

X051 11

NATIONAL
QUALIFICATIONS
2015

**HOSPITALITY
PROFESSIONAL
COOKERY
INTERMEDIATE 2**
Practical Assignment

Candidate Instructions

Publication code: BB3584A



Practical assignment

Plan, prepare, cook and serve the following meal:

- ◆ **Red lentil and green chilli soup**
- ◆ **Pan fried chicken set on fresh pasta ribbons with a tomato sauce**
- ◆ **Almond and pear flan served with a cinnamon custard.**

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 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 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:

Red lentil and green chilli soup	Served two hours 30 minutes after the start time, in a suitable, warm, clean service container.
Pan fried chicken set on fresh pasta ribbons with a tomato sauce	Served two 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, suitable service dish.
Almond and pear flan served with a cinnamon custard	Served whole, in the remaining time, on a suitable, warm, clean container, and the cinnamon custard in a sauceboat or other suitable serving container.

For example:

Start time	9.30 am
Red lentil and green chilli soup	12 noon
Pan fried chicken set on fresh pasta ribbons with a tomato sauce	12.15 pm
Almond and pear flan served with a cinnamon custard	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:	
◆ Red lentil and green chilli soup	6 marks
◆ Pan fried chicken set on fresh pasta ribbons with a tomato sauce	18 marks
◆ Almond and pear flan served with a cinnamon custard	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.

Red lentil and green chilli soup

(4 Portions)

	Prepared weight
Red lentils	200 g
Onion (prepared weight)	50 g
Carrot (prepared weight)	50 g
Leek (prepared weight)	50 g
Green chilli	½ tsp
Garlic clove	½
Parsley for garnish	
Vegetable stock	1½ litres
Turmeric	5 g
Tomato puree	5 g
Bouquet garni	1
Seasoning as required	

Method

- 1 Wash lentils and prepare all vegetables and herbs – carrot (brunoise), onion (finely chopped), leek (brunoise), chilli (finely chopped), garlic (crushed) and parsley (finely chopped).
- 2 Place the lentils in a thick bottomed pan; add the stock, turmeric and bouquet garni.
- 3 Bring to the boil, simmer for 25-30 minutes and skim as necessary.
- 4 Add the remainder of ingredients and season lightly.
- 5 Simmer for a further 10-15 minutes, skim as necessary.
- 6 Remove bouquet garni, adjust consistency and season to taste.
- 7 Serve in suitable warm container and garnish with parsley.

Pan fried chicken set on fresh pasta ribbons with a tomato sauce (4 Portions)

	Prepared weight
Chicken legs (whole)	4
Butter	50 g
Oil for cooking	
Pane (supplied by centre)	

For pane – supplied by centre

Egg	1
Flour	100 g
Breadcrumbs	200 g

Method

- 1 Remove skin from the legs and bone, ensuring that the flesh remains whole.
- 2 Remove any traces of fat, sinew and cartilage.
- 3 Bat-out the chicken leg to form a regular shape.
- 4 Pane and refrigerate until required.
- 5 Shallow fry prepared chicken in a suitable pan using the oil and butter.
- 6 Cook until golden brown on both sides.
- 7 Serve and garnish as required.

Fresh Pasta

Strong flour	100 g
Pinch of salt	
Egg	1
Egg yolks	2
oil	1 tsp

Method

- 1 Sieve the flour and salt, shape into a well.
- 2 Beat the egg, egg yolks and oil together and gradually incorporate into the flour to form a dough.
- 3 Knead the dough until it is of a smooth, elastic consistency.
- 4 Cover the dough with cling film and allow to rest in a cool place for 30 minutes.
- 5 Roll pasta to a thickness of ½ mm and cut into ribbons.
- 6 Place the pasta into a pot of boiling water and cook for 2 – 3 minutes.
- 7 Drain and combine with tomato sauce.

Tomato sauce

(4 Portions)

	Prepared weight
Onions	50 g
Carrots	50 g
Celery	25 g
Margarine, butter or oil	10 g
Flour	10 g
Tomato puree	50 g
White stock	375 – 400 ml
Garlic clove	½
Bay leaf	1
Salt and pepper	

Method

- 1 Wash, peel and re-wash the vegetables and cut into mirepoix.
- 2 Heat the fat in a pot.
- 3 Add the vegetables and brown lightly.
- 4 Mix in the flour and cook to a sandy texture. Allow to cool.
- 5 Mix in the tomato puree and cook out for 2 – 3 minutes.
- 6 Gradually add the stock and bring to the boil.
- 7 Add the garlic, bay leaf and seasoning. Simmer for approximately 45 minutes.
- 8 Correct the consistency and season to taste.
- 9 Pass through a fine conical strainer.
- 10 Adjust consistency as required.

Almond and pear flan (served whole)

Prepared weight

Sugar pastry

Soft flour	200 g
Pinch of salt	
Fat	100 g
Caster sugar	50 g
Egg (small)	1

Method

- 1 Sieve flour and salt.
- 2 Rub in the fat to achieve a sandy texture.
- 3 Dissolve sugar in egg.
- 4 Make a well, add the egg mixture, and incorporate to make a smooth paste.
- 5 Rest in a cool place before use.

Frangipane

Butter	50 g
Caster sugar	50 g
Egg (beaten)	1
Ground almonds	25 g
Soft flour	25 g
Almond essence	few drops

Method

- 1 Cream the butter and sugar until light and fluffy.
- 2 Gradually incorporate the beaten egg.
- 3 Fold in the ground almonds, almond essence and flour.
- 4 Use when required.

Method for assembling flan

- 1 cooked pear (cut into quarters).
- 20 g raspberry jam (for spreading)
- Warm apricot glaze provided by centre.

Method

- 1 Line a 150 mm/15 cm flan ring with the pastry.
- 2 Dock pastry.
- 3 Spread with the jam and sufficient frangipane as required to make 4 portions.
- 4 Arrange pear quarters on top of frangipane.
- 5 Bake at 200 – 220°C for 25 – 35 minutes.
- 6 Brush with a warm apricot glaze.
- 7 Serve warm with sauce.

Cinnamon custard

Milk	250 ml
Egg yolks	2
Caster sugar	25 g
Ground cinnamon to flavour	

Method

- 1 Bring milk to the boil.
- 2 Whisk yolks, sugar and cinnamon in a bowl.
- 3 Whisk in the boiled milk and return mixture to a clean thick bottomed pan.
- 4 Place on low heat and stir until the mixture coats the back of the spoon.
- 5 Strain through a fine conical strainer and serve.

[END OF CANDIDATE INSTRUCTIONS]