

Prepare and cook vegetable protein

Overview

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

- Quorn burger, sausages or mince
- tofu
- textured vegetable protein

The standard covers preparation and cooking methods associated with vegetable protein dishes and the different types including frozen, chilled and dried.

This standard focuses on the technical knowledge and skills required to prepare and cook vegetable protein; 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:

- Prepare and cook vegetable protein for basic dishes

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Performance criteria

You must be able to:

1. Check the vegetable protein to make sure it is fit for preparation and cooking
2. Choose the correct tools and equipment to prepare and cook the vegetable protein
3. Use the tools and equipment correctly when preparing and cooking the vegetable protein
4. Prepare and cook the vegetable protein to meet requirements
5. Cook the vegetable protein as required
6. Present the vegetable protein as required
7. Ensure the vegetable protein is at the right temperature for holding and serving
8. Store any prepared vegetable protein products 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 store uncooked vegetable protein before cooking
2. What quality points to look for in vegetable protein
3. Why and to whom should you report any problems with the vegetable protein or other ingredients?
4. Why it is important to avoid contamination with meat and fish products and how to do so
5. The right tools and equipment for the preparation and cooking methods
6. How to carry out the preparation and cooking methods
7. Why it is important to use the correct tools and equipment
8. How to make sure when vegetable protein is cooked correctly
9. Correct temperatures for holding vegetable protein
10. How to store cooked vegetable protein not for immediate consumption
11. Healthy eating options when preparing vegetable protein

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Scope/range

1. Vegetable protein

1.1 frozen

1.2 chilled

1.3 dried

2. Preparation and cooking methods

2.1 defrosting

2.2 marinading

2.3 frying (deep / shallow / stir)

2.4 grilling

2.5 griddling

2.6 braising

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Suite Hospitality - Professional Cookery

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