

Cook and finish complex vegetarian dishes

Overview

This standard is about cooking and finishing complex vegetarian dishes, for example:

- timbale
- vegetable terrine
- potato galette

The standard covers all of the main vegetable groups. It then goes onto the cooking methods and finishing techniques associated with complex vegetarian dishes.

This standard focuses on the technical knowledge and skills required to cook and finish complex vegetarian dishes; 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 food safety in a kitchen environment
- Apply and monitor food safety management procedures in hospitality
- Manage food safety in a professional kitchen
- 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:

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Performance criteria

You must be able to:

1. Select the type and quantity of vegetables needed for the dish
2. Check the vegetables to make sure they meet quality standards and other requirements
3. Choose the correct tools and equipment to cook and finish the vegetables
4. Use the tools and equipment correctly to cook and finish the vegetables
5. Combine the vegetables with other ingredients
6. Cook the vegetables and other ingredients to meet the requirements of the dish
7. Ensure the dish has the correct flavour, colour, consistency and quantity
8. Garnish and present the dish to meet requirements
9. Ensure the dish is at the correct temperature for holding and serving
10. Store any items not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. How to select the correct type, quality and quantity of vegetables to meet dish requirements
2. What quality points to look for in vegetables
3. What you should do if there are problems with the vegetables or other ingredients
4. How to combine vegetables with other ingredients to create a complex and balanced dish
5. What the correct tools and equipment are and the reasons for using them when carrying out the required cooking methods
6. How to carry out each of the cooking and finishing methods according to dish requirements
7. The correct temperatures for cooking vegetables using each cooking method and why these temperatures are important
8. The appropriate garnishes, dressing, sauces and glazes for a range of complex vegetable dishes
9. What cooking methods are appropriate to each type of complex vegetable dish and how to check the vegetable is cooked correctly for each
10. How to minimise and correct common faults in complex vegetable dishes
11. How to adjust the flavour, consistency and colour of the complex vegetable dish.
12. The current trends and methodologies in relation to cooking and finishing complex vegetable dishes
13. Correct temperatures for holding and serving complex vegetable dishes
14. How to store complex vegetable dishes not for immediate consumption
15. Healthy eating options when cooking and finishing complex vegetable dishes
16. How to maximize and retain nutritional content of complex vegetable dishes during cooking

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Scope/range

1. Vegetables

- 1.1 roots
- 1.2 bulbs
- 1.3 flower heads
- 1.4 fungi
- 1.5 seeds and pods
- 1.6 tubers
- 1.7 leaves
- 1.8 stems
- 1.9 vegetable fruits

2. Cooking methods

- 2.1 blanching
- 2.2 boiling
- 2.3 roasting
- 2.4 baking
- 2.5 grilling
- 2.6 braising
- 2.7 frying (deep / shallow / stir)
- 2.8 steaming
- 2.9 stewing
- 2.10 confit
- 2.11 sous vide
- 2.12 smoking
- 2.13 pickling
- 2.14 sevice
- 2.15 combining cooking methods

3. Other ingredients

- 3.1 nuts
- 3.2 meat substitutes
- 3.3 pulses
- 3.4 pastry
- 3.5 rice
- 3.6 pasta
- 3.7 grains

4. Finishing methods

- 4.1 garnishing
- 4.2 saucing / glazing / dressing

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4.3 presenting

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