

X201 11

NATIONAL
QUALIFICATIONS
2010

HOSPITALITY
PRACTICAL COOKERY
INTERMEDIATE 2
Practical Assignment

Candidate Instructions

Publication code: BB3583A



Practical Assignment

Plan, prepare, cook and serve the following meal:

Sweet Potato and Red Pepper Soup
Moroccan Chicken with Couscous
Cranachan Shortcake

Each dish is for four portions and the meal must be prepared, cooked and served within 2½ 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 once i.e. 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 the 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 2½ 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. 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
- ◆ 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 undertake the practical assignment.

Service details

On the service details sheet 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, how you will present the food on the dishes or plates and include details of any garnish or decoration that you plan to use. You can include diagrams.

Food order and equipment lists

You can compile these lists for your use only – they will not be marked.

Preparing, cooking and serving the dishes

During the practical assignment you will have to follow your plan of work to prepare, cook and serve the dishes. The dishes must be prepared and presented within the 2½ hour time allocation and should be served as follows:

Sweet Potato and Red Pepper Soup	Served 2 hours after the start time in a clean, hot tureen or bowl.
Moroccan Chicken	Served 2 hours 15 minutes after the start time in a clean, hot dish.
Couscous	Served at the same time as the Moroccan Chicken in a clean, hot dish.
Cranachan Shortcake	Served 2 hours 25 minutes after the start time on 4 individual, clean, cool plates.

For example:

Start time	10.00 am
Sweet Potato and Red Pepper Soup served at	12 noon
Moroccan Chicken served at	12.15 pm
Couscous served at	12.15 pm
Cranachan Shortcake served at	12.25 pm
Finish	12.30 pm*

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

Your teacher/lecturer will be observing you as you work. An external verifier from the Scottish Qualifications Authority (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	15 marks
Working methods:	
• basic preparation skills and techniques	3 marks
• control of cookery processes	2 marks
Dishes produced:	
• Sweet Potato and Red Pepper Soup	15 marks
• Moroccan Chicken with Couscous	31 marks
• Cranachan Shortcake	26 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 or believe you need help or support in this assignment, please ask your teacher/lecturer.

Sweet Potato and Red Pepper Soup (4 Portions)

Ingredients

Sweet potato	250 g	(prepared weight)
Floury white potato	150 g	(prepared weight)
Red pepper	75 g	(prepared weight)
Onion	75 g	(prepared weight)
Garlic	1 clove	
Sunflower oil	5 ml	
Vegetable stock	700 ml	

Method

1. Wash, peel, rewash and pat dry the potatoes.
2. Roughly dice the potatoes, red pepper and onion and crush the garlic.
3. Heat the oil in a large pan, add the onion and red pepper and sweat for approximately 5 minutes until soft.
4. Add the garlic and cook for a further minute.
5. Add the potatoes and vegetable stock.
6. Bring to the boil, cover and simmer for 20 minutes until the potatoes are tender, skim as necessary.
7. Allow the soup to cool appropriately before blending and passing.
8. Reheat the soup in a clean pot and adjust the consistency and seasoning if necessary.
9. Serve in a clean hot tureen or bowl and garnish appropriately.

Moroccan Chicken**(4 Portions)****Ingredients**

Garlic cloves	2	
Ground ginger	5 ml	
Ground cumin	5 ml	
Ground paprika	5 ml	
Chicken breast	200 g	
Onion	100 g	(prepared weight)
Carrot	75 g	(prepared weight)
Ready to eat dried apricots	50 g	
Ready to eat dried prunes	25 g	
Sunflower oil	30 ml	
Cinnamon stick	2 cm	
Tinned chopped tomatoes	150 ml	(including juice)
Chicken stock	150 ml	
Tinned chickpeas	50 g	(drained weight)
Salt and black pepper		

Method

1. Crush the garlic and mix with the ginger, cumin and paprika.
2. Cut the chicken into even, bite-sized pieces.
3. Coat the chicken pieces with the garlic and spices.
4. Cover and marinate for at least 15 minutes, appropriately stored.
5. Finely chop the onion.
6. Cut the carrot into macedoine.
7. Dice the apricots and the prunes.
8. Heat 15 ml of the oil in a pan and seal the chicken pieces. Remove and reserve appropriately.
9. Add the rest of the oil to the pan then add the onion. Stir to coat the onion with the residual spices in the pan and sauté until soft.
10. Add the carrot, apricots, prunes, cinnamon stick, tomatoes, chicken stock and chickpeas.
11. Bring to the boil, reduce the heat, cover and simmer for 20 minutes.
12. Add the reserved chicken and simmer for a further 10 minutes until cooked.
13. Remove the cinnamon stick and adjust the consistency and seasoning if necessary.
14. Serve hot in a clean, hot dish and garnish appropriately.

Couscous

(4 Portions)

Ingredients

Couscous	125 g
Hot chicken stock	200 ml
Fresh coriander	15 ml (prepared volume)
Salt and pepper	

Method

1. Finely chop the coriander and reserve for garnish.
2. Place the couscous into a large bowl and add the chicken stock.
3. Cover with cling film and leave to stand for 5 minutes.
4. Fork up the couscous and stir through the coriander.
5. Taste and adjust the seasoning if necessary.
6. Serve warm in a clean, warm dish.

