

Unit PPL3PC1 (HK8K 04) Cook and Finish Complex Vegetarian Dishes

I confirm that the evidence detailed in this unit is my own work.

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| **Candidate’s name** |  | **Candidate’s signature** |  | **Date** |
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I confirm that the candidate has achieved all the requirements of this unit.

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| **Assessor’s name** |  | **Assessor’s signature** |  | **Date** |
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| **Countersigning — Assessor’s name**  **(if applicable)** |  | **Countersigning — Assessor’s signature**  **(if applicable)** |  | **Date** |
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I confirm that the candidate’s sampled work meets the standards specified for this unit and may be presented for external verification.

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| **Internal verifier’s name** |  | **Internal verifier’s signature** |  | **Date** |
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| **Countersigning — Internal verifier’s name**  **(if applicable)** |  | **Countersigning — Internal verifier’s signature**  **(if applicable)** |  | **Date** |
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| **External Verifier’s initials and date (if sampled)** |  |

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| **Unit overview** |
| This unit is about cooking and finishing complex vegetarian dishes, for example:   * timbale * vegetable terrine * potato gallette   The unit covers all of the main vegetable groups. It then goes onto the cooking methods and finishing techniques associated with complex vegetarian dishes. |

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| **Sufficiency of evidence** |
| There must be sufficient evidence to ensure that the candidate can consistently achieve the required standard over a period of time in the workplace or approved realistic working environment. |

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| **Performance criteria** |
| **You must do:** |
| There must be evidence for all Performance Criteria (PC). The assessor **must** assess PCs 1-8 by directly observing the candidate’s work.  For PC 9, if it is not possible to observe both ‘holding’ and ‘serving’, alternative methods of assessment may be used for one of them (ie either holding **or** serving) but the assessor must observe the other.  PC 10 may be assessed by alternative methods if observation is not possible. |
| 1 Select the type and quantity of vegetables needed for the dish.  2 Check the vegetables to make sure they meet quality standards and other requirements.  3 Choose the correct tools and equipment to cook and finish the vegetables.  4 Use the tools and equipment correctly to cook and finish the vegetables.  5 Combine the vegetables with other ingredients.  6 Cook the vegetables and other ingredients to meet the requirements of the dish.  7 Ensure the dish has the correct flavour, colour, consistency and quantity.  8 Garnish and present the dish to meet requirements.  9 Ensure the dish is at the correct temperature for holding and serving.  10 Store any items not for immediate use in line with food safety regulations. |

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| **Evidence reference** | **Evidence description** | **Date** | **Performance criteria** | | | | | | | | | |
| **What you must do** | | | | | | | | | |
| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** |
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| **Scope/Range** | | | |
| **What you must cover:** | | | |
| **All** scope/range must be covered. There must be performance evidence, gathered through direct observation by the assessor of the candidate’s work for: | | | |
| **eight** from:  a roots  b bulbs  c flower heads  d fungi  e seeds and pods  f tubers  g leaves  h stems  i vegetable fruits | **eight** from:  j blanching  k boiling  l roasting  m baking  n grilling  o braising  p frying (shallow or deep or stir)  q steaming  r stewing  s confit  t sous vide  u smoking  v pickling  w seviche  x combining cooking methods | **four** from**:**  y nuts  z meat substitutes  aa pulses  bb pastry  cc rice  dd pasta  ee grains | **two** from:  ff garnishing  gg saucing or glazing or dressing  hh presenting |
| Evidence for the remaining points under ‘what you must cover’ may be assessed through questioning or witness testimony. | | | |

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| **Evidence reference** | **Evidence description** | **Date** | **Scope/Range** | | | | | | | | | | | | | | | | | | | | | | | |
| **What you must cover** | | | | | | | | | | | | | | | | | | | | | | | |
| **a** | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** | **j** | **k** | **l** | **m** | **n** | **o** | **p** | **q** | **r** | **s** | **t** | **u** | **v** | **w** | **x** |
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| **Evidence reference** | **Evidence description** | **Date** | **What you must cover (continued)** | | | | | | | | | |
| **y** | **z** | **aa** | **bb** | **cc** | **dd** | **ee** | **ff** | **gg** | **hh** |
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| **Knowledge and understanding** | | **Evidence reference**  **and date** |
| **What you must know and understand** | |
| For those knowledge statements that relate to **how** the candidate should do something, the assessor may be able to infer that the candidate has the necessary knowledge from observing their performance or checking products of their work. In **all** other cases, evidence of the candidate’s knowledge and understanding must be gathered by alternative methods of assessment (eg oral or written questioning). | |
| 1 | How to select the correct type, quality and quantity of vegetables to meet dish requirements. |  |
| 2 | What quality points to look for in vegetables. |  |
| 3 | What you should do if there are problems with the vegetables or other ingredients. |  |
| 4 | How to combine vegetables with other ingredients to create a complex and balanced dish. |  |
| 5 | What the correct tools and equipment are and the reasons for using them when carrying out the required cooking methods. |  |
| 6 | How to carry out each of the cooking and finishing methods according to dish requirements. |  |
| 7 | The correct temperatures for cooking vegetables using each cooking method and why these temperatures are important. |  |
| 8 | The appropriate garnishes, dressing, sauces and glazes for a range of complex vegetable dishes. |  |
| 9 | What cooking methods are appropriate to each type of complex vegetable dish and how to check the vegetable is cooked correctly for each. |  |
| 10 | How to minimise and correct common faults in complex vegetable dishes. |  |
| 11 | How to adjust the flavour, consistency and colour of the complex vegetable dish. |  |
| 12 | The current trends and methodologies in relation to cooking and finishing complex vegetable dishes. |  |
| 13 | Correct temperatures for holding and serving complex vegetable dishes. |  |
| 14 | How to store complex vegetable dishes not for immediate consumption. |  |
| 15 | Healthy eating options when cooking and finishing complex vegetable dishes. |  |
| 16 | How to maximise and retain nutritional content of complex vegetable dishes during cooking. |  |

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# Supplementary evidence

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| **Evidence** | | **Date** |
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| **Assessor feedback on completion of the unit** |
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