

# PROFESSIONAL VEGETARIAN COOKING CURRICULUM FRAMEWORK

## Developing the Green Apron curriculum - O2 A1

### **DEFINITION :**

This curriculum preferably targets *mainly hospitality VET students and also adult learners and employees who require upskilling in vegetarian cooking.*

The cook will be capable of conceiving and producing balanced menus with plant-based ingredients respecting nutritional basic rules, food hygiene and security, cost effectiveness and profitability, striving to use healthy ingredients. He/she will organize his/her workplace, take part in products supply chain and storage. He /she will also be able to support customers' choices having a clear view of their expectations and demands.

### **NOTICE:**

This framework is the guideline for a specific module architecture which Green Apron partners created, through 10 videos of two-course menus and exercise sets based on the videos.

The number of training hours required to cover this curriculum should be 100 hours, not including work experience placements (possible internships) which could be introduced in the pathways.

### **WORKING CONTEXT**

*Being trained and assessed through the course, the cook can apply for employment in vegan and vegetarian restaurants and all kinds of catering or restaurants which supply plant-based food, including businesses having a mixed offer .*

## **FUNCTIONS**

*Specific functions(blocks of skills, competencies, knowledge to undertake activities required by the job) of vegetarian cooking such as described further are undertaken according to the specificities of the businesses and cook's skill level needed.*

### **1. Organisation and supply function : (5 hours)**

- Planning and control of supply  
**Notice:** this function is also part of other catering, *nevertheless requires specificities with regards to plant-based products and suppliers*

### **2. Menu-conception function : (10 hours)**

- Conception of menus with plant-based products taking into account basic nutritional rules for a healthy cuisine

### **3. Production-and-delivery function : (50 hours)**

- preliminary vegetarian preparations
- classical or original cold starters
- classical or original warm starters
- main course vegetarian dishes
- conception of local supply original dishes

### **4. Marketing function : ( 35 hours)**

- Enhancement of dishes for customers
- Providing guidance to customers taking into account their nutritious claims and culinary expectations

# Learning architecture

1 Organisation and supply function	Professional skills			Associate knowledge		
	Skills (to be able to)	Ressources	Performance criteria	Knowledge	Competencies (To be able to)	Knowledge boundaries
	To Plan supply and undertake delivery control	Production data sheets Market sheets List of retailers Delivery slips  Control slips, storage slips  Labelling guidelines	Consistency of contents, weighs, quantities Clarity and reliability of documents	Supply, Delivery and control issues  European and national regulations regarding quality of goods, labelling, transport, equipment, storing, handling, with regards to food safety  Ways to avoid food poisoning	Collect data and fill in documents, Complete technical data sheets Establish the list of quantities according to needs Search for retailers, Order by phone fax, email Control quality and quantity of goods delivered Ensure traceability apply safety rules	Technical sheets, Market sheets, Order sheets, Delivery slips, Control of delivery slips, Storage provision, Seasonality of products  Hygiene and food safety rules:

2 Menu and dishes	Professional skills			Associate knowledge		
	Skills (to be able to)	Ressources	Performance criteria	Knowledge	Competencies (to be able to)	Knowledge boundaries
	To produce a plant-based menu taking into account nutritional facts	Menus technical sheets  Nutritional charts of components	Consistence of content of menu, reporting on choices	Balanced meal / risks of nutrient deficiencies and food poisoning National and European rules. Types of recipes according to each	To choose and conceive plant-based balanced menu in respect of safety rules Tomake choices relevant to each vegetarianism type	Vegetarianism categories The 5 components of a meal Meat substitutes Nutritional intake of ingredients Food safety rules

