

Prepare, cook and finish basic vegetable protein dishes

Overview

This standard is about preparing, cooking and finishing basic vegetable protein dishes, for example:

- chilli
- sweet and sour dishes
- spaghetti bolognaise
- cottage pie

The standard covers a range of types of vegetable protein and the various preparation and cooking methods associated with this ingredient.

This standard focuses on the technical knowledge and skills required to prepare, cook and finish basic vegetable protein 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 basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- 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 vegetable protein and other ingredients required for preparation
2. Check the ingredients meet quality and other requirements
3. Choose the correct tools and equipment required to prepare, cook and finish the vegetable protein
4. Use the tools and equipment correctly when preparing, cooking and finishing the vegetable protein dish
5. Prepare the ingredients to meet the requirements of the vegetable protein dish
6. Cook the ingredients to meet the requirements of the vegetable protein dish
7. Ensure the vegetable protein dish has the correct flavour, colour, texture and quantity
8. Finish and present the vegetable protein dish to meet requirements
9. Ensure the vegetable protein dish is at the correct temperature for holding and serving
10. Store any cooked vegetable protein dishes not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. The advantages of using vegetable protein for some customers
2. How to check vegetable protein and other ingredients meet dish requirements
3. What quality points to look for in vegetable protein
4. Why and to whom you should report any problems with the vegetable protein or other ingredients
5. The correct tools and equipment to carry out the required preparation methods
6. How to carry out each of the preparation, cooking and finishing methods according to dish requirements
7. Why it is important to use the correct techniques, tools and equipment when preparing, cooking and finishing vegetable protein dishes
8. The correct temperatures for vegetable protein dishes and why these temperatures are important
9. How to check and adjust a vegetable protein dish to make sure it has the correct colour, flavour, texture quantity and finish
10. The correct temperatures and conditions for holding and serving vegetable protein dishes
11. The correct temperatures and procedures for storing vegetable protein dishes not for immediate use
12. Healthy eating options when making vegetable protein dishes

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Scope/range

1. Vegetable protein

- 1.1 soya
- 1.2 Quorn
- 1.3 seitan
- 1.4 firm tofu
- 1.5 soft tofu

2. Preparation methods

- 2.1 soaking
- 2.2 washing

3. Cooking methods

- 3.1 boiling
- 3.2 braising
- 3.3 steaming
- 3.4 deep frying
- 3.5 stewing
- 3.6 straining
- 3.7 roasting
- 3.8 baking
- 3.9 frying
- 3.10 sautéing

4. Finishing Methods

- 4.1 garnishing
- 4.2 saucing
- 4.3 presenting

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