

X051 11

Hospitality: Professional Cookery Intermediate 2

Practical Assignment 2007

Candidate Instructions

Practical Assignment

Plan, prepare, cook and serve the following meal to give 4 portions of each dish in 3 hours:

Cream of leek and potato soup

Braised steak with jardinière of vegetables

Marquise potatoes

Eves' pudding

The dishes should be served as follows:

Cream of leek and potato soup Served 2½ hours after the start time in a hot, suitable clean container.

Braised steak with jardinière of vegetables Served 2 hours 45 minutes after the start time. One portion must be presented as an individual serving. The remaining 3 portions should be served on a hot, clean dish.

Marquise potatoes Served at the same time as the braised steak with jardinière of vegetables. One portion must be presented with the braised steak. The remaining 3 portions should be served on a hot, clean dish.

Eves' pudding Served whole, in the remaining time, in a suitable warm, clean container.

The Practical Assignment for Hospitality: Professional Cookery at Intermediate 2 consists of two main stages:

- ◆ Planning
- ◆ Preparing, cooking and serving the dishes

The following guidelines will help you with the planning and the practical session.

Planning

You will plan for your Practical Assignment **two weeks** prior to undertaking it. All planning work will be completed under the supervision of your teacher/lecturer. Your planning will be worth a maximum of 10 marks out of 75 marks available.

The following paragraphs detail the planning tasks that you have to complete. For each task you should use the sheets provided in the planning booklet. These planning sheets will then be assessed by your teacher/lecturer and marked accordingly.

Plan of work

You must complete a plan of work. It will show how you plan to use the three hours available to you on the day of the practical assignment. The plan of work must include the following information:

- ◆ the starting time
- ◆ the completion time
- ◆ the sequence in which you are going to carry out all of the activities involved in the production of the three dishes and accompaniments
- ◆ the approximate timing for each activity
- ◆ the equipment required.

Food order

On the food order sheet you must record all the ingredients (in the quantity required) that you require. Any additional ingredients that you require for garnishing and decorating the dishes must also be included.

Service details

On the service details sheet you are required to give details of how you plan to serve your finished dishes. You must provide details of the service dishes or plates you will use, how you will lay the foods on the dishes or plates and you should include details of any garnish or decoration that you plan to use. You can include diagrams.

Preparing, cooking and serving the dishes

During the practical assignment you will have to follow your plan of work to prepare, cook and serve the dishes and accompaniments. All dishes must be prepared and presented within the 3 hour time allocation.

The dishes should be served as follows:

Cream of leek and potato soup	Served 2½ hours after the start time in a hot, suitable clean container.
Braised steak with jardinière of vegetables	Served 2 hours 45 minutes after the start time. One portion must be presented as an individual serving. The remaining 3 portions should be served on a hot, clean dish.
Marquise potatoes	Served at the same time as the braised steak with jardinière of vegetables. One portion must be presented with the braised steak. The remaining 3 portions should be served on a hot, clean dish.
Eves' pudding	Served whole, in the remaining time, in a suitable warm, clean container.

For Example

Start time	9.30
Cream of leek and potato soup to be served at	12.00
Braised steak with jardinière of vegetables and Marquise potatoes to be served at	12.15
Eves' pudding to be served at	12.25

Your teacher/lecturer will be observing you as you work. An external verifier from the Scottish Qualifications Authority may also observe. You must work throughout the practical assignment without any assistance from your teacher/lecturer unless it is to ask for a specific piece of equipment or food.

Your Practical Assignment will be marked as follows:

Area to be marked	Marks available
Planning	10 marks
Working methods:	
◆ Basic preparation skills and techniques	10 marks
◆ Flow of work plan	5 marks
◆ Control of cookery processes	5 marks
Dishes produced:	
◆ Cream of leek and potato soup	8 marks
◆ Braised steak with jardinière of vegetables	10 marks
◆ Marquise potatoes	4 marks
◆ Eves' pudding	10 marks
Professional practice:	
◆ Observation of safety	5 marks
◆ Observation of hygiene	5 marks
◆ Protective clothing	3 marks

Cream of leek and potato soup (4 Portions)

Leeks, trimmed and washed	250 g
Butter, margarine or oil	25 g
White stock	750 ml
Bouquet garni	1
Potatoes	250 g
Onion	50 g
Celery	50 g
Salt, pepper	
Flour	25 g
Cream	25 ml
Finely chopped parsley for garnish	

- 1 Wash, peel and rewash the potatoes and cut into even sizes. Reserve.
- 2 Wash, peel and rewash the white to light green of the leek, the onion and the celery and cut into uniform slices.
- 3 Slowly cook the leek, onion and celery in the fat in a pan with a lid on until soft and without colouring.
- 4 Add the flour, cook out without colouring and set aside to cool.
- 5 Gradually add the stock and stir to the boil. Add the bouquet garni, potatoes and lightly season.
- 6 Simmer for 30–40 minutes.
- 7 Remove the bouquet garni, liquidise the soup and pass through a chinois/conical strainer.
- 8 Return to a clean pan, reboil, correct the consistency and seasoning.
- 9 Add the cream, garnish with the parsley and serve.

