

**X201 10**

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**Hospitality: Practical Cookery  
Intermediate 1**

**Practical Assignment 2005 recipes**

## **Practical Assignment**

Plan, prepare, cook and serve the following meal:

- ◆ Tomato and Basil Soup
- ◆ Chicken Lasagne

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

The dishes should be served as follows:

<b>Tomato and Basil Soup</b>	served 1 hour 15 minutes after the start in a hot tureen or bowl
<b>Chicken Lasagne</b>	served 1 hour 25 minutes after the start in the cooking dish

## Tomato and Basil Soup

75g	Onion
20ml	Cornflour
15g	Margarine
1	Ham stock cube
600ml	Water
400g	Tinned chopped tomatoes
5ml	Dried basil
10ml	Tomato purée
7.5ml	Soft brown sugar
2.5ml	Balsamic vinegar
	Seasoning
15ml	Natural yoghurt
	Fresh basil to garnish
2 slices	Wholemeal bread

1. Peel and wash the onion.
2. Chop the onion finely.
3. Blend the cornflour with 30ml cold water to form a paste.
4. Melt the margarine in a pan and sauté the onion, with a lid on, until soft. Take care not to colour.
5. Remove from the heat. Add the stock cube, water, tomatoes, dried basil, tomato purée, sugar, vinegar and cornflour paste to the pan.
6. Return to the heat. Bring the soup to the boil, stirring all the time.
7. Simmer with the lid on for 15 minutes.
8. Remove the soup from the heat, liquidise until smooth and pass through a sieve.
9. Toast the bread to an even colour on both sides.
10. Reheat the soup gently.
11. Remove the crusts from the bread and cut into 4 even sized pieces.
12. Test the soup for seasoning.
13. Serve the soup in a hot turéen or bowl, garnished with a swirl of natural yoghurt, fresh basil and accompanied by the toast served on a side plate.

## Chicken Lasagne

50g	Margarine
50g	Flour
300ml	Semi-skimmed milk
200ml	Chicken stock
	Seasoning
50g	Onion
50g	Red pepper
200g	Chicken breast
15ml	Sunflower oil
50g	Frozen sweetcorn
3-4 sheets	No-cook lasagne (to give two layers)
40g	Cheddar cheese

Oven 170°C/325°F/Gas No 3 – temperatures may vary if using a fan assisted oven

1. Melt the margarine, add the flour and cook for 1 minute, stirring continuously without colour.
2. Remove from the heat and gradually mix in the milk and stock.
3. Return to the heat and stir until boiling. Simmer for 1 minute. Taste and season as required.
4. Remove from the heat, cover and set aside.
5. Peel and wash the onion and the pepper.
6. Finely dice the onion and pepper.
7. Wash, dry and dice the chicken into small pieces.
8. Heat the oil and sauté the onion and pepper until soft, without colour.
9. Add the chicken and cook gently for 5 minutes. Remove from the heat.
10. Add the sweetcorn and two thirds of the white sauce to the chicken mixture. Reserve the remainder of the white sauce until required.
11. Reheat the chicken mixture thoroughly then remove from the heat.
12. Place half of the chicken mixture into an ovenproof dish.
13. Cover with half of the lasagne sheets.
14. Pour in the rest of the chicken mixture and cover with the remaining lasagne sheets.
15. Cover with the reserved white sauce
16. Grate cheese and sprinkle on top.
17. Bake for 30-35 minutes.
18. Clean the dish and serve.