

X201 11

**Hospitality: Practical Cookery
Intermediate 2**

Practical Assignment 2005 recipes

Practical Assignment

Plan, prepare, cook and serve the following meal:

- Savoury toasts
- Sweet and sour turkey with fried rice
- Kiwi and orange pavlova

Each dish is for four portions and the meal must be prepared, cooked and served within 2 ½ hours.

The dishes should be served as follows;

Savoury toasts	served 2 hours after the start on a warm plate
Sweet and sour turkey with fried rice	served 2 hours 15 minutes after the start, one hot dish for the turkey and one hot dish for the rice
Kiwi and orange pavlova	served any time within the 2 ½ hour allocation as 4 individual portions

Savoury Toasts

8	2cm slices of bread taken from a French stick
15ml	sunflower oil
50g	onion
50g	button/small mushrooms
50g	green pepper
1	clove garlic
1	rasher smoked back bacon
100ml	tinned chopped tomatoes (with liquid)
	seasoning
2.5ml	dried Basil
75g	white cheddar cheese

Oven 200C/400F/Gas no 6 – temperatures may vary if using a fan assisted oven

- 1 Prepare the topping ingredients – Finely dice the onion, slice the mushrooms, finely dice the green pepper and crush the garlic.
- 2 Remove the rind from the bacon and discard. Chop the bacon into small, even sized pieces.
- 3 Heat the oil. Add the onion, mushroom, green pepper, garlic and bacon. Sauté gently until soft without browning.
- 4 Add the tomatoes to the pan. Simmer for approximately 10 minutes, reducing until all the liquid is absorbed.
- 5 Taste, season if required and allow to cool.
- 6 Toast the bread on one side until golden brown.
- 7 Divide the tomato mixture evenly onto the toasted side of bread.
- 8 Grate the cheese and mix with the dried Basil.
- 9 Sprinkle the cheese onto the tomato mixture and place on an oiled baking tray.
- 10 Bake for 5 minutes until the cheese has melted.
- 11 Serve on a warm serving dish with a garnish of your choice.

Sweet and Sour Turkey

50g	carrot
50g	green pepper
75g	onion
20ml	cornflour
15ml	Demerara sugar
150ml	water
150ml	pineapple juice
30ml	white malt vinegar
30ml	light soy sauce
300g	turkey breast
15ml	sunflower oil
50g	tinned pineapple pieces
	parsley to garnish

1. Cut the carrot and pepper into jardiniere.
2. Slice the onion thinly.
3. Wash, dry and finely chop the parsley.
4. Blend the cornflour and sugar with the water, pineapple juice, vinegar and soy sauce.
5. Cut the turkey into strips 1cm x 4cm approximately in size.
6. Heat the oil in a saucepan and sauté the turkey gently until white.
7. Add the onion and the carrot.
8. Stir in the blended liquid.
9. Bring to the boil. Reduce the heat, cover and simmer for 15 minutes.
10. Add the green pepper and simmer for a further 5 minutes.
11. Add the pineapple pieces and simmer for a final 5 minutes.
12. Taste and adjust the seasoning if required.
13. Serve in a hot dish garnished with the parsley.

Fried Rice

150g	long grain white rice
2	medium egg yolks
	seasoning
50g	spring onions
30 ml	sunflower oil
15ml	sesame oil
dash	light soy sauce
dash	sesame oil

1. Wash the rice.
2. Cook the rice in boiling, salted water until tender.
3. Drain well, removing as much moisture as possible.
4. Beat the egg yolks and seasoning together.
5. Prepare and finely chop the spring onions.
6. Heat the sunflower oil and 15ml of the sesame oil in a wok or frying pan.
7. Add the cooked rice, spring onion and egg. Stir immediately.
8. Continue to stirfry the rice for 4 – 5 minutes.
9. Add the soy sauce and dash of sesame oil and mix thoroughly.
10. Taste and season if required.
11. Serve in a hot dish garnished appropriately.

Orange and Kiwi Pavlova

2	medium egg whites
115g	caster sugar
2.5ml	cornflour
2.5ml	white malt vinegar
100ml	double cream (or synthetic alternative to give same volume)
1	orange
1	kiwi fruit
	parchment or silicone paper with 4 x 8cm circles marked on it

Oven 150C/300F/Gas No 2 – temperatures may vary if using a fan assisted oven

1. Blend the cornflour and vinegar together.
2. Whisk the egg whites until they stand in soft peaks.
3. Whisk in the sugar in four stages.
4. Whisk the cornflour mixture into the egg whites.
5. Pipe the meringue in a swirl to cover the four marked out circles on the parchment/silicone paper. Pipe rosettes on top of the outer rim of the bases to form a raised edge.
6. Place in the oven and reduce temperature to 130C/250F/Gas No 1. Bake for approximately 1 hour until firm to the touch.
7. Turn the oven off and leave the pavlovas in the oven for a further 20 minutes.
8. Remove the pavlovas from the oven and set aside to cool.
9. Peel and segment the orange.
10. Remove the skin from the kiwi fruit and cut it into 8 wedges.
11. Whisk the cream until it stands in peaks.
12. Divide the cream among the 4 pavlovas.
13. Decorate with the orange and kiwi fruit segments.
14. Serve on individual plates with additional decoration of your choice.