

Unit DR5H 04 (3FC6)

Cook and finish complex vegetable dishes

This Unit has the following element:

Element 1 (3FC6.1)

Cook and finish complex 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 complex vegetable dishes, for example:

- ◆ timbale
- ◆ vegetable terrine
- ◆ ratatouille
- ◆ potato rosti/galette

The vegetables covered by the Unit are:

- ◆ roots
- ◆ bulbs
- ◆ flower heads
- ◆ seeds and pods
- ◆ tubers
- ◆ leaves
- ◆ stems
- ◆ vegetable fruits
- ◆ exotic vegetables

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:

- ◆ selecting and 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
- ◆ finishing the dish and making sure it meets other dish requirements such as flavour, colour, consistency and quantity
- ◆ making sure the dish is held and served at the correct temperature
- ◆ storing vegetable dishes 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 8, 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	Select the type and quantity of vegetables needed for the dish	
②	Check the vegetables to make sure it meets quality standards	
③	Choose and use tools and equipment correctly	
④	Combine the vegetables with other ingredients	
⑤	Cook the vegetables and other ingredients to meet the requirements of the dish	
⑥	Make sure the dish has the correct flavour, consistency and quantity	
⑦	Finish the dish to meet requirements	
8	Make sure the dish is at the correct temperature for holding and serving	
9	Safely store any items 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>Vegetables, at least eight required from the following:</i>						
roots						
bulbs						
flower heads						
fungi						
seeds and pods						
tubers						
leaves						
stems						
vegetable fruits						
exotic vegetables						
<i>Cooking by, at least seven required from the following:</i>						
blanching						
boiling						
roasting						
baking						
grilling						
braising						
frying						
◆ deep						
◆ shallow						
◆ stir						
steaming						
stewing						
combining cooking methods						

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What you must cover (minimum requirement for observation in italic and bold) (cont) Evidence for the remaining points may be assessed through questioning or witness testimony	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
<i>Other ingredients, at least four required from the following:</i>						
nuts						
meat substitutes						
pulses						
pastry						
rice						
pasta						

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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 select the correct type, quality and quantity of vegetables to meet dish requirements
K2	<p>What quality points to look for in vegetables:</p> <ul style="list-style-type: none"> ◆ roots ◆ bulbs ◆ flower heads ◆ exotic fungi ◆ seeds and pods ◆ tubers ◆ leaves ◆ stems ◆ vegetable fruits ◆ exotic vegetables (for example, truffles, expensive items and okra)
K3	What you should do if there are problems with the vegetables or other ingredients
K4	How to combine vegetables with other ingredients to create a complex and balanced dish
K5	<p>What the correct tools and equipment are and the reasons for using them when carrying 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
K6	<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	
For the whole Unit (cont)	
K7	The correct temperatures for cooking vegetables: <ul style="list-style-type: none"> ◆ roots ◆ bulbs ◆ flower heads ◆ exotic fungi ◆ seeds and pods ◆ tubers ◆ leaves ◆ stems ◆ vegetable fruits ◆ exotic vegetables (for example, truffles, expensive items and okra)
K8	How to carry out the following finishing methods: <ul style="list-style-type: none"> ◆ garnishing ◆ presentation
K9	What cooking methods are appropriate to each type of complex vegetable dish
K10	How to adjust the flavour, consistency and colour of the complex vegetable dish
K11	Healthy eating options when cooking and finishing complex vegetable dishes
K12	How to minimise and correct common faults in complex vegetable dishes
K13	How to maximise and retain nutritional content of complex vegetable dishes during cooking
K14	The correct temperatures for holding and serving complex vegetable dishes
K15	How to store complex vegetable dishes

Knowledge evidence retained

Assessor signature: _____

Date: _____

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

Assessor Feedback