Definitions and attitudes

Students will be able to:
- Understand Vegetarian Society definitions of vegetarian and vegan diets and the differences between them
- Understand what vegetarians and vegans do and don't eat
- Discuss attitudes to vegetarianism and veganism in relation to the catering industry
- Understand what vegetarians and vegans expect when eating out and how to exceed those expectations

Current trends

Students will:
- Gain knowledge of current food trends
- Understand how to predict up and coming food trends
- Be able to prepare, cook and present a variety of ‘on trend’ dishes to a restaurant standard

Vegetarian and vegan ingredients

Students will:
- Gain knowledge of vegetarian and vegan specific ingredients and their uses
- Understand the importance of traceability and labelling when sourcing ingredients
- Be able to recognise and understand vegetarian and vegan trademarks on products and ingredients
- Identify potential ‘hidden ingredients’ and common pitfalls

Meat alternatives

Students will:
- Gain knowledge of ready to use meat alternatives
- Understand the nutritional, flavour and textural importance of meat alternatives in dishes and recipes
- Understand how to replace meat and fish with vegetarian and vegan alternatives
- Be able to prepare and cook meat and fish alternatives from scratch
- Be able to prepare, cook and present a variety of dishes using meat alternatives to a restaurant standard
Spice blends

Students will:
• Be able to prepare a variety of multi-use spice blends
• Understand the importance of toasting and dry frying whole spices
• Understand the difference between whole and ground spices
• Gain knowledge of how to use spice blends in a variety of dishes

World food - starters, salads and sharers

Students will be able to:
• Prepare and cook a variety of dips and sauces
• Prepare and cook a variety of breads
• Understand the difference between proved and unleavened breads and be able to cook examples of each
• Utilise spice blends in dips and sauces
• Prepare, cook and present a variety of world food dishes to a restaurant standard
• Understand how to combine items, dips and breads to create several starters and sharing platters
• Use a number of cooking techniques to complete recipes
• Understand how to scale recipes for commercial use
• Understand how to prepare and store dishes in advance for ease of service

World food - Main courses and accompaniments

Students will be able to:
• Prepare and cook a variety of main course and side dishes
• Use spice blends in main course and side dishes
• Prepare, cook and present a variety of world food dishes to a restaurant standard
• Use a number of cooking techniques to complete recipes
• Understand how to scale recipes for commercial use
• Understand how to prepare and store dishes in advance for ease of service

Flavour profiles

Students will:
• Understand the importance of building flavour in vegetarian and vegan recipes
• Understand what a flavour profile is
• Understand how to create a multi-layered flavour profile in vegetarian and vegan dishes
• Create a signature vegetarian/vegan burger using their own flavour profile
Starters and side dishes

Students will be able to:
• Prepare and cook a variety of dips and pâtés
• Prepare and cook crackers and breads to accompany starters and main dishes
• Prepare and cook a variety of starters and side dishes to a restaurant standard
• Creatively present starters to a restaurant standard
• Think creatively about plant-based accompaniments and how to make them saleable
• Understand how to combine items, dips and breads to create several starters and sharing platters
• Use a number of cooking techniques to complete recipes
• Understand how to prepare and store dishes in advance for ease of service

Recipe creation and scaling for commercial use

Students will be able to:
• Understand the theory behind creating a recipe from beginning to end
• Understand the importance of recipe testing
• Understand how to adapt recipes to create new dishes
• Understand how to effectively scale recipes for commercial use

Menu planning

Students will be able to:
• Effectively include vegetarian and vegan dishes on a larger menu to offer real choice and balance
• Plan and structure a full and balanced vegetarian and vegan menu
• Understand how to make vegetarian and vegan food appealing to both flexitarians and those following a full plant-based diet
• Understand the importance of creating their own recipe collection or database

Snacks and light bites

Students will be able to:
• Prepare, cook and present a variety of snacks and light bites to a restaurant standard
• Understand the importance of offering variety and quality across all sections of a menu
• Understand how to prepare and store dishes in advance for ease of service
• Understand how to best use available ingredients across multiple dishes to reduce waste
Nutrition

Students will:
- Understand basic nutritional needs and food groups
- Understand which nutrients are found in meat and fish and how vegetarians and vegans can replace these with plant-based sources
- Understand protein sources and how to ensure dishes contain adequate protein
- Understand sources of fats and cholesterol and how to include these in a balanced diet
- Gain an overview of plant-based vitamin and mineral sources

Vegan cheese and dairy substitutes

Students will:
- Understand varieties of ready-to-use vegan cheeses, plant milks and creams available and their pros and cons in terms of use, texture and flavour
- Be able to prepare and cook examples of vegan cheese from scratch to a restaurant standard
- Be able to effectively substitute dairy-based products with plant-based alternatives in recipes/dishes
- Use a number of cooking techniques to complete recipes
- Understand how to scale recipes for commercial use
- Understand how to prepare and store dishes in advance for ease of service

How to make dishes/recipes veggie and vegan

Students will be able to:
- Understand how to adapt meat-based, fish-based and dairy-based recipes to suit a vegetarian or vegan diet
- Understand how to build flavour in these dishes to create depth of taste
- Understand how to substitute meat, fish and dairy for plant-based products to create texture
- Prepare, cook and present veggie and vegan dishes to a restaurant standard
- Compare and contrast plant-based alternatives to create a saleable dish

Main courses

Students will be able to:
- Prepare and cook a variety of vegetarian and vegan main courses including traditional favourites, on trend dishes and show stoppers
- Prepare and cook a variety of side dishes to a restaurant standard
- Creatively present main courses to a restaurant standard
- Use a number of cooking techniques to complete recipes
- Understand how to prepare and store dishes in advance for ease of service
- Understand how to scale recipes for commercial use
- Understand how to structure preparation and cooking times to deliver dishes on time
Vegan patisserie and desserts

Students will be able to:

• Use vegan substitutes to classical pastry ingredients
• Produce examples of vegan desserts to a Rosettes and Michelin standard
• Understand the uses of vegan chocolate and how to prepare it for decoration
• Understand how to substitute dairy-based cream cheese, milk, cream and butter with plant-based alternatives
• Understand the use of agar agar in dessert making
• Be able to present dessert and pastries for afternoon tea
• Be able to prepare and cook a variety of vegan desserts and pastries
• Understand what aquafaba is and how to use in desserts
• Replace egg in pastries and desserts with a variety of plant-base alternatives including flax seeds and tofu
• Understand what is meant by Mise en Place and why it is important in dessert making
• Be able to present vegan desserts using a variety of decorations to a fine dining restaurant standard