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QUALIFICATIONS
2014

**HOSPITALITY
PROFESSIONAL
COOKERY
INTERMEDIATE 2**
Practical Assignment

Candidate Instructions

Publication code: BB3584A



Practical assignment

Plan, prepare, cook and serve the following meal:

- ◆ **Thai fish cakes with orange and chilli salad**
- ◆ **Braised steak in a red wine sauce served with a fondant potato and jardinière of vegetables.**
- ◆ **Cappuccino panna cotta with a shortbread biscuit.**

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

Please note that you are only permitted to practice 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 with planning and 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 three hours 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. **If you do not complete the planning stage, you cannot undertake the practical assignment.** All planning work must be completed under the supervision of a teacher/lecturer and is worth a maximum of **10 marks** out of the **75 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 equipment required
- ◆ 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. 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. You should include details of any garnish or decoration that you plan to use. You can include diagrams.

Food order and equipment lists

On the food order sheet you must record all of the ingredients (**in the correct quantities**) that you require. Any additional ingredients that you require for garnishing and decorating the dishes must also be included. You must record all of the equipment that you require on the equipment list.

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 three hours. They should be served as follows:

Thai fish cakes with orange and chilli salad	Served two hours 30 minutes after the start time. One portion must be presented as an individual serving on a warm clean dish. The remaining 3 portions should be served on a warm clean serving dish.
Braised steak in a red wine sauce served with a fondant potato and jardinière of vegetables	Served two hours 45 minutes after the start time. One portion must be presented as an individual serving on a hot clean dish. The remaining 3 portions should be served on a hot, clean service dish.
Cappuccino panna cotta with a shortbread biscuit	Served in the remaining time, on cold individual dishes.

For example:

Start time	9.30 am
Thai fish cakes with orange and chilli salad	12 noon
Braised steak in a red wine sauce served with a fondant potato and jardinière of vegetables	12.15 pm
Cappuccino panna cotta with a shortbread biscuit	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.

Marking of the practical assignment

Your practical assignment will be marked as follows:

Area to be marked	Marks available
Planning:	
◆ plan of work	4 marks
◆ equipment required	2 marks
◆ food order	2 marks
◆ service details	2 marks
Working methods:	
◆ basic preparation skills and techniques	10 marks
◆ flow of plan of work	5 marks
◆ control of cookery processes	5 marks
Dishes produced:	
◆ Thai fish cakes with orange and chilli salad	11 marks
◆ Braised steak in a red wine sauce served with a fondant potato and jardinière of vegetables	13 marks
◆ Cappuccino panna cotta with a shortbread biscuit	10 marks
Professional practice:	
◆ observation of safety	4 marks
◆ observation of hygiene	4 marks
◆ protective clothing	3 marks
Total	75 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.

Please note, if you have any questions relating to this assignment, or if you need help, support, or have a requirement to use alternative ingredients, you should ask your teacher/lecturer.

Thai fish cakes with orange and chilli salad

(4 Portions)

	Prepared weight
Salmon fillet, skinned and boned	100 g
Oil, for brushing salmon	10 ml
Potatoes (prepared raw weight)	150 g
Garlic clove	1
Root ginger	15 g
Small red chilli	¼
Lemon grass	5 g
Soya Sauce	2.5 ml
Lime	¼
Butter	5 g
Egg yolk, to bind	
Salt and pepper	
Oil for shallow frying	

For Pané

Flour, eggwash and breadcrumbs (to be provided by Centre).

Method

- 1 Pre-set oven at 200°C, gas regulo 6.
- 2 Place salmon on tray, brush with oil and season and roast for 8–10 minutes.
- 3 Wash, peel and rewash potatoes. Cook in lightly salted water for approximately 20–25 minutes.
- 4 Peel garlic and crush.
- 5 Grate ginger and finely chop chilli and lemon grass.
- 6 Drain off the water from the potatoes, cover and return to a low heat to dry out.
- 7 Pass potatoes through a medium sieve or a special potato masher or mouli.
- 8 Place the potatoes in a clean pan.
- 9 Add butter and enough egg yolk to bind. Correct the seasoning and allow to cool.
- 10 Flake salmon into a bowl and combine with the garlic, ginger, chilli, soya sauce, lemon grass, lime juice and the potato. Correct the seasoning.
- 11 Divide into 4 pieces. Mould into balls.
- 12 Pass through a coating of flour, egg and breadcrumbs.
- 13 Flatten slightly and neaten with a palette knife.
- 14 Shallow fry in hot oil until evenly golden brown and crisp on both sides and the correct temperature is achieved.
- 15 Serve with orange and chilli salad.