		Food safety guidelines		vegetarianism type	particularly to differentiate vegetarian/ vegan dishes To target balanced menus	
	<b>Professional skills</b>			<b>Associate knowledge</b>		
<b>3 Production-and-delivery function</b>	<b>Skills (to be able to)(</b>	<b>Ressources</b>	<b>Performance criteria</b>	<b>Knowledge</b>	<b>Competencies (to be able to)</b>	<b>Knowledge boundaries</b>
	To conceive local supply original dishes( starters, main course, desserts) and use meat substitutes, typical products of vegetarian/ vegan cooking like Tofu, seitan, muscle wheat, algae ....	Data sheets including locally grown food supply and operating modes, videos	Use of local products (specificities of the area chosen, labelling accreditation, homologation of suppliers)	Local products and their culinary uses Homologation of suppliers, origin of products including organic food and meat substitutes Edible plants, fruit, bygone vegetables and soya, tofu,seitan,muscle wheat, algae ....	To get consistent method to create recipes (Creativity) To differentiate vegetarian vegan dishes  To understand why to use various doughs porridges and meat substitutes	Basic Classification, seasonality, origin, commercial presentation, Labelling and rules, freshness and quality criteria, Comparison in nutritional intake: meat V plant-based food,vegetarian V; Vegan food, Organic food and its standards, Level of Creativity
	To undertake preliminary vegetarian preparations	Data sheets on production preliminaries, Videos	Clear synthetic documents	Characteristics of vegetarianism European standards with regards to vegetarianism	To apply the different preparatory provisions	Definitions of vegetarianisms, European standards, Meat substitutes...
	To undertake classical or original cold starters Undertake classical or original warm starters	Data sheets, Videos	Original Plating and tasting  Implementation of classical recipes  Mastering of techniques	Health and safety for cold dishes	To apply health security rules in undertaking cold starters  To understand why to use various doughs and porridges and meat substitutes	Sanitizing and cleaning of fruit and vegetables banning hazardous chemicals, Cutting, Steps in production and plating, seasoning
	To undertake classical or original warm starters To undertake classical or original warm starters Use of various techniques	Videos and operating modes	Creation of recipes and original associations Undertaking classical recipes Mastering techniques	Health and safety for warm dishes  Various kinds of basic doughs and porridges like	To apply health safety rules in undertaking warm starters  To understand why to use various	Sanitizing and cleaning of fruit and vegetables banning hazardous chemicals, Cutting, Steps in production and plating, seasoning

				polenta	doughs and porridges and meat substitutes	
	To undertake main vegetarian dishes traditional and original	Recipes manual Technical sheets operating modes	Creation of recipes and original associations Undertaking classical recipes Mastering techniques Consistent synthetic documents	Origin of vegetarian recipes and culinary terms	To list contents of traditional vegetarian dishes To classify them according to their international cultural origin To understand why to use various doughs and porridges and meat substitutes	Sanitizing and cleaning of fruit and vegetables banning hazardous chemicals, Cutting, Steps in production and plating, seasoning The most famous recipes, typical of vegetarianism.
	To undertake treatment of waste	Treatment of waste guidelines	Handling waste in respect of standards	treatment of waste issue	To apply sanitizing processes	Norms in the treatment of waste
4 marketing function	<b>Professional skills</b>			<b>Associate knowledge</b>		
	<b>Skills (to be able to)</b>	<b>Ressources</b>	<b>Performance criteria</b>	<b>Knowledge</b>	<b>Competencies (to be able to)</b>	<b>Knowledge boundaries</b>
	To value dishes to customers (enhancement)	A- la- carte and Menus	Relevance of ways to address vegetarian customers	Sales pitch	To Create sales pitch taking into account customers' expectations	Commercial display of dishes
				Organic food	To Identify organic products and explain added values: <ul style="list-style-type: none"> <li>Nutritional</li> <li>Economical</li> <li>Ethical</li> <li>Hedonist</li> </ul>	Quality approach Quality landmarks, Advantages versus drawbacks of these products
				Sustainable development	To argue on sustainable development without political commitment	Carbon emission impact of products, advantages versus drawbacks of short supply
To have a customer-wise attitude and support customers' choice taking	A-la-carte and menus	Identification of customers' expectations	Vegetarianism, Veganism flexitarianism	To gain references to understand the issue at stake regarding health, customs and habits, ethos, economy, To be able to argue	History of vegetarianism The types of vegetarianism and typical dishes for each category Flexitarianism	

	into account their ethical and nutritional orientation				without personal commitment	
				The market for vegetarian cuisine Introduction of vegetarian food in all kinds of catering (fastfood gastronomical...) together with meat dishes offer, Different types of businesses	To make relevant choice according to the enterprises through a customer-wise approach To understand flexitarians' motivations	Socio-economic factors: specialised catering and market state of affairs, mixed offer in all kinds of catering.