy, meat/alternatives sauces 	<ul style="list-style-type: none"> No marinade used 	<ul style="list-style-type: none"> Inaccurate texture of: bread, enriched bread dough, shortcrust pastry, choux pastry, flaky/puff pastry and pasta. Or completed with close supervision Uses some of the following with guidance: roll out pastry, use of filo pastry, use a pasta machine, proving and resting, glazing and finishing, such as piping choux pastry, bread rolls, pasta, flat breads, pizza and calzone 	<ul style="list-style-type: none"> Makes a swiss roll or meringue with close supervision Uses a range of raising agents, e.g. self raising flour, baking powder and bicarbonate of soda Makes choux pastry with close supervision Demonstrates no understanding of the use of ingredients 	<ul style="list-style-type: none"> Makes a set starch based dish with close supervision i.e. custard Makes a set mixture using heat with closer supervision i.e. quiche Demonstrates no understanding of use of processes