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

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

|  |  |
| --- | --- |
| Classification ISCED | 1013 Hotel, restaurants and catering |

|  |  |
| --- | --- |
| Available grade | Competent / Not yet competent |

|  |  |
| --- | --- |
| Modification history | N/A |

|  |  |  |
| --- | --- | --- |
| **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 vegetables  P2 Where necessary, defrost vegetables  P3 Select appropriate equipment needed to prepare and cook vegetables  P4 Check that vegetables and other ingredients meet type, quality and quantity requirements  P5 Correct temperatures for holding vegetables | K1 Explain to store fresh and frozen vegetables correctly before cooking  K2 Explain to check that vegetables are fit for preparation and cooking  K3 Brief you should do if there are problems with the vegetables or other ingredients  K4 Explain to decide when vegetables needs defrosting before cooking and Define this is important  K5 Explain to prepare vegetables including defrosting, seasoning and storing  K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables  K7 Explain to carry out the appropriate cooking methods correctly  K8 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 |

|  |  |  |
| --- | --- | --- |
| **cooking, with guidance from Chef de Partie and other associates** | P2 Choose and use tools and equipment for preparing vegetables correctly  P3 Use appropriate methods to prepare vegetables for cooking  P4 Check that preparation of vegetables meets quality requirements | K2 Explain to check that vegetables are fit for preparation and cooking  K3 Brief you should do if there are problems with the vegetables or other ingredients  K4 Explain to decide when vegetables needs defrosting before cooking and Define this is important  K5 Explain to prepare vegetables including defrosting, seasoning and storing  K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables  K7 Explain to carry out the appropriate cooking methods correctly  K8 Explain to finish and season vegetables according to requirements  K9 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 vegetables  P2 Choose and use tools and equipment to cook vegetables correctly  P3 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 cooking  K2 Explain to check that vegetables are fit for preparation and cooking  K3 Brief you should do if there are problems with the vegetables or other ingredients  K4 Explain to decide when vegetables needs defrosting |

|  |  |  |
| --- | --- | --- |
|  | consistency and quantity  P6Check that cooking of vegetables meets quality requirements  P7 Correct temperatures for holding vegetables | before cooking and Define this is important  K5 Explain to prepare vegetables including defrosting, seasoning and storing  K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables  K7 Explain to carry out the appropriate cooking methods correctly  K8 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 specifications  P2 Make sure dishes are at correct temperature for holding and serving  P3 Safely store cooked vegetables not for immediate use  P4Label prepared dishes according to organizational requirements | K1 Explain to store fresh and frozen vegetables correctly before cooking  K2 Explain to check that vegetables are fit for preparation and cooking  K3 Brief you should do if there are problems with the vegetables or other ingredients  K4 Explain to decide when vegetables needs defrosting before cooking and Define this is important  K5 Explain to prepare vegetables including defrosting, seasoning and storing  K6 Define it is important to use the correct tools and equipment to prepare and cook vegetables  K7 Explain to carry out the appropriate cooking method |