

**Unit DT03 04 (2FPC7)**

**Prepare, cook and finish basic vegetable protein dishes**

This Unit has the following element:

**Element 1 (2FPC7.1)**

**Prepare, cook and finish basic vegetable protein 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:** \_\_\_\_\_

**Unit Summary**

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

- ◆ chilli
- ◆ sweet and sour dishes
- ◆ quorn and mash pie
- ◆ spaghetti bolognaise
- ◆ cottage pie

The vegetable proteins covered are:

- ◆ soya
- ◆ quorn
- ◆ seitan
- ◆ tofu

The preparation and cooking techniques covered include:

- ◆ washing
- ◆ soaking
- ◆ frying
- ◆ boiling
- ◆ deep frying
- ◆ frying
- ◆ braising
- ◆ steaming
- ◆ stewing
- ◆ roasting
- ◆ baking

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

- ◆ checking the vegetable proteins and other ingredients meet dish requirements
- ◆ selecting tools and equipment for preparation and cooking
- ◆ preparing and cooking vegetable proteins and other ingredients
- ◆ draining vegetable proteins
- ◆ make sure vegetable proteins meets dish requirements such as flavour, colour, texture and quality
- ◆ making sure the dish is held at the correct temperature
- ◆ storing cooked vegetable protein dishes not for immediate use

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<b>What you must do (circled numbers must be observed)</b>		<b>Assessor initials/date</b>
Evidence for the remaining points may be assessed through questioning or witness testimony		
Note: For statement 6, 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 <b>or</b> serving) but must observe the other.		
①	Check the <b>vegetable proteins</b> and other ingredients meet dish requirements	
②	Choose and use the correct techniques, tools and equipment	
③	<b>Prepare and cook</b> the <b>vegetable proteins</b> and other ingredients to meet requirements	
④	Make sure the <b>vegetable protein</b> dish has the correct flavour, colour, texture and quantity	
⑤	Present the <b>vegetable protein</b> dish to meet requirements	
6	Make sure the <b>vegetable protein</b> dish is at the correct temperature for holding and serving	
7	Safely store any cooked <b>vegetable protein</b> dishes not for immediate use	

<b>What you must cover (minimum requirement for observation in italic and bold)</b>	<b>Activity/Evidence</b> (insert tick or supplementary reference)					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Evidence for the remaining points may be assessed through questioning or witness testimony						
<b><i>Vegetable protein, at least three required from the following:</i></b>						
soya						
quorn						
seitan						
tofu						
<b><i>Preparation and cooking methods, at least six required from the following:</i></b>						
soaking						
washing						
boiling						
braising						
steaming						
deep frying						
stewing						
straining						
roasting						
baking						
frying						

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

<b>What you must know for the Unit</b>	
<b>For the whole Unit</b>	
K1	The advantages of using vegetable protein for some customers
K2	How to check vegetable protein and other ingredients meet dish requirements
K3	What you should do if there are problems with the vegetable protein and other ingredients
K4	What quality points to look for in vegetable protein: <ul style="list-style-type: none"> <li>◆ soya</li> <li>◆ quorn</li> <li>◆ seitan</li> <li>◆ tofu</li> </ul>
K5	The correct tools and equipment to carry out the following preparation and cooking methods: <ul style="list-style-type: none"> <li>◆ cutting</li> <li>◆ soaking</li> <li>◆ marinading</li> <li>◆ seasoning</li> <li>◆ sautéing</li> <li>◆ grilling</li> <li>◆ frying</li> <li>◆ straining</li> <li>◆ baking</li> <li>◆ roasting</li> <li>◆ stewing</li> </ul>
K6	How to carry out the following cooking methods according to dish requirements: <ul style="list-style-type: none"> <li>◆ cutting</li> <li>◆ soaking</li> <li>◆ marinading</li> <li>◆ seasoning</li> <li>◆ sautéing</li> <li>◆ grilling</li> <li>◆ frying</li> <li>◆ straining</li> <li>◆ baking</li> <li>◆ roasting</li> <li>◆ stewing</li> </ul>
K7	Why it is important to use the correct tools, equipment and techniques
K8	How to identify when vegetable protein dishes have the correct colour, flavour, texture and quantity
K9	Healthy eating options when making vegetable protein dishes

Knowledge evidence retained

**Assessor signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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

Assessor Feedback