

X201 11

NATIONAL
QUALIFICATIONS
2015

HOSPITALITY
PRACTICAL COOKERY
INTERMEDIATE 2
Practical Assignment

Candidate Instructions

Publication code: BB3583A



Practical assignment

Plan, prepare, cook and serve the following dishes:

- ◆ **Thai Vegetable Soup**
- ◆ **Chicken Chow Mein**
- ◆ **Rhubarb and Custard Pavlovas**

Each dish is for four portions and the dishes must be prepared, cooked and served within two hours and 30 minutes.

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

The practical assignment involves:

- ◆ planning how you will carry out the work
- ◆ preparing, cooking and serving the dishes

The following guidelines will help you when planning and carrying out the practical assignment.

Planning how you will carry out the work

You must complete a plan of work to show how you will carry out the practical assignment in the two hours and 30 minutes allowed. It is advisable to produce it **two weeks** prior to undertaking the practical assignment; you will be informed of the date of your practical assignment by your teacher/lecturer. All planning work must be completed under the supervision of a teacher/lecturer and is worth a maximum of **15 marks** out of the **100 marks** available. It must include the following information:

- ◆ the starting time
- ◆ the order in which the work is going to be carried out
- ◆ the approximate timing for each activity
- ◆ the service time for each dish
- ◆ the completion time

The planning booklet must be handed in for marking and the original will be made available to you on the day of your practical assignment. You must have a logical plan to be able to undertake the practical assignment.

Service details

On the service details page of the planning booklet you are required to give details of how you plan to serve your finished dishes, including the food service temperatures. You must provide details of the service dishes or plates that you will use and how you will present the food on the dishes or plates. The temperatures of the service dishes or plates must also be included. You should include details of any garnish or decoration that you plan to use. You can include diagrams.

Additional food order and equipment lists

You can complete these lists for personal use — they will **not** be marked.

Preparing, cooking and serving the dishes

During the practical assignment you will follow your plan of work to prepare, cook and serve the dishes. The dishes must be prepared and presented within the time allocation of two hours and 30 minutes. They should be served as follows:

Thai Vegetable Soup	Served hot two hours after the start time in a clean, warm tureen or bowl.
Chicken Chow Mein	Served hot two hours and 15 minutes after the start time in a clean, warm dish.
Rhubarb and Custard Pavlovas	Served two hours and 25 minutes after the start time on 4 individual, clean plates at room temperature.

For example:

Start time	10.00 am
Thai Vegetable Soup served at	12 noon
Chicken Chow Mein served at	12.15 pm
Rhubarb and Custard Pavlovas served at	12.25 pm
Finish time	12.30 pm*

*No marks will be awarded for work carried out after the assignment finish time.

Your teacher/lecturer will observe you as you work. An External Verifier from SQA 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:	
◆ Plan of work	8 marks
◆ Service details	7 marks
Working methods:	
◆ Control of cookery processes	3 marks
Dishes produced:	
◆ Thai Vegetable Soup	16 marks
◆ Chicken Chow Mein	25 marks
◆ Rhubarb and Custard Pavlovas	33 marks
Professional practice:	
◆ Observation of safety	3 marks
◆ Observation of hygiene	5 marks
Total 100 marks	

Assessment arrangements

SQA's policy on assessment arrangements for disabled candidates and/or those with additional support needs allows for adjustments to be made to this practical assignment if candidates are placed at a substantial disadvantage.

If you have any questions relating to this, or if you believe you need help or support to carry out this assignment, please ask your teacher/lecturer.

Thai Vegetable Soup

(4 Portions)

Ingredients

Carrot (peeled)	150 g (prepared weight)
Parsnip (peeled)	75 g (prepared weight)
Onion (peeled)	150 g (prepared weight)
Sunflower oil	10 ml
Red Thai curry paste	7.5 ml
Red lentils	50 g
Canned chopped tomatoes	200 ml
Vegetable stock	750 ml
Seasoning	
Natural yoghurt	15 ml

Method

1. Cut the carrot and parsnip into even sized pieces.
2. Dice the onion.
3. Sweat the onion in the oil for 5 minutes.
4. Add the curry paste to the pan, stir to coat the onion and cook for a further minute with the lid off.
5. Wash and drain the lentils. Reserve appropriately.
6. Add the carrot, parsnip, lentils, tomatoes and stock to the pan.
7. Bring to the boil and skim.
8. Reduce the heat, cover and simmer for 45 minutes until the lentils are cooked.
9. Remove from the heat and cool slightly.
10. Puree the soup and adjust the consistency if required.
11. Reheat the soup.
12. Taste the soup and season as necessary.
13. Serve the soup hot in a clean, warm tureen or bowl finished with the natural yoghurt and a prepared garnish of your choice.

