

Prepare vegetables for basic dishes

Overview

This standard is about preparing vegetables using basic preparation methods.

The standard covers a range of preparation methods associated with vegetables including the traditional French cuts and all types of vegetables.

This standard focuses on the technical knowledge and skills required to prepare vegetables for basic 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 vegetables required for preparation
2. Check the vegetables meet quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare the vegetables
4. Use the tools, knives and equipment correctly when preparing the vegetables
5. Prepare the vegetables to meet the requirements of the dish
6. Store any prepared 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. Different types of commonly used vegetables and how to identify them
2. How to check that the vegetables meet requirements
3. What quality points to look for in fresh vegetables
4. What different fresh vegetables are available during each season
5. Why and to whom should you report any problems with the vegetables or other ingredients
6. The correct tools, knives and equipment to carry out each preparation method
7. How to carry out each preparation method correctly
8. Why it is important to use the correct techniques, tools, knives, and equipment when preparing vegetables
9. How to maintain the appearance and texture of vegetables during preparation
10. How to store prepared vegetables correctly
11. Healthy eating options when preparing vegetables

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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. Preparation methods

- 2.1 washing
- 2.2 peeling
- 2.3 re-washing
- 2.4 chopping
- 2.5 traditional French cuts:
 - Julienne
 - Brunoise
 - Macédoine
 - Jardinière
 - Mirepoix
 - Paysanne
- 2.6 slicing
- 2.7 trimming
- 2.8 turning
- 2.9 grating

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