

WJEC GCSE Food and Nutrition, Eduqas GCSE Food Preparation and Nutrition and WJEC Food Science and Nutrition

High skill plant dishes - January 2023

With the trend towards climate conscious eating and the rise of veganism, we are constantly being asked about the inclusion of plant-based cuisine in our qualifications.

If a student is successful in making a high-quality skilful dish using a vegetable or meat substitute, higher end marks may still be awarded as many such dishes could be judged as skilful as making mayonnaise, pastry, removing the chicken thigh etc.

Centre discretion and professionalism still has to be key, as always marks awarded cannot just be based on the choice of recipe and its potential skill level but have to be outcome and process based. For example: sound organisational skills, appropriate temperature control, excellent Knife skills, use of seasoning, high quality eating experience – counterpointing, portion control and presentation etc. would still be expected for the top marks to be awarded.

The list of suggestions below is not exhaustive but will give an idea of what learners could produce if they chose to, as long as supported with a rationale.

1. Cauliflower steaks
2. Pressed mushroom steaks – Oyster clusters - <https://wickedkitchen.com/bbq-vegan-mushroom-steak-oyster-mushrooms/>
3. Miso glazed aubergine or stuffed and roasted
4. Pulled mushroom versions of pulled pork and shredded duck dishes – sauce and marinade home made (<https://www.youtube.com/watch?v=RRjz2rX6EoM>)
5. Seitan/wheat meat substitutes – e.g. fake chicken, brisket etc
6. Pressed, marinated tofu dishes – Roasted, grilled or fried
7. Butternut squash tenderloin – e.g. <https://wickedkitchen.com/wicked-herby-crust-roasted-butternut-squash-tenderloin/> - Happy to send other example recipes
8. Mezze/Bento/Tali style plates that have lots of different elements that require high output and nuance
9. Poached pear desserts
10. Gnocchi
11. Extremely well-made sorbet that started with whole fruit – perhaps with baked biscuit or crunchy addition
12. Vegan bakes (much harder) that are very well executed. Consider gluten free too – Egg replacements (Flax egg etc) cakes and aquafaba meringue