

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Produce vegetable dishes
Code	108400L1
Range	This unit of competency is applicable to all catering food production practitioners. Vegetables are good for us and that we should eat more of them. But there are so many kinds of vegetables and different methods of cooking them. Each has its own advantages and disadvantages, and each gives the vegetables a texture and flavor. This UoC concerns competences in cooking vegetables in general.
Level	1
Credit	1
Competency	<p>Performance Requirements</p> <p>1. Knowledge for producing cooked vegetable dishes</p> <ul style="list-style-type: none"> • Possess basic knowledge of the methods used for cooking vegetables, such as: <ul style="list-style-type: none"> ○ Boiling, Steaming ○ Stir-Frying, Sautéing ○ Braising and Stewing ○ Roasting, Grilling and Baking ○ Deep frying • Possess basic knowledge of the effects on nutrients when heat is applied to vegetables • Possess basic knowledge of time required to cook common types of vegetables. For example: <ul style="list-style-type: none"> ○ Asparagus: steaming (8-10mins); stir fry (5mins); boiling (10-15mins) ○ Broccoli, flowerets: steaming (5-6mins); stir fry (5-8mins); boil (3-4mins) ○ Cauliflower, florets: steaming (6-10mins); stir fry (4-5mins); boil (3-4mins) ○ Potatoes, whole: steaming (12-30mins); boiling (20-30mins); bake (40-60mins) ○ Etc. • Possess basic knowledge of assembling food and ingredients as required for preparation, and cooking • Possess basic knowledge of equipment to be used for cooking vegetables under different cooking methods • Possess basic knowledge of cleaning and washing vegetable techniques • Possess basic literacy skills that can read and understand recipes • Possess basic knowledge of kitchen's Occupational health and safety, including fire hazards <p>2. Produce cooked vegetable dishes:</p> <ul style="list-style-type: none"> • Comprehend the recipe of the cooking vegetable • Prepare the vegetables and ingredients for cooking, including: <ul style="list-style-type: none"> ○ Select and acquire the vegetables required by the recipe ○ Cut vegetables to appropriate size required by the recipe ○ Select type and size of equipment suitable for cooking the vegetables • Wash dry the greens and other ingredients • Cook vegetable according to the requirements of the recipe with relevant cookery method. Also, when cooking multi-vegetables dish, place vegetables into cooking pan in density order. For example: <ul style="list-style-type: none"> ○ Start with aromatics such as onion, garlic, celery ○ Follow by denser vegetables such as broccoli or cauliflower ○ End with greens such as spinach and chard

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	<ul style="list-style-type: none"> • Use appropriate techniques to avoid overcooking. For example: vegetables should be just tender when poked with a fork. Green vegetables should be cooked just until they turn a bright and vibrant green • Place cooked vegetable on plate as a main or accompaniment, adjust presentation before serving • Clean work area and equipment in accordance with the establishment's procedures <p>3. Exhibit professionalism</p> <ul style="list-style-type: none"> • Follow the organisation or kitchen rules to maintain cleanliness of equipment and environment • Always make fresh nutritious salads cooked vegetable dishes that meets health standards
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none"> • Prepare the vegetable, including cleaning and cutting the vegetable to the right size that were required by the recipe • Select the appropriate cooking method to cook the vegetable and cook different types of vegetables in the appropriate order • Cook the vegetables and produce the right texture and appearance as required by the recipe
Remark	