

U15502: Prepare and cook basic vegetable protein dishes

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook basic vegetable protein dishes.

The unit describes the essential abilities of:

- Knowing the type, quality and quantity of vegetable protein and other ingredients that are required.
- Knowing what basic preparation methods are suitable for different types of vegetable protein dishes.
- Knowing what safe working practices should be followed when preparing basic vegetable protein dishes.

ELEMENT**PERFORMANCE CRITERIA**

To be competent you must achieve the following:

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| 1. Prepare basic vegetable protein dishes | 1.1 Preparation areas and suitable equipment satisfy health and safety requirements and are ready for use. |
| | 1.2 Vegetable protein and other ingredients are of the type, quality and quantity required. |
| | 1.3 Any problems identified with the quality of food are reported promptly to the appropriate person. |
| | 1.4 Vegetable protein is correctly combined with other ingredients to meet quality requirements. |
| | 1.5 Vegetable protein dish is prepared using appropriate preparation methods . |
| | 1.6 Preparation areas and equipment are cleaned correctly after use. |
| | 1.7 Waste is handled correctly ready for appropriate dispatch methods. |

- 1.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
- 1.9 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.
2. Cook basic vegetable protein dishes
 - 2.1 Cooking areas and suitable equipment satisfy health and safety requirements and are ready for use.
 - 2.2 Any **problems** identified with **quality** of food are reported promptly to the appropriate person.
 - 2.3 **Vegetable protein** dishes are cooked using appropriate **cooking methods** to meet quality requirements.
 - 2.4 Vegetable protein dishes are finished to meet quality requirements.
 - 2.5 Vegetable protein dishes not for immediate consumption are stored correctly.
 - 2.6 Cooking areas and equipment are correctly cleaned after use.
 - 2.7 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 2.9 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic vegetable protein dishes**A. Vegetable protein: (Also applies to element 2)**

- (i) reconstituted texture vegetable protein (TVP)
- (ii) tempeh (fermented soya beans)
- (iii) tofu
- (iv) quorn (trademark for a vegetable protein used in cooking as a meat substitute)

B. Other ingredients:

- (i) fresh vegetables/fruits
- (ii) preserved vegetables/fruit
- (iii) cereals
- (iv) nuts
- (v) seeds

C. Problems: (Also applies to element 2)

- (i) in terms of freshness
- (ii) in terms of quantity

D. Quality: (Also applies to element 2)

- (i) texture
- (ii) appearance
- (iii) aroma
- (iv) consistency
- (v) flavor

E. Preparation methods:

- (i) soaking
- (ii) mixing
- (iii) slicing
- (iv) chopping

Element 2: Cook basic vegetable protein dishes**F. Cooking methods:**

- (i) grilling
- (ii) boiling
- (iii) shallow frying/stir frying
- (iv) braising
- (v) stewing
- (vi) deep frying
- (vii) roasting
- (viii) consistency
- (ix) flavor

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing basic vegetable protein dishes.
2. What safe working practices should be followed when preparing basic vegetable protein dishes.

Food Hygiene

3. Why it is important to keep preparation areas and equipment hygienic when preparing basic vegetable protein dishes.
4. Why time and temperature are important when preparing basic vegetable protein dishes.
5. Why it is important to keep cooking areas and equipment hygienic when cooking basic vegetable protein dishes.
6. What the main contamination threats are when cooking and storing vegetable protein dishes.
7. Why time and temperature are important when cooking basic vegetable protein dishes.
8. Why vegetable protein dishes not for immediate consumption should be cooled rapidly or maintained at a safe hot temperature after cooking.

Product Knowledge

9. What the different types of vegetable protein are and their uses.
10. What quality points to look for in different vegetable proteins.
11. What basic preparation methods are suitable for different types of vegetable proteins.
12. What other alternatives are available which are suitable for vegetarians.
13. What quality points to look for in cooked basic vegetable protein dishes.
14. What basic cooking methods are suitable for different types of vegetable protein.
15. How to identify when different types of vegetable proteins are cooked to dish requirements.

Healthy Catering Practices

16. Which fats/oils can contribute to healthier catering practices.
17. What cooking methods and equipment can contribute to reducing the fats/oils in basic vegetable protein dishes.
18. Why reducing the amount of salt added to vegetables can contribute to healthy catering practices.
19. Which products could be used to substitute high fat ingredients when preparing basic vegetable protein dishes.

EVIDENCE GUIDE**(1) Critical Aspects of Assessment**

You must provide evidence that shows you have met the performance criteria over a sufficient period of time for your assessor to consider that you are competent.

It is essential that competence be demonstrated in the following aspects:

- Totally through performance evidence in the form of observation
- By performance evidence in the form of observation to cover performance criteria 1, 2, 4, 5, 6, 7 and a minimum of:
 - **2 from the range of A**
 - **2 from the range of B**
 - **All from the range of C**
 - **All from the range of D**
 - **2 from the range of E**
- Performance evidence in the form of observation to cover performance criteria 1, 3, 4, 6, 7 and a minimum of:
 - **2 from the range of A**
 - **All from the range of C**
 - **All from the range of D**
 - **5 from the range of F**
- By supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and range.
- Evidence to cover underpinning knowledge must be assessed using questioning which may be oral, written or using visual aids.
- Performance evidence should be demonstrated on at least two (2) occasions.

(2) Methods of Assessment

- Observation reports by assessors of how you:
 - prepare basic vegetable protein dishes
 - you cook basic vegetable protein dishes
- Answers to oral or written questions from your assessor.
- Witness statements from colleagues, line managers that provide evidence of how you:
 - prepare basic vegetable protein dishes
 - you cook basic vegetable protein dishes
- A personal statement describing how you:
 - prepare basic vegetable protein dishes
 - you cook basic vegetable protein dishes

(3) Context of Assessment

Evidence for this unit may come from assessment on-the-job or in a realistic working environment.