SCOTTISH QUALIFICATIONS AUTHORITY

X051 11

Hospitality: Professional Cookery

Intermediate 2

Practical Assignment 2005

Recipes

Practical Assignment

Plan, prepare, cook and serve the following meal to give four portions of each dish in 3 hours:

- **Chicken Broth**
- **Ratatouille Pancakes with a cheese sauce, served with parsley potatoes and glazed baton carrots**
- **Apple Pie**

The dishes should be served as follows:

Chicken Broth	Served 2½ hours after the start time in a hot, clean container.
Ratatouille Pancakes with a cheese sauce	Served 2 hours 45 minutes after the start time. One portion must be presented as an individual serving with the potatoes and carrots on a hot plate. The remaining three portions should be served on a hot, clean container.
Parsley Potatoes and Glazed baton carrots	Served 2 hours 45 minutes after the start time. One portion must be presented with the Ratatouille Pancakes. The remaining three portions should be served on a hot, clean container.
Apple Pie	Served whole 2 hours 55 minutes after the start time in a clean container.

Chicken Broth

1	Chicken leg
25g	Long grain white rice
1	Bouquet garni
	Seasoning
1ltr	Light chicken stock
50g	Onion
50g	Carrot
50g	Turnip
50g	Leek
50g	Celery
large sprig	Parsley

1. Place the chicken in a saucepan, add the light chicken stock and bring to the boil. Skim and simmer for 1 hour.

2. Cut the peeled and washed mixed vegetables into brunoise.

3. Add the vegetables to the pan with the chicken in it along with the bouquet garni. Season lightly and simmer until the vegetables are almost cooked.

4. Remove the chicken and allow to cool. Discard the bouquet garni.

5. Add the washed rice to the pan and continue cooking for approximately 15 minutes.

6. Remove all of the skin and bone from the chicken, cut into neat dice and add to the broth.

7. Chop the parsley and reserve.

8. Skim, correct the seasoning and consistency if required, add the chopped parsley and serve in a hot container.

Ratatouille Pancakes with a cheese sauce

100g	Wholemeal flour
750ml	Milk
1	Egg
60g	Butter or Margarine
50g	Plain flour
1	Studded onion
50g	Cheddar cheese
100g	Courgettes
50g	Aubergine
½	Green pepper
½	Yellow pepper
100g	Tomatoes
50g	Onion
1 clove	Garlic
30ml	Sunflower oil
100g	Tinned plum tomatoes
25g	Tomato puree
20g	Parmesan cheese
	Seasoning

1. Sieve the flour with a pinch of salt into a bowl.
2. Mix together the egg and milk and add gradually to the flour. Whisk to a smooth batter.
3. Melt 10g of butter or margarine and mix this in to the batter.
4. Cover and reserve.
5. Warm the milk.
6. Melt the remaining butter or margarine in a thick bottomed pan.
7. Mix in the flour and cook for 2-3 minutes over a gentle heat without colouring.
8. Remove from the heat and cool the roux.
9. Gradually add the warmed milk and stir until smooth.
10. Return to the heat, add the studded onion and allow to simmer for 30 minutes.
11. Heat the pancake pan with a little oil.
12. Add enough mixture to just cover the bottom of the pan thinly and cook for about 1 minute.
13. Turn the pancake and cook for a further minute.
14. Turn onto a plate and reserve.
15. Make 8 pancakes in total.
16. Wash the vegetables. Cut the courgette and aubergine into even sized pieces, concasse the tomatoes, dice the peppers and onion and crush the garlic.
17. Place the sunflower oil in a pan and sweat off the onion. Add the garlic, courgettes, aubergine and the peppers. Season lightly and cook gently for 5 minutes.
18. Add the fresh and tinned tomatoes and tomato puree and continue to cook for 20 minutes until tender.
19. Grate the cheddar and parmesan cheese separately. Remove the onion from the white sauce and stir in the cheddar cheese. Remove from the heat.
20. Adjust the consistency and seasoning if required then pass through a conical strainer. Cover and reserve warm.
21. Correct the seasoning of the ratatouille.
22. Fill the pancakes with the ratatouille, roll and coat with the cheese sauce.
23. Sprinkle with grated parmesan and gratinate.
24. Serve.

Turned parsley potatoes

800g	Potatoes
Large sprig	Parsley — chopped
10g	Butter

1. Wash, peel and rewash the potatoes.
2. Turn into even sized pieces, allowing 2-3 potatoes per portion.
3. Cook carefully in lightly salted water for approximately 20 minutes.
4. Drain, brush with melted butter and sprinkle with chopped parsley.
5. Serve.

Glazed baton carrots

400g	Carrots
	Seasoning
25g	Butter
Pinch	Sugar

1. Wash, peel and rewash the carrots.
2. Cut into neat batons.
3. Place in a pan and barely cover with water. Add a pinch of salt, pinch of sugar and the butter.
4. Cover with a buttered paper, bring to the boil and then reduce to a simmer in order to evaporate the water.
5. When the water has almost disappeared, check to see if the carrots are cooked. If not, add a little more water and continue cooking.
6. When cooked, toss the carrots over a fierce heat for 1-2 minutes in order to give them a glaze.
7. Serve.

Apple Pie

200g	Flour
125g	Butter
150g	Castor sugar
1	Medium egg
Pinch	Salt
400g	Cooking apples
20ml	Water
drop	Milk
	Sugar dredger

Preheat oven to 200°C/400°F/Gas 6-7 — temperatures may vary if using a fan assisted oven.

1. Taking care not to over soften, cream the egg and 50g of the sugar.
2. Add the butter and mix for a few seconds.
3. Gradually incorporate the sieved flour and salt. Mix lightly until smooth.
4. Allow to rest in a cool place for at least 30 minutes before using.
5. Wash, peel, rewash, core and slice the apples.
6. Place them in a saucepan with the remaining sugar and water.
7. Partly cook the apples and allow then to cool.
8. Roll out the pastry to the shape of your dish and allow to relax.
9. Place the apples onto the pastry and moisten the edges of it lightly.
10. Roll out the rest of the pastry to fit on top of the apples so that it forms a seal with the bottom layer.
11. Seal firmly, trim off any excess and mould the edges neatly. Make a hole in the centre of the pie to allow the steam to escape.
12. Brush with milk and dredge with sugar.
13. Place on a baking sheet and bake in the oven for 10 minutes.
14. Reduce the heat slightly and continue cooking for a further 20-30 minutes.
15. Serve.