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| **L4 Vegetable** | **Prepare, finish, and present vegetarian and vegan food products in a culinary environment** |

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| **Kaupae |** Level | 4 |
| **Whiwhinga |** Credit | 10 |
| **Whāinga |** Purpose | This skill standard is for people preparing to work as chefs in the culinary sector. They will be able to prepare, finish, and present a variety of vegetable, vegetarian, and vegan dishes to industry standards in a culinary environment.  This skill standard has been developed primarily for assessment within programmes leading to the New Zealand Certificate in Cookery (Level 4) [Ref: 2101]. |

**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, finish, and present vegetarian and vegan food products in a culinary environment. | 1. Prepare vegetables and plant-based proteins for service in a culinary environment. |
| 1. Cook and present a variety of vegetarian food products for service according to industry standards. |
| 1. Adapt traditional recipes to create vegetable-based alternatives suitable for vegetarian or vegan diet in a culinary context. |
| 1. Evaluate the quality of food products prepared for service to identify opportunities for improvement. |

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

*Assessment specifications:*

Assessment must be conducted in a commercial kitchen or training kitchen environment that realistically matches the conditions of a commercial kitchen.

Assessment activities must be carried out in accordance with Health and Safety at Work Act 2015, Food Safety requirements, and following workplace procedures.

All food products must meet specified criteria for flavour, texture, temperature, and presentation.

Assessment must include evidence of planning, organisation, preparation and presentation of food products.

Evidence is required of at least six vegetarian dishes, two of which must cater to vegan dietary requirements.

Definition

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

*Vegan* refers to a diet excluding all animal-derived products, including meat, dairy, eggs, and honey.

*Vegetarian* refers to a diet excluding meat, poultry, and seafood but may include dairy, eggs, and honey.

*Sustainable* refers to applying sustainable practices within the culinary sector which lower the carbon footprint such as food wastage, sourcing of local products, economic use of resources (power, water), recycling, composting.

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

Achieved

**Ihirangi waitohu |** Indicative content

Vegetable and Plant-Based Ingredient Knowledge

* Using vegetables, legumes, grains, nuts, seeds, and plant-based proteins.
* Categories: root, stem, leafy greens, fruiting vegetables, tubers, and fungi.
* Culinary uses of tofu, tempeh, seitan, legumes, and grains.

Preparation Techniques

* Methods: peeling, chopping, blanching, marinating.
* Retaining flavour, texture, nutrition; minimising waste with root-to-stem practices.
* Food safety, hygiene, and proper storage.

Vegetarian/Vegan Cooking Methods

* Dry/wet methods: roasting, steaming, sautéing, braising, poaching, baking, frying, drying, fermenting.
* Creating flavour balance, texture contrast, and visual appeal.

Recipe Adaptation for vegetarian or vegan diets

* Modifying recipes to exclude animal-based products; use plant-based substitutes.
* Maintaining flavours, textures, and cater to dietary needs.

Plating and Presentation

* Focusing on balance, colour, height, portion size.
* Using garnishes, sauces, and textures for aesthetic appeal.

Sustainability and Seasonality

* Using seasonal ingredients; sourcing sustainably to minimise environmental impact.
* Incorporating ethical practices in plant-based cooking.

Nutritional Considerations

* Nutritional value of plant-based ingredients.
* Creating balanced dishes to meet dietary requirements.

Reflective Practice

Engaging in critical self-assessment to evaluate application of cooking methods and finishing food products, fostering continuous improvement and professional growth.

**Rauemi |** Resources

* Food Act 2014
* Health and Safety at Work Act 2015.
* MPI Allergen Labelling Guide (New Zealand Ministry for Primary Industries)

References

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Culinary Institute of America (2011) *The professional chef*. 9th ed. J. Wiley & Sons, or latest edition.

Foskett, D. & al. (2019) *Pratical cookery: for level 2 commis chef apprentices and NVQS*. 14th ed. Hodder Education, or latest edition.

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

Jury, J-C. (2017) *Vegan: the cookbook*. Phaidon, or latest edition.

Madison, D. (2014) *The new vegetarian cooking for everyone: a cookbook*. Rev. ed. Random House, or latest edition.

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.

Tout, E. (2021) *The complete book of vegan completing: an a–z of zero-waste eating for the mindful vegan*. Watkins Media Limited | Nourish Books, or latest edition.

Yonan, Joe (2024) *Mastering the art of plant-based cooking: vegan recipes, tips, and techniques: a cookbook*. Clarkson Potter/Ten Speed, or latest edition.

**Pārongo Whakaū Kounga |** Quality assurance information

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| **Ngā rōpū whakatau-paerewa |** Standard Setting Body | Ringa Hora Services Workforce 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 | <type here> | [dd mm yyyy] | [dd mm yyyy] |
| **Arotakenga |** Review | <type here> | [dd mm yyyy] | [dd mm yyyy] |
| **Kōrero whakakapinga |** Replacement information | <type here> | | |
| **Rā arotake |** Planned review date | [dd mm yyyy] | | |

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