

Unit DR4Y 04 (2FC7)

Cook and finish basic vegetable dishes

This Unit has the following element:

Element 1 (2FC7.1)

Cook and finish basic vegetable dishes

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:** _____

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Unit Summary

This Unit is about cooking and finishing basic vegetable dishes, for example:

- ◆ vegetable curry
- ◆ roasted vegetables
- ◆ stuffed vegetables
- ◆ vegetable lasagne
- ◆ spring rolls
- ◆ samosas
- ◆ pakora(s)

The vegetables covered by the Unit are:

- ◆ roots
- ◆ bulbs
- ◆ flower heads
- ◆ fungi
- ◆ seeds and pods
- ◆ tubers
- ◆ leaves
- ◆ stems
- ◆ vegetable fruits
- ◆ seaweed

The cooking techniques covered include:

- ◆ blanching
- ◆ boiling
- ◆ roasting
- ◆ baking
- ◆ grilling
- ◆ braising
- ◆ frying (deep, shallow and stir)
- ◆ steaming
- ◆ stewing
- ◆ combining cooking methods

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

- ◆ checking the vegetables for type, quality and quantity
- ◆ selecting tools and equipment for cooking and finishing
- ◆ combining the vegetables with other ingredients
- ◆ cooking the vegetables
- ◆ making sure the dish meets requirements such as flavour, colour, consistency and quantity
- ◆ finishing and presenting the dish
- ◆ making sure the dish is held and served at the correct temperature
- ◆ storing cooked vegetables not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony Note: For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.		
①	Check the vegetables meet dish requirements	
②	Choose and use tools and equipment correctly	
③	Combine the vegetables with other ingredients	
④	Cook the vegetables to meet the requirements of the dish	
⑤	Make sure the dish has the correct flavour, colour, consistency and quantity	
⑥	Finish the dish to meet requirements	
7	Make sure the dish is at the correct temperature for holding and serving	
8	Safely store any vegetables not for immediate use	

What you must cover (minimum requirement for observation in <i>italic</i> 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>Vegetables, at least eight required from the following:</i>						
roots						
bulbs						
flower heads						
fungi						
seeds and pods						
tubers						
leaves						
stems						
vegetable fruits						
seaweed						
<i>Cooking by, at least six required from the following: (candidates are only required to be observed on one from frying — deep, shallow or stir)</i>						
blanching						
boiling						
roasting						
baking						
grilling						
braising						
frying (deep/shallow/stir)						
steaming						
stewing						
combining cooking methods						

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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 check the vegetables meet dish requirements
K2	<p>What quality point to look for in vegetables:</p> <ul style="list-style-type: none"> ◆ roots ◆ bulbs ◆ flower heads ◆ fungi ◆ seeds and pods ◆ tubers ◆ leaves ◆ stems ◆ vegetable fruits ◆ seaweed
K3	What you should do if there are problems with the vegetables or other ingredients
K4	<p>The correct tools and equipment to carry out the following cooking methods:</p> <ul style="list-style-type: none"> ◆ blanching ◆ boiling ◆ roasting ◆ baking ◆ grilling ◆ braising ◆ frying (deep, shallow and stir) ◆ steaming ◆ stewing ◆ combining cooking methods
K5	<p>How to carry out the following cooking methods according to dish requirements:</p> <ul style="list-style-type: none"> ◆ blanching ◆ boiling ◆ roasting ◆ baking ◆ grilling ◆ braising ◆ frying (deep, shallow and stir) ◆ steaming ◆ stewing ◆ combining cooking methods

What you must know for the Unit (cont)	
K6	The correct temperatures for cooking vegetables: <ul style="list-style-type: none"> ◆ roots ◆ bulbs ◆ flower heads ◆ fungi ◆ seeds and pods ◆ tubers ◆ leaves ◆ stems ◆ vegetable fruits ◆ seaweed
K7	The difference between cooking green vegetables and root vegetables
K8	How to maintain the nutritional value of vegetables during cooking
K9	The main reasons for blanching vegetables
K10	Which vegetables are suitable for high and low pressure steaming
K11	How to finish basic vegetable dishes
K12	The correct temperatures for holding and serving vegetable dishes
K13	Healthy eating options when cooking and finishing vegetables

Knowledge evidence retained

Assessor signature: _____

Date: _____

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

Assessor Feedback