

Cook vegetables

Overview

This standard is about cooking vegetables for simple dishes, for example:

- chips (fresh and frozen)
- boiled vegetables
- fried onions
- mashed potatoes
- buttered carrots
- steamed courgette
- roasted mediterranean vegetables

This standard focuses on the technical knowledge and skills required to cook vegetables ; 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 quality standards
2. Choose the correct tools and equipment to cook vegetables
3. Use the tools and equipment correctly when cooking vegetables
4. Cook the vegetables to meet requirements
5. Finish the vegetables to meet requirements
6. Ensure the vegetables are at the correct temperature for holding and serving
7. Store any cooked vegetables not for immediate use in line with food safety regulations

Cook vegetables

Knowledge and understanding

You need to know and understand:

1. How to store frozen and unfrozen vegetables before cooking
2. What to look for in vegetables before you cook them
3. Why and to whom you should report any problems with the vegetables
4. Which tools and equipment you should use for each vegetable cooking method
5. How to carry out each vegetable cooking method correctly
6. Why it is important to use the correct techniques, tools and equipment when cooking vegetables
7. Why it may be necessary to avoid contamination from meat and fish products and how to do so
8. How to store vegetables that are not for immediate use

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Scope/range

1. Vegetables

- 1.1 frozen
- 1.2 pre-prepared
- 1.3 fresh

2. Cooking methods

- 2.1 boiling
- 2.2 frying
- 2.3 grilling
- 2.4 microwaving
- 2.5 baking
- 2.6 roasting

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