



UNIT 242 (2FPC7)

PREPARE, COOK AND FINISH BASIC VEGETABLE PROTEIN DISHES

High in protein, low in calories and cholesterol-free, vegetable proteins are great substitutes for eggs, dairy items and meat. The real craft is knowing how to cook creatively with them. Vegetable proteins are generally simple to use and can be grilled, boiled, braised, curried, stewed, shallow-fried, stir-fried and even used to make sweets and smoothies.

UNIT 242 (LEVEL 2 UNIT, 4 CREDITS)

PREPARE, COOK AND FINISH BASIC VEGETABLE PROTEIN DISHES

Vegetable proteins are an important ingredient in many vegetarian dishes, where they are used as a substitute for meat and eggs.

This unit has five learning outcomes:

1. Be able to prepare basic vegetable protein dishes
2. Understand how to prepare basic vegetable protein dishes
3. Be able to cook basic vegetable protein dishes
4. Understand how to cook basic vegetable protein dishes
5. Be able to finish basic vegetable protein dishes.



Did you know?
Soya beans can be ground into flour, fermented, or be processed into a variety of foods, from tofu through to soya mince, soya milk, soy sauce and miso.



Quorn

KNOW YOUR... VEGETABLE PROTEINS

Seitan

Soya
beans

Useful words

QUORN

A protein product made from an edible fungus. Available either as mince, chunks, or in finished products, such as sausages or burgers.

SEITAN

A food product made from wheat gluten. Seitan has a chewy, meat-like texture and is commonly used in oriental vegetarian cuisine.

SOYA

A protein made from soya-bean flour and water. It is usually shaped into chunks or mince and sold dried.

TOFU

A food product made from soya milk, which is coagulated and then pressed into blocks. Tofu has a mild flavour, which needs to be enhanced.

VEGAN

A diet that omits any food from animals, including meat, poultry, fish, eggs, dairy products and honey.

VEGETARIAN

A diet that does not include meat, fish or poultry. Vegetarians usually do eat eggs and dairy products.

Tofu



Tempeh



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**PREPARE, COOK AND
FINISH BASIC VEGETABLE
PROTEIN DISHES**

Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

No	Method	Summary of evidence, or portfolio reference	Assessor initials
1			
2			
3			
4			

Photocopy if required

*Assessment method key: **O** Observation; **PD** Professional discussion; **Q** Questioning; **WP** Work product; **WT** Witness testimony; **Oth** Other

What you must do

(OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers
must be observed

	1	2	3	4
1 Check the vegetable protein and other ingredients meet dish requirements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Choose and use the correct techniques, tools and equipment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Prepare the vegetable protein and other ingredients to meet dish requirements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

'It's easy to plan healthy and balanced vegetarian or vegan meals. If you combine the three essential food groups: protein, carbohydrates and fruit and vegetables, you'll automatically create balanced and healthy meals.'

Rose Elliot, vegetarian chef and author

What you must cover

(OUTCOME 1, 3, 5)

You must show that you have covered **ALL** of the following:

1 2 3 4

Vegetable protein

All must be covered. At least **three** of these must be observed by your assessor.

1 soya	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 quorn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 seitan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 tofu – firm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 tofu – soft	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Preparation and cooking methods

All must be covered. At least **six** of these must be observed by your assessor.

1 soaking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 washing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 boiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 braising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 steaming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 deep frying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 stewing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 straining	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 roasting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 baking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 frying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12 sautéing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Black-bean tofu
Ginger and garlic sautéed in sesame oil with black-bean paste, green onion and tofu is a dish exploding with flavour.



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What you must do

(OUTCOME 3)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

For assessment criteria 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.

Circled numbers

must be observed

1 2 3 4

- | | | | | | |
|---|--|---|---|---|---|
| 4 | Make sure the vegetable protein dish has the correct flavour, colour, texture and quantity | ● | ● | ● | ● |
| 5 | Cook the vegetable protein and other ingredients to meet dish requirements. | ● | ● | ● | ● |

(OUTCOME 5)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers

must be observed

1 2 3 4

- | | | | | | |
|---|--|---|---|---|---|
| 6 | Present the vegetable protein dish to meet requirements | ● | ● | ● | ● |
| 7 | Make sure the vegetable protein dish is at the correct temperature for holding and serving | ● | ● | ● | ● |
| 8 | Safely store any cooked vegetable protein dishes not for immediate use. | ● | ● | ● | ● |

EXPERT ADVICE QUORN KNOW-HOW

Quorn has become a very popular vegetable protein ingredient and is available in a range of different forms, including mince. Here are some tips for cooking with Quorn mince:

- Quorn mince can be cooked from frozen, so it's not essential to defrost it. Frozen Quorn mince will need to be cooked for slightly longer.
- Use Quorn mince in any dish where meat mince is called for, such as lasagne or chilli. Use the same seasonings and flavourings as you would for meat. Taste the dish for flavour as you go along.
- Quorn mince will not hold together like minced meat will. If you're making burgers with it, you will need to add egg to bind the mixture.



What you must know

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

(OUTCOME 2)

To understand how to prepare basic vegetable protein dishes you need to:

- K1** State the advantages of using vegetable protein for some customers
- K2** Describe how to check the vegetable protein and other ingredients meet dish requirements
- K3** State what quality points to look for in different vegetable protein
- K4** Describe what to do if there are problems with vegetable protein or other ingredients
- K5** State the correct tools and equipment required to carry out different preparation methods.



HINTS AND TIPS EXTRA DRY

Draining tofu before cooking helps it absorb more flavour. Cut the tofu into pieces, cover it with kitchen paper and put a book or heavy object on top of it, then leave it for 15 minutes.

(OUTCOME 4)

To understand how to cook basic vegetable protein dishes you need to:

- K6** State the correct tools and equipment required to carry out different cooking methods
- K7** State the importance of using the correct tools, equipment and techniques
- K8** Describe how to carry out different cooking methods according to dish requirements
- K9** Describe how to identify when vegetable protein dishes have the correct colour, flavour, texture and quantity
- K10** State healthy options when making vegetable protein dishes.

Notes and feedback

You or your assessor may use this space for any notes or additional comments about your work.

'For me, the biggest frustration about vegetarians is that chefs don't look after them enough.'

*Gordon Ramsay,
chef and
restaurateur*

