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| **L3 Vegetable** | **Prepare, cook and present vegetable products in a culinary environment** |

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| **Kaupae |** Level | 3 |
| **Whiwhinga |** Credit | 5 |
| **Whāinga |** Purpose | This skill standard is for people to have the skills and knowledge to apply a variety of methods to prepare, cook and present a variety of vegetable products using different methods under supervision in a culinary environment.  This skill standard has been developed primarily for use in programmes leading to the New Zealand Certificate in Cookery (Level 3) [Ref: 2100]. |

**Hua o te ako me Paearu aromatawai |** Learning outcomes and assessment criteria

| **Hua o te ako |** Learning outcomes | **Paearu aromatawai |** Assessment criteria |
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| 1. Prepare, cook and present vegetable products in a culinary environment. | 1. Identify and incorporate a selection of seasonal vegetables for different culinary purposes. |
| 1. Select and prepare vegetables using appropriate techniques to ensure quality, nutrition and safety. |
| 1. Cook prepared vegetables using appropriate cooking methods tailored to the specific types of vegetables |
| 1. Present vegetable products checking for their quality based on taste, texture and appearance. |
| 1. Comply with health and safety requirements of the workplace. |

**Pārongo aromatawai me te taumata paearu |** Assessment information and grade criteria

*Assessment specifications:*

Assessment against the learning outcomes will be in a culinary workplace or in training facilities that realistically reproduce the conditions of a workplace.

Activities are to be carried out in accordance with Health and Safety at Work Act 2015, Food Safety requirements, and following workplace procedures.

Evidence is required of five vegetable-based dishes using a minimum of four cooking methods.

All food products must meet industry standards for flavour, texture, temperature and appearance.

**Definitions**

*Culinary environment* refers to the wide variety of traditional and non-traditional hospitality workplaces, such as canteens, food trucks, marae wharekai, hotels and restaurants and artisan cafés.

*Food control plan* – as defined in the Food Act 2014.

*Industry standards* in relation to texture, flavour, and visual appeal of food refer to established benchmarks or guidelines that define the expected quality and characteristics of food products. These standardsestablish consistency, safety, and consumer satisfaction.

*Vegetables* refers to: roots, tubers, bulbs, leaves, vegetable fruits (e.g. tomato), flowers, mushrooms, pods, stems, dried pulse.

***Ngā momo whiwhinga |*** *Grades available*

Achieved.

**Ihirangi waitohu |** Indicative content

Types of vegetables:

* Root, bulb, pod, leaf, stem, fruit, flower and fungus vegetables.

Appearance:

* Smell, freshness, size, shape, nutritional value

Preparation techniques:

* Washing, peeling, cutting, and blanching.

Cooking methods:

* Boiling, blanching, steaming, roasting, baking, grilling, chargrilling, sautéing, stir-frying, deep-frying, stewing, braising, poaching, hângi, umu.

Non-Cooked Products**:**

* The use of raw vegetable-based dishes or products, such as salads, crudités, pickled vegetables, or fermented items like sauerkraut and kimchi, showcasing natural flavours and textures.

Nutritional considerations:

* Retaining nutrients during cooking, impact of different cooking methods on nutritional value.

Portion size**:**

* Monitorappropriate portion control to minimise waste and achieve sustainability goals.

Sensory evaluation:

* Assessing taste, texture, colour, and presentation of cooked vegetables.

Food Safety

* Awareness of allergens and special dietary requests.

**Rauemi |** Resources

Legislation relevant to this skill standard may include but is not limited to:

* Food Act 2014
* Health and Safety at Work Act 2015
* New Zealand. Ministry for Primary Industries. New Zealand Food Safety (2024) [A guide to allergen labelling: knowing what’s in your food and how to label it](https://www.mpi.govt.nz/dmsdocument/50725-Allergen-labelling-Knowing-whats-in-your-food-and-how-to-label-it). Wellington: the Ministry or latest ed.

Reference books:

Christensen-Yule, L. and Neill, L. (2023*), The New Zealand Chef. 5th ed.* Auckland, NZ: Edify, or the most recent edition available.

Foskett, D., et al. (2019), *Practical Cookery. 14th ed.* London: Hodder Education, or latest edition.

Foskett, D., et al. (2021)*, The Theory of Hospitality and Catering. 14th ed.* London: Hodder Education.

Librairie Larousse Gastronomic Committee (2009) *New Larousse gastronomique.* Completely rev. and updated. Random House, or latest edition.

**Pārongo Whakaū Kounga |** Quality assurance information

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| **Ngā rōpū whakatau-paerewa |** Standard Setting Body | Ringa Hora Workforce Services Development Council |
| **Whakaritenga Rārangi Paetae Aromatawai |** DASS classification | Service Sector > Hospitality > Cookery |
| **Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga |** CMR | 0112 |

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| **Hātepe |** Process | **Putanga |** Version | **Rā whakaputa |** ReviewDate | **Rā whakamutunga mō te aromatawai |** Last date for assessment |
| **Rēhitatanga |** Registration | 1 | [dd mm yyyy] | N/A |
| **Kōrero whakapinga I**  Replacement information | This skill standard replaced unit standard 13293 | | |
| **Rā arotake |** Planned review date | 31 December 2030 | | |

Please contact Ringa Hora Workforce Services Development Council [qualifications@ringahora.nz](mailto:qualifications@ringahora.nz) to suggest changes to the content of this skill standard.