

X201 11

NATIONAL
QUALIFICATIONS
2013

HOSPITALITY
PRACTICAL COOKERY
INTERMEDIATE 2
Practical Assignment

Candidate Instructions

Publication code: BB3583A



Practical assignment

Plan, prepare, cook and serve the following dishes:

- ◆ **Spiced Tomato and Coconut Soup**
- ◆ **Sweet and Sour Chicken with Fried Rice**
- ◆ **Pear and Ginger Tart**

Each dish is for four portions and the dishes must be prepared, cooked and served within two hours 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 two hours 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 **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
- ◆ 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.

Service details

On the service details page of the planning booklet you are required to give details of how you plan to serve your finished dishes, including the food service temperatures. You must provide details of the service dishes or plates that you will use and how you will present the food on the dishes or plates. The temperatures of the service dishes or plates must also be included. You should include details of any garnish or decoration that you plan to use. You can include diagrams.

Additional food order and equipment lists

You can complete these lists for personal use — they 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 two hours and 30 minutes. They should be served as follows:

| | |
|---------------------------------------|--|
| Spiced Tomato and Coconut Soup | Served hot two hours after the start time in a clean, hot tureen or bowl. |
| Sweet and Sour Chicken | Served hot two hours and 15 minutes after the start time in a clean, hot dish. |
| Fried Rice | Served hot two hours and 15 minutes after the start time in a clean, hot dish. |
| Pear and Ginger Tart | Served at room temperature two hours and 25 minutes after the start time on 4 individual clean plates. |

For example:

| | |
|---|-----------|
| Start time | 10.00 am |
| Spiced Tomato and Coconut Soup served at | 12 noon |
| Sweet and Sour Chicken with Fried Rice served at | 12.15 pm |
| Pear and Ginger Tart served at | 12.25 pm |
| Finish time | 12.30 pm* |

*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:

| Area to be marked | Marks available |
|--|------------------------|
| Planning: | |
| ◆ plan of work | 8 marks |
| ◆ service details | 7 marks |
| Working methods: | |
| ◆ control of cookery processes | 6 marks |
| Dishes produced: | |
| ◆ Spiced Tomato and Coconut Soup | 17 marks |
| ◆ Sweet and Sour Chicken with Fried Rice | 32 marks |
| ◆ Pear and Ginger Tart | 21 marks |
| Professional practice: | |
| ◆ observation of safety | 4 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 this, or if you believe you need help or support to carry out this assignment, please ask your teacher/lecturer.

Spiced Tomato and Coconut Soup

(4 Portions)

Ingredients

| | |
|----------------------------------|-------------------------|
| Dried cumin seeds | 1·25 ml |
| Sunflower oil | 25 ml |
| Onion (peeled) | 100 g (prepared weight) |
| Garlic (peeled) | 15 ml (prepared volume) |
| Creamed coconut (block) | 75 g |
| Ground turmeric | 5 ml |
| Ground cumin | 5 ml |
| Dried crushed chillies | 1·25 ml |
| Dried bay leaf | 1 |
| Tomato puree | 45 ml |
| Canned chopped tomatoes in juice | 400 ml |
| Ham stock | 650 ml |
| Sugar | 1·25 ml |
| Seasoning | |

Method

1. Dry fry the cumin seeds for 1–2 minutes until the colour changes and they become fragrant.
2. Remove from the heat, add to 5 ml of the oil and allow to infuse.
3. Dice the onion and finely chop the garlic.
4. Roughly chop the creamed coconut.
5. Heat the remaining sunflower oil in a large pot, add the onion and garlic, cover and sweat until soft and transparent.
6. Add the turmeric and ground cumin to the pot and stir to coat the onions.
7. Add the chillies and bay leaf, cover and cook gently for 4 minutes.
8. Add the tomato puree and continue to cook gently for 1 minute.
9. Add the chopped tomatoes, stock, creamed coconut and sugar. Bring to the boil, cover and simmer for 20 minutes.
10. Remove the soup from the heat and allow to cool slightly.
11. Remove the bay leaf.
12. Puree the soup until smooth.
13. Reheat the soup in a clean pot, adjust the consistency if necessary and season to taste.
14. Serve the soup hot in a clean, hot tureen or bowl, drizzled with the reserved cumin seed oil.

Sweet and Sour Chicken

(4 Portions)

Ingredients

| | | |
|-------------------------|--------|-------------------|
| Carrot (peeled) | 50 g | (prepared weight) |
| Green pepper | 50 g | (prepared weight) |
| Onion (peeled) | 75 g | (prepared weight) |
| Cornflour | 15 ml | |
| Water | 150 ml | |
| Skinless chicken breast | 250 g | |
| Sunflower oil | 15 ml | |
| Demerara sugar | 15 ml | |
| Pineapple juice | 150 ml | |
| White malt vinegar | 30 ml | |
| Soy sauce | 30 ml | |
| Canned pineapple pieces | 50 g | (drained weight) |
| Seasoning | | |

Method

1. Cut the carrot into jardinière.
2. Cut the pepper into 3 mm wide strips.
3. Slice the onion thinly.
4. Blend the cornflour with 15 ml of the water.
5. Cut the chicken into bite-sized pieces.
6. Heat the oil in a saucepan and seal the chicken.
7. Add the onion and carrot and cook for 2 minutes.
8. Add the sugar, pineapple juice, vinegar, soy sauce and the remaining water.
9. Bring to the boil. Reduce the heat and simmer, covered for 15 minutes.
10. Add the green pepper and pineapple pieces and simmer for a further 3 minutes.
11. Stir the blended cornflour into the chicken. Cook for 1 minute to give a coating consistency.
12. Taste and adjust seasoning if required.
13. Serve hot in a clean, hot dish garnished appropriately.

Fried Rice

(4 Portions)

Ingredients

| | |
|---------------|-------------------------|
| Frozen peas | 50 g |
| Basmati rice | 150 g |
| Egg | 1 |
| Spring onion | 30 ml (prepared volume) |
| Sunflower oil | 30 ml |
| Soy sauce | 5 ml |
| Seasoning | |

Method

1. Blanch the peas for 2 minutes and refresh under cold water.
2. Wash the rice.
3. Boil the rice in boiling, salted water until cooked.
4. Drain and refresh under cold water. Drain well, removing as much water as possible.
5. Beat the egg.
6. Slice the spring onions.
7. Heat the oil in a wok or frying pan.
8. Add the cooked rice and peas, stir fry until rice is piping hot.
9. Add the spring onion and egg. Mix until the egg is cooked.
10. Add the soy sauce and mix thoroughly.
11. Taste and season as required.
12. Serve hot in a clean, hot dish garnished appropriately.

Pear and Ginger Tart

(4 Portions)

Ingredients

| | |
|----------------------|---------------------|
| Flour | 125 g |
| Butter | 35 g |
| Caster sugar | 5 ml |
| Water | 15 ml approximately |
| Canned pear | ½ |
| Egg | 1 |
| Baking powder | 1.25 ml |
| Ground ginger | 5 ml |
| Soft margarine | 50 g |
| Light brown sugar | 50 g |
| Ginger preserve | 15 ml |
| Warmed apricot glaze | 15 ml |

15 cm plain flan ring

Oven: Pastry 200 °C/Gas Mark 6 Where fan assisted ovens are used the
Sponge 180 °C/Gas Mark 4 temperature should be adjusted accordingly.

Method

1. Sieve 75 g of the flour into a large bowl.
2. Rub in the butter until the mixture resembles breadcrumbs. Stir in the caster sugar.
3. Add enough water and mix to make a smooth pastry.
4. Knead and roll the pastry, line the flan ring and leave to rest.
5. Trim and bake blind.
6. Cut the pear into 8 equal slices and reserve.
7. Beat the egg.
8. Double sieve the remaining flour, baking powder and ground ginger together.
9. Cream the margarine and light brown sugar.
10. Gradually add the egg and flour mixture alternately, mixing well between each addition.
11. Spread the ginger preserve over the base of the pastry.
12. Spread the sponge mixture over the preserve.
13. Bake for 10–12 minutes, remove from the oven and arrange the pear on top of the sponge.
14. Return to the oven and continue baking until the sponge is golden and springy to the touch.
15. Immediately brush with the apricot glaze and remove the flan ring.
16. Serve at room temperature on 4 individual, clean plates and decorate appropriately.

[END OF PRACTICAL ASSIGNMENT]