

Unit DR8K 04 (1FPC7) Prepare and cook vegetable protein

This Unit has the following element:

Element 1 (1FPC7.1) Prepare and cook vegetable protein

Candidate Name:

Assessment Centre:

I have completed the requirements of this Unit.

Candidate signature: _____ **Date:** _____

I can confirm the candidate has completed all requirements of this Unit.

Assessor signature: _____ **Date:** _____

Assessor counter signature:
(where applicable) _____ **Date:** _____

IV signature: _____ **Date:** _____

IV counter signature:
(where applicable) _____ **Date:** _____

Unit DR8K 04 (1FPC7)

Prepare and cook vegetable protein

Unit Summary

This Unit is about preparing and finishing products for vegetable protein dishes. Products would be for example:

- ◆ quorn burgers, bacon and sausages or fillets

The types of vegetable proteins covered are:

- ◆ frozen
- ◆ chilled
- ◆ dried
- ◆ tinned

The preparation and cooking techniques covered include:

- ◆ de-frosting
- ◆ grilling
- ◆ frying

The typical day-to-day activities you might carry out for this Unit include:

- ◆ checking vegetable proteins for quality
- ◆ selecting techniques, tools and equipment for preparing vegetable proteins
- ◆ avoiding contamination by meat or fish products
- ◆ preparing and cooking vegetable proteins
- ◆ making sure vegetable proteins meets other dish requirements such as flavour, colour, texture and quantity
- ◆ making sure the dish is held at the correct temperature
- ◆ storing cooked vegetable protein dishes not for immediate use

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Element 1 (1FPC7.1)

Prepare and cook vegetable protein

What you must do (circled numbers must be observed)		Assessor initials/date
①	Check the vegetable protein to make sure it is fit for preparation and cooking	
②	Choose and use the correct techniques, tools and equipment to prepare the vegetable protein	
③	Prepare and cook the vegetable protein to meet requirements	
④	Make sure the vegetable protein has the correct flavour, colour, texture and quantity to meet dish requirements	
⑤	Present the vegetable protein to meet requirements	
⑥	Make sure the vegetable protein is at the correct temperature for holding and serving	
⑦	Safely store any prepared vegetable protein products not for immediate use	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Vegetable protein, at least one required from the following:</i>						
frozen						
chilled						
dried						
tinned						
<i>Preparation and cooking methods, at least one required from the following:</i>						
de-frosting						
frying						
grilling						

Unit DR8K 04 (1FPC7)**Prepare and cook vegetable protein****Element 1 (1FPC7.1)****Prepare and cook vegetable protein**

Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

What you must know for the Unit	
For the whole Unit	
K1	How to store uncooked vegetable protein before cooking
K2	What quality points to look for in vegetable protein
K3	What you should do if there are problems with the vegetable protein
K4	Why it is important to avoid contamination with meat and fish products and how to do so
K5	The correct techniques, tools and equipment to carry out the following preparation and cooking methods: <ul style="list-style-type: none">◆ de-frosting◆ frying◆ grilling
K6	Why it is important to use the correct tools and equipment
K7	How to decide when vegetable protein is cooked
K8	How to store cooked vegetable protein

Knowledge evidence retained

Assessor signature: _____ **Date:** _____

Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback