

Produce basic vegetable dishes

Overview

This standard is about producing, cooking and finishing basic vegetable dishes. It covers how you would safely prepare the dish, appropriate cooking methods and finishing and presentation skills. It also covers the cooking and finishing of vegetables in a simple form, e.g. boiled or steamed carrots, roast potatoes.

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

- Produce basic vegetable dishes

Produce basic vegetable dishes

Performance criteria

You must be able to:

Produce basic vegetable dishes

1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard
2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
3. Check that vegetables and all other ingredients meet the dish, food safety and your workplace requirements
4. Prepare and cook the vegetables and other ingredients to meet dish requirements
5. Check the finished vegetable dish has the correct colour, texture and flavour
6. Check that the vegetable dish is cooked and held at the correct temperature
7. Present and finish the vegetable dish to meet customer and your workplace requirements
8. Store any cooked vegetable dishes not for immediate use according to workplace and food safety regulations

Produce basic vegetable dishes

Knowledge and understanding

You need to know and understand:

Produce basic vegetable dishes

1. Safe and hygienic working practices when preparing, cooking and finishing basic vegetable dishes
2. How to check that the vegetables and other ingredients meet your workplace requirements, are fit for use and of the correct quality and quantity required
3. Why and to whom you should report any problems with the vegetables or other ingredients
4. How to carry out the relevant preparation, cooking and finishing methods for each dish and which vegetables are suitable for each method of cooking
5. The main reasons for blanching vegetables
6. Healthy eating options when preparing, cooking and finishing basic vegetable dishes
7. How to present basic vegetable dishes in a way that meets your customers' high expectations and your workplace standards
8. The correct storage requirements for basic vegetable products not for immediate consumption
9. The types of unexpected situations that may occur when preparing, cooking and finishing basic vegetable products and how to deal with them

Produce basic vegetable dishes

Scope/range

1. Vegetables

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

2. Format

- 2.1 fresh whole vegetables
- 2.2 frozen
- 2.3 pre-prepared

3. Cooking methods

- 3.1 blanching
- 3.2 boiling
- 3.3 roasting
- 3.4 baking
- 3.5 grilling
- 3.6 frying (deep / shallow / stir)
- 3.7 steaming
- 3.8 microwaving
- 3.9 combining cooking methods

4. Finishing methods

- 4.1 garnishing
- 4.2 adding an accompaniment
- 4.3 presenting

Produce basic vegetable dishes

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	PPL2PR4
Relevant Occupations	Cook; Chef; Kitchen Assistant
Suite	Food Production and Cooking
Keywords	basic, vegetable, dishes
