



2009 Professional Cookery

Higher

Finalised Marking Instructions

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Higher Professional Cookery

Question 1

(a) Principles and influences of menu planning **6 marks**

Candidates should choose 3 and expand on their choice. Professional judgement required.

Do not allow repetition

1 mark for principle – correct

1 mark for explanation – correct per principle

- Type of menu
- Balance of menu
- Seasonal availability of foods
- Type of customer/requirements
- Type of establishment/standard
- Capabilities of kitchen/serving staff
- Price of menu
- Type of kitchen and equipment available
- Type of service
- Dietary needs

3 x 1 mark per principle and 1 mark per explanation

(b) Costing **4 marks**

		4 portions	60 portions
Margarine	@ 90p per 500g	0.18	£2.70
Plain Flour	@ £1.00 per kg	0.09	£1.35
Leeks	@ 30p per 250g	0.06	£0.90
Onions	@ 60p per 250g	0.24	£3.60
Parsnips	@ £1.00 per kg	0.20	£3.00
Root Ginger	@ £2.00 per kg	0.10	£1.50
White Stock	@ £1.50 per 250 ml	£6.00	£90.00
Cream	@ 50p per 100 fl ozs	0.05	£0.75
		<hr/>	<hr/>
		£6.92	£103.80

8 correct = 4 marks

6 or 7 correct = 3 marks

4 or 5 correct = 2 marks

2 or 3 correct = 1 mark

0 or 1 correct = 0 marks

(c) Selling Price **2 marks**

Food Cost = 25%
Gross Profit = 75%
Selling Price = 100%

Selling Price $\frac{6.00}{25} \times \frac{100}{1} = £24.00$

1 mark for correct answer

2 marks for correct answer and calculation and formula

Question 2

(a) Use your professional judgement.

Preparation of named dishes.

(i) **Fresh strawberry bavarois**

4 marks

Method

1. If using leaf gelatine, soak in cold water.
2. Cream the yolks, sugar and strawberry liqueur/flavouring/colour in a bowl until almost white.
Whisk in the milk which has been brought to the boil; mix well.
Clean the milk saucepan which should be a thick based one, and return the mixture to it.
Return to a low heat and stir continuously with a wooden spoon until the mixture coats the back of the spoon. The mixture must not boil.
Remove from the heat; add the gelatine and stir until dissolved.
3. Pass through a fine chinois/strainer into a clean bowl, leave in a cool place, stirring occasionally until almost set.
4. Fold in the lightly beaten cream and diced strawberries.
5. Fold in the stiffly beaten egg whites.
6. Pour the mixture into a glass or mould.
7. Allow to set in a refrigerator (1 - 4°C)
8. Shake and turn out on to a plate or serving dish. Garnish with flavoured cream, strawberries and mint.

Scope of marking 2 correct preparation steps = 1 mark

(ii) **Curried parsnip and ginger soup**

6 marks

1. Wash, peel and re-wash the vegetables.
2. Slice onions, leeks, parsnips and celery.
3. Gently cook in the melted margarine or butter.
4. Mix in the flour, curry powder and cook to a sandy texture.
5. Gradually mix in the stock.
6. Bring to the boil.
7. Add the ginger and bouquet-garni and season.
8. Simmer for 30-45 minutes.
9. Remove the bouquet-garni.
10. Pass through a sieve or blend.
11. Re-boil, correct the seasoning.
12. Add the warmed cream, garnish and serve.

Scope of marking 2 correct preparation steps = 1 mark

(b) **Presentation**

4 marks

There is no prescriptive answer here. Each candidate's ideas will need to be judged individually using professional judgement. Picture the dish as described. Candidates may provide labelling drawings.

4 × 1 marks

Question 3

Holding requirements – Fresh strawberry bavarois

2 marks

- Should be stored in a refrigerator between 1 - 4°C.
- Below 5°C.
- Moulds should be placed on a tray/plates on a stacker (refrigerator).
- Lightly covered with clingfilm – labelled with
name of product
date of preparation
person who made bavarois
function which they are to be used
dates.
- Stored above raw food or a dedicated pastry refrigerator.
- Stored away from strong smelling foods.
- Stored in the danger zone for as short a period as possible.

Curried Parsnip and ginger soup

- Should be kept hot in a Bain-Marie, or on the stove or soup kettle.
- Probed to maintain a temperature at or above 63°C/Bain Marie, stove, soup kettle. (Hot food may be kept below 63°C for up to 2 hours).

Question 4

(a) **Storage Conditions**

2 marks

1 mark for each storage condition.

- Salmon hanging on a hook in a fish fridge
- The salmon should be stored separately in a fish fridge.
- Between 1 - 4°C
- In its original container on crushed ice.
- Cling film wrapped.
- Labelled and dated.

(b) **Quality Points**

6 marks

Candidates should note two valid points per commodity. 2 marks per commodity.

- (i)
- Not broken.
 - Fresh pasta should have a dry, pliable, soft, yet firm/not soggy texture.
 - It should not be sticking together.
 - It should have a slight shine.
 - Should show no signs of stickiness.
 - Should show no signs of mould.
 - Uniform portions.
- (ii)
- White Stock should have no unpleasant smell.
 - It should be clear.
 - It should have no fat/scum floating on top.
 - It should taste of chicken.
 - Should be un-seasoned.
- (iii)
- Fresh root ginger should snap when broken.
 - Show no signs of mould.
 - Have no bruising.
 - Outer skin should not be wet or soft.
 - When peeled should have a strong smell of ginger.
 - Purchased from a reputable supplier.
 - No puncture marks.

Question 5

(a) **1 mark per principle identified**

4 marks

- Analysis of the food hazards associated with the food business operation.

A hazard is anything that may cause harm to the consumer. The three main hazards in relation to food are

1. bacteria or other micro-organisms, and their toxins, that cause food poisoning
2. chemical contamination, for example cleaning materials
3. Foreign bodies such as glass, metal etc.

- Identification of the points in the operation where food hazards may occur.

Food will pass through many steps, including purchase, receipt, storage, preparation, cooking, cooling, display and service, until final consumption by the customer. Hazards can occur during any of the previous stated steps, they should be identified, preferably on a flow diagram.

- Deciding which of the points identified are critical to ensuring food safety (“critical points”).
- Identification and implementation of effective control and monitoring procedures at the critical point.
- Review of the analysis of food hazards, critical control points and the control and monitoring procedures periodically, and whenever the food business operations change.

(b) **The exam setter will run through these procedures with markers to ensure standardised with regards to question part a and b. 1 mark allocated to each principle in the preparation of the salmon dish.**

2 marks

(c) **Food spoilage** is the visible aspect of food deterioration. The signs can include mould, discolouration, excess liquid, fruit and vegetables turning soft, smell, decay etc.

2 marks

(d) **Food Contamination**

6 marks

- **Microbial (Microbiological):** identify any bacteria ie – salmonella.
- **Bacterial contamination:** usually occurs within food premises because of ignorance, inadequate space, poor design or because of food handlers taking shortcuts. Contamination of this sort is the most serious and may result in food spoilage, food poisoning or even death. Allergenic accepted.
- **Physical contamination:** by foreign bodies which may be dangerous for example glass, nuts and bolts or nails, nuts, matches, flies, cigarette ends, but is normally unpleasant and a nuisance, for example hair.
- **Chemical contamination:** From pesticides, waste or cleaning materials. Food should never be stored near poisonous chemicals and such chemicals should never be stored in empty containers.
- **Poisonous plants:** ie rhubarb leaves.

1 mark per example and correct response.

1 mark per contamination.

1 mark per example.

[END OF MARKING INSTRUCTIONS]