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NATIONAL
QUALIFICATIONS
2007

HOSPITALITY
PRACTICAL COOKERY
INTERMEDIATE 1
Practical Assignment

Candidate Instructions

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SCOTTISH
QUALIFICATIONS
AUTHORITY 

Practical Assignment

Plan, prepare, cook and serve the following meal:

Chicken and Vegetable Rice Orange Bakewell Pudding

Each dish is for four portions and the meal must be prepared, cooked and served within 1½ hours.

*** Please note that you are only permitted to practice individual dishes once prior to carrying out the practical assignment. The complete practical assignment must only be carried out once ie on the day of your assessment.**

The Practical Assignment for Hospitality: Practical Cookery at Intermediate 1 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 your practical assignment **two weeks** prior to undertaking it. All planning work will be completed under the supervision of your teacher/lecturer. Your plan will be worth a maximum of 5 marks out of the 70 marks available.

The following paragraph details the tasks that you have to complete for your plan of work. For each task you should use the sheets provided in the planning booklet. Your plan 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 1½ hours available to you on the day of your 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 two dishes
- ◆ the approximate timing for each activity.

Equipment List

This list is provided for your use only, it will not be marked.

Preparing, cooking and serving the dishes

In the practical assignment you will have to follow your plan of work to prepare, cook and serve the two dishes. The dishes must be prepared and presented within the 1½ hour time allocation and should be served as follows:

Chicken and Vegetable Rice	served 1 hour 15 minutes after the start
Orange Bakewell Pudding	served 1 hour 25 minutes after the start

For example:

Start time	10.00
Chicken and Vegetable Rice to be served at	11.15
Orange Bakewell Pudding to be served at	11.25

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 session 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
Plan of Work	5 marks
Working methods:	
◆ basic preparation skills and techniques	4 marks
◆ flow of work plan	5 marks
◆ control of cookery processes	4 marks
Dishes produced:	
◆ Chicken and Vegetable Rice	25 marks
◆ Orange Bakewell Pudding	17 marks
Professional practice:	
◆ observation of safety	5 marks
◆ observation of hygiene	5 marks

Chicken and Vegetable Rice

Ingredients

Basmati rice	200 g
Green pepper	75 g
Red pepper	75 g
Courgette	50 g
Mushrooms	50 g
Onion	150 g
Fresh garlic cloves	2
Chicken breast	200 g
Sunflower oil	15 ml
Whole cumin seeds	2.5 ml
Medium curry powder	10 ml
Hot chicken stock	400 ml
Salt and black pepper	
Finely chopped coriander	15 ml

Method

- 1 Wash rice.
- 2 Add to 500 ml of water and leave to soak for 10 minutes.
- 3 Drain and leave in a sieve until required.
- 4 Wash peppers and courgette. Wipe mushrooms.
- 5 Dice onion, peppers and courgette. Slice mushrooms.
- 6 Crush garlic.
- 7 Dice chicken.
- 8 Heat 10 ml of the oil in a pan over a medium heat and sizzle the cumin seeds for 5-6 seconds.
- 9 Add garlic and onion and lightly fry until soft.
- 10 Add vegetables and continue to fry for 2 minutes.
- 11 Remove vegetables from the pan and reserve.
- 12 Heat the remaining oil in the pan. Add the chicken and seal.
- 13 Add curry powder. Fry for 30 seconds.
- 14 Reduce the heat and add the drained rice and reserved vegetables. Stir to coat rice and vegetables with the spices.
- 15 Add the chicken stock and bring to the boil.
- 16 Cover the pot very tightly, reduce heat and simmer for 10 minutes. Test rice for readiness.
- 17 Turn off the heat and let the pan sit, covered and undisturbed for another 5 minutes.
- 18 Stir in the coriander. Taste and season if required.
- 19 Serve hot in a clean, warm dish with appropriate garnish

Orange Bakewell Pudding

Ingredients

Pastry

Plain flour	75 g
Pinch of salt (optional)	
Margarine	40 g
Cold water	15 ml (approximately)

Filling

Orange marmalade	20 ml
Soft margarine	50 g
Caster sugar	50 g
Flour	50 g
Baking powder	1.25 ml
Egg	1
Orange extract	1.25 ml

Oven

Pastry	Gas No 6/200°C	} Where fan assisted ovens are used the temperature should be adjusted accordingly.
Sponge	Gas No 4/180°C	

Method

- 1 Sieve flour and salt into a large bowl.
- 2 Rub in margarine until mixture resembles breadcrumbs.
- 3 Make a well in the centre, add the water and mix to form a firm dough.
- 4 Knead lightly. Rest for 10 minutes.
- 5 Roll pastry and line a 15cm fluted flan ring. Trim
- 6 Rest for 5 minutes. Bake blind for approximately 10 minutes.
- 7 Reduce the oven temperature.
- 8 Beat the margarine, caster sugar, flour, baking powder, egg and orange extract in a large bowl until smooth and glossy.
- 9 Spread marmalade over base of pastry.
- 10 Spread sponge mixture over the marmalade.
- 11 Bake until risen and golden brown.
- 12 Dredge with icing sugar.
- 13 Serve warm on a clean, warm plate.

[END OF PRACTICAL ASSIGNMENT]