Braised steak (4 Portions)

Stewing beef	400 g
Dripping or oil	25 g
Onion	75 g
Carrot	75 g
Flour, browned in the oven	25 g
Tomato puree	25 g
Brown stock	750 ml
Bouquet garni	1
Clove of garlic, crushed	1
Seasoning	
Finally chopped parsley for garnish	

- 1 Remove excess sinew and fat from the beef.
- 2 Cut into even sized steaks.
- 3 Seal quickly in hot fat until lightly browned.
- 4 Wash, peel and rewash the onion and carrot.
- 5 Add the roughly cut onion and carrot to the pan and continue frying to a golden colour. Mix in the flour and brown carefully.
- 6 Add the tomato puree and stir in with a wooden spoon.
- 7 Mix in the stock, bring to the boil and skim.
- 8 Add the bouquet garni and the crushed garlic, season and cover with a lid.
- 9 Simmer gently until cooked, preferably in the oven, for approximately 1½ – 2 hours.
- 10 When cooked, place the meat into a clean, warm serving dish.
- 11 Correct the sauce, reboil and pass onto the meat.
- 12 Garnish with jardinière of vegetables.
- 13 Serve lightly sprinkled with chopped parsley.

Jardinière of vegetables (4 Portions)

Carrot	150 g
Turnip	150 g
French beans	20 g
Butter	10 g
Seasoning	

- 1 Wash, peel and rewash the carrot and turnip.
- 2 Cut into batons 1.5 cm × 3 mm × 3 mm.
- 3 Bring to the boil in lightly salted water, do not overcook.
- 4 Top and tail beans.
- 5 Cut into 1.5 cm lengths and add to carrot and turnip for the last 45 seconds of cooking.
- 6 Drain well, add butter, season and use to garnish the braised steak.

Tomato concasse (4 Portions)

Tomato	1
Shallot or onion, chopped finely	10 g
Butter, margarine or oil	10 g
Seasoning	
Tomato puree	5 g (if required)

- 1 Prepare the tomato for blanching. Place the tomato into boiling water for 10–12 seconds. Refresh immediately.
- 2 Remove the skin, cut in half/quarters across the tomato and remove all the seeds.
- 3 Chop the flesh of the tomato into a small dice.
- 4 Meanwhile, sweat off the finely chopped onion or shallot in the fat. Add the tomato puree if required.
- 5 Add the tomato and season lightly.
- 6 Simmer gently until the moisture is evaporated.
- 7 Taste and season if required.

Marquise potatoes (4 Portions)

Potatoes	500 g
Egg yolk	1
Butter or margarine	25 g
Pinch of nutmeg	
Seasoning	
Tomato concasse	

- 1 Wash, peel and rewash the potatoes.
- 2 Cook in lightly salted water.
- 3 Drain off the water, cover and return to a low heat to dry out the potatoes.
- 4 Pass through a medium sieve or a potato masher/mouli.
- 5 Place the potatoes in a clean bowl.
- 6 Add the egg yolk and butter/margarine and stir vigorously with a wooden spoon.
- 7 Mix in nutmeg and season to taste.
- 8 Pipe the duchesse mixture in the shape of a nest 5 cm × 2 cm approximately onto a lightly greased baking sheet.
- 9 Place in a hot oven for 2–3 minutes at 230 °C (Reg 8; 450 °F).
- 10 Remove from the oven and brush with eggwash.
- 11 Brown lightly in a hot oven or under the salamander.
- 12 Place a spoonful of the hot tomato concasse in the centre.
- 13 Serve one portion with the braised steak and the remaining 3 portions on a hot, clean dish.

Victoria sponge (4 Portions)

Butter or margarine	100 g
Caster sugar	100 g
Medium eggs, beaten	2
Soft flour	100 g
Baking powder	5 g
Milk	

- 1 Cream the fat and the sugar until soft and fluffy.
- 2 Gradually add the beaten egg.
- 3 Sieve the flour and baking powder together and lightly mix in.
- 4 Add a little milk to form a dropping consistency.

Apple puree (4 Portions)

Cooking apples	500 g
Caster sugar	50 g
Butter or margarine	10 g

- 1 Wash, peel and rewash the apples.
- 2 Remove core and cut into even sized slices.
- 3 Place the butter or margarine in a thick-bottomed pan, heat until melted.
- 4 Add the apples and sugar, cover with a lid and cook until soft without colouring.

Eves' pudding (4 Portions)

Icing Sugar to dust.

- 1 Lightly grease the bottom of a pie dish.
- 2 Place the apple puree evenly in the dish.
- 3 Spread on sufficient sponge to completely cover the apple puree, fill the dish and clean the edge.
- 4 Bake in an oven at 204 °C (400 °F) for approximately 10 minutes and then reduce the heat to approximately 185 °C (365 °F) for a further 30 minutes to finish the cooking.
- 5 Dust with the icing sugar and serve.

[END OF CANDIDATE INSTRUCTIONS]