## **PPL3PC1** **(J8KD 04)**

## Cook and Finish Complex Vegetarian Dishes

### Candidate’s statement

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

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| --- | --- |
| Candidate’s name |  |
| Candidate’s signature |  |
| Date |  |

### Assessor’s statement

I confirm that the candidate has achieved all the requirements of this unit.

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| Assessor’s name |  |
| Assessor’s signature |  |
| Date |  |
| Countersigning Assessor’s name(if applicable) |  |
| Countersigning Assessor’s signature(if applicable) |  |
| Date |  |

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### Internal Verifier’s statement

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 |  |
| Countersigning Internal Verifier’s name (if applicable) |  |
| Countersigning Internal Verifier’s signature (if applicable) |  |
| Date |  |

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| --- | --- |
| External Verifier’s initials (if sampled) |  |
| Date |  |

#### Unit overview

This standard is about cooking and finishing complex vegetarian dishes, for example:

* timbale
* vegetable terrine
* potato galette

#### 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.

#### Performance criteria (What 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.

#### Performance criteria evidence

| **Evidence reference** | **Evidence description** | **Date** | **PC1** | **PC 2** | **PC 3** | **PC 4** | **PC5** | **PC 6** | **PC 7** | **PC 8** | **PC9** | **PC 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 a minimum of:

1. Vegetables — **eight** from:

1.1 roots

1.2 bulbs

1.3 flower heads

1.4 fungi

1.5 seeds and pods

1.6 tubers

1.7 leaves

1.8 stems

1.9 vegetable fruits

1. Cooking methods — **eight** from:

2.1 blanching

2.2 boiling

2.3 roasting

2.4 baking

2.5 grilling

2.6 braising

2.7 frying (shallow / deep / stir)

2.8 steaming

2.9 stewing

2.10 confit

2.11 sous vide

2.12 smoking

2.13 pickling

2.14 combining cooking methods

1. Other ingredients — **four** from:

3.1 nuts

3.2 meat substitutes

3.3 pulses

3.4 pastry

3.5 rice

3.6 pasta

3.7 grains

1. Finishing methods — **two** from:

4.1 garnishing

4.2 saucing / glazing / dressing

4.3 presenting

Evidence for any “what you must cover” point not included in the minimum observation requirements may be assessed using alternative assessment methods.

#### Scope / range evidence (continued on next page)

| **Evidence reference** | **Evidence description** | **Date** | **1.1** | **1.2** | **1.3** | **1.4** | **1.5** | **1.6** | **1.7** | **1.8** | **1.9** | **2.1** | **2.2** | **2.3** | **2.4** | **2.5** |
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#### Scope / range evidence (continued)

| **Evidence reference** | **Evidence description** | **Date** | **2.6** | **2.7** | **2.8** | **2.9** | **2.10** | **2.11** | **2.12** | **2.13** | **2.14** | **3.1** | **3.2** | **3.3** | **3.4** | **3.5** |
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#### Scope / range evidence (continued)

| **Evidence reference** | **Evidence description** | **Date** | **3.6** | **3.7** | **4.1** | **4.2** | **4.3** |
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#### Knowledge and understanding (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).

| **Knowledge statement** | **Evidence reference** | **Date** |
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| 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 maximize and retain nutritional content of complex vegetable dishes during cooking. |  |  |

#### Supplementary evidence

| **Reference** | **Evidence description** | **Date** |
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#### Assessor feedback on completion of the unit: