

**X201 10**

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NATIONAL  
QUALIFICATIONS  
2013

HOSPITALITY  
PRACTICAL COOKERY  
INTERMEDIATE 1

Practical Assignment

Candidate Instructions

Publication code: BB3582A



## Practical assignment

- ◆ Curried Carrot and Apple Soup with Melba Toast
- ◆ Fisherman's Lasagne

Each dish is for four portions and the dishes must be prepared, cooked and served within one hour and 30 minutes.

**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 one hour and 30 minutes 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 **5 marks** out of the **70 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 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.

### Equipment list

You can complete this list for personal use — it will **not** be marked.

## 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 one hour and 30 minutes. They should be served as follows:

<b>Curried Carrot and Apple Soup</b>	Served hot one hour and 15 minutes after the start time in a clean, hot tureen or bowl.
<b>Melba Toast</b>	Served cool one hour and 15 minutes after the start time on a suitable clean, plate at room temperature.
<b>Fisherman's Lasagne</b>	Served hot one hour and 25 minutes after the start time in the cooking dish.

For example:

Start time	10.00 am
<b>Curried Carrot and Apple Soup with Melba Toast</b> to be served at	11.15 am
<b>Fisherman's Lasagne</b> to be served at	11.25 am
Finish time	11.30 am*

\*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.

Your practical assignment will be marked as follows:

<b>Area to be marked</b>	<b>Marks available</b>
Planning:	
◆ plan of work	5 marks
Working methods:	
◆ control of cookery processes	3 marks
Dishes produced:	
◆ Curried Carrot and Apple Soup with Melba Toast	29 marks
◆ Fisherman's Lasagne	26 marks
Professional practice:	
◆ observation of safety	3 marks
◆ observation of hygiene	4 marks
<b>Total</b>	<b>70 marks</b>

## Assessment arrangements

SQA's policy on assessment arrangements for candidates 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 this, or if you believe you need help or support to carry out this assignment, please ask your teacher/lecturer.**

## **Curried Carrot and Apple Soup (4 portions)**

### **Ingredients**

Lentils	75 g
Carrot (peeled)	200 g (prepared weight)
Onion (peeled)	100 g (prepared weight)
Cooking apple	75 g (prepared weight)
Sunflower oil	15 ml
Medium curry powder	10 ml
Hot ham stock	750 ml
Fresh flat leaf parsley (washed)	5 ml (prepared volume)
Seasoning	

### **Method**

- 1 Wash the lentils and allow to drain.
- 2 Chop the carrot into even sized pieces.
- 3 Chop the onion.
- 4 Peel, core and chop the apple.
- 5 Heat the oil in a large pan.
- 6 Add the onion, cover and sweat for 2 minutes.
- 7 Add the curry powder and stir to coat the onion, cook for 1 minute.
- 8 Remove the pan from the heat.
- 9 Add the lentils, carrot, apple and hot stock to the pan.
- 10 Bring to the boil, reduce the heat and simmer for 30 minutes.
- 11 Finely chop the parsley and reserve for garnish.
- 12 Cool the soup slightly and puree until smooth.
- 13 Reheat the soup and adjust the consistency if required.
- 14 Taste and season if necessary.
- 15 Serve hot in a clean, hot tureen or bowl.
- 16 Garnish with the reserved parsley.



## **Fisherman's Lasagne**

**(4 portions)**

### **Ingredients**

Courgette	75 g (prepared weight)
Garlic (peeled)	10 ml (prepared weight)
Onion (peeled)	100 g (prepared weight)
Sunflower oil	15 ml
Canned chopped tomatoes	400 ml (including liquid)
Passata	100 ml
Sugar	5 ml
Vegetable stock	100 ml
Red Pepper	50 g (prepared weight)
Broccoli florets	50 g (prepared weight)
White cheddar cheese	100 g
Green pesto	30 g
Canned sweetcorn	50 g (drained weight)
Canned tuna fish	150 g (drained weight)
Lasagne sheets	5 – 6
Seasoning	

Oven — 200 °C/Gas Mark 6

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

### **Method**

- 1 Wash, dry and grate the courgette.
- 2 Finely chop the garlic.
- 3 Finely chop the onion.
- 4 Heat the oil in a large pan.
- 5 Add the garlic and onion, cover and sweat for 3 minutes.
- 6 Remove from the heat; add the courgette, chopped tomatoes, passata, sugar and the stock to the pan.
- 7 Bring to the boil; reduce the heat and simmer for 10 minutes.
- 8 Chop the red pepper into small even sized pieces.
- 9 Cut the broccoli into bite-sized florets.
- 10 Grate the cheese and reserve.
- 11 Remove the sauce from the heat, add the pesto, stir and taste for seasoning.
- 12 Adjust seasoning if required.
- 13 Spread a thin layer of the tomato sauce on the bottom of an ovenproof dish, 22 cm × 22 cm approximately.
- 14 Add the red pepper, broccoli, sweetcorn and tuna fish to the remaining tomato sauce.
- 15 Place a layer of lasagne on top of the tomato sauce in the ovenproof dish.
- 16 Spread half of the tuna mixture evenly on top of the lasagne.
- 17 Cover with the remaining lasagne sheets.
- 18 Spread the remaining tuna mixture over the lasagne.
- 19 Cover with the grated cheese and bake for 30 – 35 minutes.
- 20 Clean the dish and serve hot, garnished appropriately.

[END OF PRACTICAL ASSIGNMENT]