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| Title | **Prepare and cook vegetables** |
| Level | **2** | **Credits** | **6** |

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| Purpose | The aim of this module is to develop basic knowledge, skills and understanding to prepare, cook and finish vegetables |

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| Classification ISCED | 1013 Hotel, restaurants and catering |

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| Available grade | Competent / Not yet competent |

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| Modification history | N/A |

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| **Competency standards** | **Performance criteria** | **Knowledge of understanding** |
| **LU1: Understand Explain to assemble food and equipment to prepare, and cook simple dishes, with guidance from Chef de Partie and other associates**This Competency Standard is about preparing and cooking vegetables. | P1 Assemble food and ingredients required to prepare and cook vegetablesP2 Where necessary, defrost vegetablesP3 Select appropriate equipment needed to prepare and cook vegetablesP4 Check that vegetables and other ingredients meet type, quality and quantity requirementsP5 Correct temperatures for holding vegetables | K1 Explain to store fresh and frozen vegetables correctly before cookingK2 Explain to check that vegetables are fit for preparation and cookingK3 Brief you should do if there are problems with the vegetables or other ingredientsK4 Explain to decide when vegetables needs defrosting before cooking and Define this is importantK5 Explain to prepare vegetables including defrosting, seasoning and storingK6 Define it is important to use the correct tools and equipment to prepare and cook vegetablesK7 Explain to carry out the appropriate cooking methods correctlyK8 Explain to finish and season vegetables according to requirements |
| **LU2:Understand Explain to prepare simple dishes for** | P1 Identify requirements for preparing vegetables for cooking | K1 Explain to store fresh and frozen vegetables correctly before cooking |

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| **cooking, with guidance from Chef de Partie and other associates** | P2 Choose and use tools and equipment for preparing vegetables correctlyP3 Use appropriate methods to prepare vegetables for cookingP4 Check that preparation of vegetables meets quality requirements | K2 Explain to check that vegetables are fit for preparation and cookingK3 Brief you should do if there are problems with the vegetables or other ingredientsK4 Explain to decide when vegetables needs defrosting before cooking and Define this is importantK5 Explain to prepare vegetables including defrosting, seasoning and storingK6 Define it is important to use the correct tools and equipment to prepare and cook vegetablesK7 Explain to carry out the appropriate cooking methods correctlyK8 Explain to finish and season vegetables according to requirementsK9 Correct temperatures for holding vegetables |
| **LU3: Understand Explain to cook simple dishes, with guidance from Chef de Partie and other associates** | P1 Identify requirements for cooking vegetablesP2 Choose and use tools and equipment to cook vegetables correctlyP3 Use appropriate methods to cook vegetables P4 Combine vegetables with other ingredients P5 Check that the dish has the correct flavor, | K1 Explain to store fresh and frozen vegetables correctly before cookingK2 Explain to check that vegetables are fit for preparation and cookingK3 Brief you should do if there are problems with the vegetables or other ingredientsK4 Explain to decide when vegetables needs defrosting |

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|  | consistency and quantityP6Check that cooking of vegetables meets quality requirementsP7 Correct temperatures for holding vegetables | before cooking and Define this is importantK5 Explain to prepare vegetables including defrosting, seasoning and storingK6 Define it is important to use the correct tools and equipment to prepare and cook vegetablesK7 Explain to carry out the appropriate cooking methods correctlyK8 Explain to finish and season vegetables according to requirements |
| **LU4: Understand Explain to present simple dishes for service, with guidance from Chef de Partie and other associates** | P1 Garnish and present the dish to meet organizational specificationsP2 Make sure dishes are at correct temperature for holding and servingP3 Safely store cooked vegetables not for immediate useP4Label prepared dishes according to organizational requirements | K1 Explain to store fresh and frozen vegetables correctly before cookingK2 Explain to check that vegetables are fit for preparation and cookingK3 Brief you should do if there are problems with the vegetables or other ingredientsK4 Explain to decide when vegetables needs defrosting before cooking and Define this is importantK5 Explain to prepare vegetables including defrosting, seasoning and storingK6 Define it is important to use the correct tools and equipment to prepare and cook vegetablesK7 Explain to carry out the appropriate cooking method |