

Prepare vegetables

Overview

This standard is about preparing vegetables for use in cooked or uncooked dishes, for example:

- tubers – potatoes, artichokes or sweet potatoes
- roots – parsnips, carrots
- flower heads – cauliflower, broccoli
- leaves – cabbage, lettuce

You will prepare the vegetables by:

- washing
- peeling
- cutting – slicing, chopping and shredding
- blanching

This standard focuses on the technical knowledge and skills required to prepare 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:

- Prepare vegetables

Prepare vegetables

Performance criteria

You must be able to:

1. Check the vegetables are fit to be prepared
2. Choose the correct tools, knives and equipment to prepare vegetables
3. Use the tools, knives and equipment correctly when preparing vegetables
4. Prepare the vegetables to meet the requirements
5. Store any prepared vegetables not for immediate use safely

Prepare vegetables

Knowledge and understanding

You need to know and understand:

1. How to store frozen and unfrozen vegetables before preparation
2. What you should look for to make sure each type of vegetable is fit to be prepared
3. Why and to whom you should report any problems with the vegetables
4. The right tools and equipment for each preparation method
5. Why it is important to use the correct tools and equipment
6. How you should carry out each preparation method correctly
7. The correct storage requirements for basic vegetables not for immediate consumption

Prepare vegetables

Scope/range

1. Vegetables

- 1.1 tubers
- 1.2 roots
- 1.3 flower heads
- 1.4 leaves
- 1.5 vegetable fruits
- 1.6 stems
- 1.7 bulbs
- 1.8 basic fungi

2. Preparation methods

- 2.1 washing
- 2.2 peeling
- 2.3 cutting (slicing / chopping / shredding)
- 2.4 blanching

Prepare vegetables

Developed by	People 1st
Version Number	2
Date Approved	February 2016
Indicative Review Date	March 2021
Validity	Current
Status	Original
Originating Organisation	People 1st
Original URN	PPL 1FP1/16
Relevant Occupations	Chef; Cook; Kitchen Assistant
Suite	Hospitality - Professional Cookery
Keywords	prepare, vegetables