Orange and chilli Salad

(4 Portions)

	Prepared weight
Lettuce leaves	40 g
Tomatoes (baby or cherry)	4
Small red chilli	$\frac{3}{4}$
Oranges	2
Coriander	2–5 g
Oil	25 ml
Pinch of sugar	
Salt and pepper	

Method

- 1 Wash lettuce leaves, cut tomatoes in half and chop chilli finely. Reserve until required.
- 2 Wash oranges and remove zest with a peeler.
- 3 Cut zest into fine julienne, blanch and refresh, reserve.
- 4 Chop coriander and reserve.
- 5 Remove skin and pith from the oranges.
- 6 Cut into even sizes removing all the pips and reserving the juice.
- 7 Make dressing by whisking oil, reserved orange juice, zest and sugar. Season.
- 8 Combine salad leaves with dressing.
- 9 Serve with Thai fish cakes.

Braised steak in a red wine sauce served with a fondant potato and jardinière of vegetables

	Prepared weight
Celery	75 g
Onion	75g
Carrot	75 g
Garlic clove	1
Slices of salmon cut of beef	4 x 120g
Oil	25 ml
Flour	30 g
Tomato puree	25 g
Brown stock	750 ml
Red wine	25 ml
Bouquet garni	
Salt and pepper	

Method

- 1 Heat oven to 200°C, gas regulo 6.
- 2 Wash, peel and re-wash the vegetables. Cut into mirepoix and crush the garlic.
- 3 Season the beef and seal quickly in hot oil. Place in a casserole, cover with lid.
- 4 Cook the mirepoix of vegetables and garlic until golden, add the flour and lightly brown. Cool slightly and add the tomato puree.
- 5 Mix in the stock gradually, bring to the boil, and skim. Add the red wine and pour over the beef.
- 6 Add the bouquet garni and cover with a tight fitting lid. Place in oven and braise for 1½–2 hours or until the meat is tender.
- 7 Remove the beef when cooked. Strain and re-boil the sauce, adjusting consistency and seasoning if required.
- 8 Serve the braised steaks with fondant potatoes and jardinière of vegetables.

Please note that the Centre will provide the Brown Stock.

Fondant potatoes

	Prepared weight
Potato	750 g
Butter	50 g
White stock	375-500 ml
Salt and pepper	

Method

- 1 Heat oven to 200°C, gas regulo 6.
- 2 Select potatoes.
- 3 Wash, peel and re-wash.
- 4 Either turn into eight-sided barrel shapes, allowing 2 – 3 per portion, about 5 cm long, end diameter 1½ cm, centre diameter 2½ cm or using a large potato cut into an oval or cylinder.
- 5 Brush with melted butter.
- 6 Place in a pan suitable for the oven.
- 7 Half cover with white stock, season lightly with salt and pepper.
- 8 Cook in a hot oven at approximately 200–230°C, brushing the potatoes frequently with butter.
- 9 When cooked the stock should be completely absorbed by the potatoes.
- 10 Brush with melted butter and serve with the braised beef.

Jardinière of vegetables

	Prepared weight
Carrot	75 g
Turnip	75 g
Butter	10 g
Seasoning	

Method

- 1 Wash, peel and re-wash the vegetables.
- 2 Cut into Jardinière.
- 3 Bring to the boil in lightly salted water, do not overcook.
- 4 Drain well, add the butter, season and use to garnish the braised steaks.

Cappuccino panna cotta with a shortbread biscuit

Leaves of gelatine	3
Milk	125 ml
Double cream	375 ml
Tablespoon of coffee granules	1
Caster sugar	50g

Method

- 1 Soak gelatine in cold water.
- 2 Bring milk, cream and coffee granules to the boil.
- 3 Add the soaked gelatine and caster sugar while mixture is still hot and stir to dissolve.
- 4 Strain through a fine chinois into a clean bowl.
- 5 Fill 4 moulds equally and refrigerate until set.
- 6 Decorate appropriately.

Shortbread

Butter	100 g
Plain flour	100 g
Cornflour	50 g
Icing sugar	50 g

Method

- 1 Heat oven to 180°C, gas regulo 4.
- 2 Sieve dry ingredients.
- 3 Combine all the ingredients into a smooth paste.
- 4 Roll carefully on a floured table or board to the shape of a rectangle or round, ½ cm thick.
- 5 Cut into small rounds.
- 6 Bake until cooked and light golden in colour.
- 7 Lightly sprinkle with caster sugar and place on cooling wire.

[END OF CANDIDATE INSTRUCTIONS]