Chicken Chow Mein

(4 Portions)

Ingredients

Root ginger (peeled)	5 ml (prepared volume)
Fresh red chilli pepper	5 ml (prepared volume)
Sesame oil	5 ml
Sweet chilli sauce	5 ml
Soy sauce	30 ml
Cornflour	7.5 ml
Chinese five spice powder	5 ml
Fresh skinless chicken breast	200 g
Medium dried egg noodles	100 g
Red pepper	50 g (prepared weight)
Carrot (peeled)	50 g (prepared weight)
Spring onions (washed)	2
Sunflower oil	30 ml
Turmeric	5 ml
Fresh beansprouts	100 g
Oyster sauce	30 ml
White wine vinegar seasoning	15 ml

Method

1. Cut the root ginger and chilli into brunoise.
2. Make the marinade by mixing the sesame oil, sweet chilli sauce and soy sauce together and blend with the cornflour and five spice powder.
3. Add the root ginger and chilli to the marinade.
4. Cut the chicken into even bite sized pieces.
5. Add the chicken to the marinade and reserve appropriately for at least 15 minutes.
6. Cook the noodles in boiling water until tender.
7. Drain, refresh and drain. Reserve.
8. Cut the red pepper into thin strips.
9. Cut the carrot into julienne.
10. Thinly slice the spring onions diagonally.
11. Heat the sunflower oil in a frying pan or wok and add the chicken and marinade. Cook gently for 5 – 6 minutes.
12. Add the turmeric and cook for 1 minute.
13. Add the pepper and carrot, and cook for 2 minutes.
14. Add the noodles, spring onion and beansprouts, and cook for 2 minutes.
15. Add the oyster sauce and vinegar and mix in carefully.
16. Taste and adjust the seasoning if required.
17. Serve hot, in a clean warm dish, garnished appropriately.

Rhubarb and Custard Pavlovas

(4 Portions)

Ingredients

Cornflour	2.5 ml
White malt vinegar	2.5 ml
Eggs (medium)	2
Caster sugar	155 g
Fresh double cream	75 ml
Custard powder	7.5 ml
Granulated sugar	5 ml
Fresh semi-skimmed milk	75 ml
Fresh rhubarb (washed)	40 g (prepared weight)
Water	60 ml
Vanilla extract	1.25 ml

Parchment or silicone paper with 4 x 8cm circles marked

Oven 150°C/Gas No 2 – temperature may vary if using a fan assisted oven

Method

1. Blend the cornflour and vinegar.
2. Separate the eggs and reserve the yolks appropriately.
3. Whisk the egg whites until stiff peak.
4. Whisk in 115 g of the caster sugar in four stages.
5. Whisk the cornflour mixture into the egg whites.
6. Make the base by piping the meringue mixture to cover the 4 circles equally then use the remaining meringue mixture to create a nest by piping stars on the top of the outer rim of the bases.
7. Place in the oven and reduce the temperature to 130°C/ Gas No 1. Bake for 1 hour approximately, until firm to the touch.
8. Turn the oven off and leave the pavlovas in the oven for a further 20 minutes to cool slightly.
9. Remove from the oven and set aside to cool.
10. Lightly aerate the cream with a fork.
11. Blend the custard powder and granulated sugar with the reserved egg yolks.
12. Warm the milk and pour over the custard powder mixture.
13. Stir well and return to a clean pan. Return to the heat and stir continually until thickened.
14. Spoon the custard into a suitable container and pour the aerated cream on top to prevent a skin forming. Reserve until cold.
15. Thinly slice the rhubarb.
16. Bring the remaining caster sugar, water and vanilla extract to the boil.
17. Remove from the heat and add the rhubarb.

18. Return to the heat and poach the rhubarb until tender.
19. Spoon the rhubarb out of the pan and continue to cook the juice to produce a syrup. Pour over the rhubarb and leave to cool completely.
20. Whisk the cold custard and cream together until thickened.
21. Divide the custard mix equally among the pavlovas.
22. Spoon the rhubarb on top of the custard.
23. Serve immediately on 4 individual, clean plates at room temperature decorated appropriately.

[END OF PRACTICAL ASSIGNMENT]