Cranachan Shortcake (4 Portions)

Ingredients

Medium Oatmeal	60 g	
Unsalted butter	100 g	
Plain flour	150 g	
Caster sugar	50 g	
Egg	1 medium	
Frozen raspberries	50 g	(defrosted)
Fresh double cream	150 ml	
Clear honey	15 ml	

Oven

180 °C/Gas Mark 4

Where fan assisted ovens are used the temperature should be adjusted accordingly.

Method

1. Dry-fry 10 g of the oatmeal over a medium heat until golden. Set aside to cool.
2. Sieve the flour into a large bowl, add the remaining oatmeal and rub in the butter.
3. Stir in the sugar and add enough beaten egg to bind to a smooth paste.
4. Bring the paste together into a ball and flatten slightly. Wrap and chill for up to 30 minutes.
5. Roll out the paste on a lightly floured surface to a thickness of about 5mm.
6. Using a 7 cm round cutter, cut out 8* circles. Store remaining paste appropriately.
7. Transfer circles carefully onto a baking tray and bake for 10-15 minutes until golden brown, leave to cool.
8. Drain the raspberries.
9. Whisk the cream to soft peak.
10. Incorporate the honey, being careful not to over whisk.
11. Fold in the toasted oatmeal and raspberries.
12. Sandwich 2 biscuits together with a quarter of the raspberry cream.
13. Repeat to give 4 creamed shortcakes.
14. Serve on 4 individual, cool plates and decorate appropriately.

* Additional circles may be cut and baked to provide spares.

[END OF PRACTICAL ASSIGNMENT]

Int 2 Preparation Time

Large pan - 5ml oil for soup

Small bowl - 5ml ginger, 5ml cumin, 5ml paprika

Large pan - 15ml oil for chicken

Measuring jug - tomatoes, stock, chickpeas, cinnamon stick

300g sweet potato

200g white potato

75g red pepper - deseeded

250g onion - peeled

3 cloves garlic - peeled

100g carrot - peeled

coriander - picked

50g apricots/25g prunes in a suitable container

vegetable stock

chicken stock

200g chicken - fridge

100g butter - fridge

125g couscous - suitable container

150g plain flour - in sieve over a large bowl

50g oatmeal - suitable container

50g caster sugar - suitable container

10g oatmeal - small frying pan

150ml cream - medium bowl

1 egg - beaten/cup

50g raspberries - fridge

Plan of work

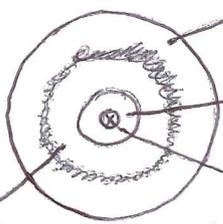
Start time: 10:00

Finish time: 12:30

Times	Sequence of tasks
10.00	Wash hands, oven on 180C/Gas No 4
	Dry fry oatmeal
	Make biscuit dough, wrap and chill
	Wash and dry dishes
10.15	Prepare then weigh vegetables for soup
10.30	Make soup
10.40	Leave soup to simmer
	Roll biscuit dough, cut and bake
	Wash and dry dishes
	Check biscuits — leave to cool
	Reduce oven temp
11.00	Check soup — potatoes soft
	Remove from heat to cool
	Crush garlic for chicken
	Make marinade
	Cut chicken — wash hands
	Coat in spices, cover and chill
	Wash red board and knife
11.15	Prepare onion — weigh — reserve on tray
	Prepare carrot — weigh — add to tomato jug
	Prepare prunes, apricots — add to tomato jug
	Finely chop coriander and reserve
11.30	Seal chicken, reserve
	Add 15 ml oil to pan
	Sauté onion in spices
	Add tomatoes etc to chicken — boil then simmer
11.40	Wash dishes
	Puree and pass soup

	Wash pot — kettle on
	Reheat soup — taste and season
12.00	Garnish then serve soup
	Add chicken to sauce
	Prepare couscous
	Drain raspberries — whip cream
	Add honey and raspberries — cover, fridge
12.10	Check consistency of chicken — taste and season
12.15	Garnish chicken. Serve chicken and couscous
	Fill biscuits
	Decorate plates
12.25	Serve shortcake
	Wash and dry dishes
12.30	Assignment finished

Service details

Name of dish	Service details
Sweet Potato and Red Pepper Soup	 <p>Hot pyrex bowl</p> <p>Finely chopped chives and red pepper on top for garnish</p> <p>Soup served hot in <u>one</u> clean, hot bowl</p>
Moroccan Chicken	 <p>finely chopped parsley for garnish</p> <p>Hot round pyrex dish</p> <p>Moroccan chicken served hot in <u>one</u>, clean, hot dish</p>
Couscous	 <p>forked up couscous with stirred in chopped coriander</p> <p>Couscous served warm, in <u>one</u> clean, warm dish</p>
Cranachan Shortcake	 <p>white, cool plate</p> <p>shortcake</p> <p>star of cream with a raspberry on top</p> <p>Raspberry Coulis</p> <p>Cranachan Shortcake served on <u>four</u> individual, clean, cool plates</p>