

Cook and finish basic vegetable dishes

Overview

This standard is about cooking and finishing basic vegetable dishes.

Examples could be:

- dauphinoise potatoes
- cauliflower cheese
- spring rolls
- stuffed peppers

The standard covers a range of types of vegetables including roots, bulbs seeds and vegetable fruits amongst others and various cooking methods. It then covers finishing methods.

This standard focuses on the technical knowledge and skills required to cook and finish basic vegetable 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. Check the vegetables meet dish requirements
2. Choose the correct tools and equipment to cook and finish the vegetable dishes
3. Use the tools and equipment correctly when cooking and finishing the vegetables
4. Combine the vegetables with other ingredients
5. Cook the vegetables to meet the requirements of the dish
6. Ensure the dish has the correct flavour, colour, consistency and quantity
7. Garnish and present the dish to meet requirements
8. Ensure the dish is at the correct temperature for holding and serving
9. Store any cooked vegetables 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 check the vegetables meet dish requirements
2. Common vegetables available in each season
3. What quality points to look for in a range of vegetables
4. Why and to whom you should report any problems with the vegetables or other ingredients
5. The correct tools and equipment needed to carry out each cooking method
6. Why it is important to use the correct tools and equipment
7. How to carry out each cooking method according to dish requirements
8. Why it is important to use the correct cooking and finishing methods for each type of vegetable, including the difference between cooking green vegetables and root vegetables
9. How to maintain the nutritional value of vegetables during cooking
10. The main reasons for blanching vegetables
11. Which vegetables are suitable for high and low pressure steaming and why
12. What are the correct temperatures for each cooking method appropriate to each type of vegetable and why are these important
13. How to carry out finishing methods for vegetable dishes
14. How to check and adjust a vegetable dish to make sure it has the right flavour, colour, consistency and quantity
15. The correct temperatures for holding and serving vegetable dishes
16. The correct temperatures and procedures for storing vegetable dishes not for immediate use
17. Healthy eating options when cooking and finishing vegetable dishes

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Scope/range

1. Vegetables

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

2. Cooking methods

- 2.1 pickling
- 2.2 blanching
- 2.3 boiling
- 2.4 roasting
- 2.5 baking
- 2.6 grilling
- 2.7 braising
- 2.8 frying (deep/shallow/stir)
- 2.9 steaming
- 2.10 stewing
- 2.11 refreshing
- 2.12 combining cooking methods

3. Finishing methods

- 3.1 garnishing
- 3.2 saucing
- 3.3 presenting

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