



National
Qualifications

C739 75

Hospitality: Practical Cookery

Practical activity

Instructions for candidates

Valid for session 2015/2016 only

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Instructions for candidates

This assessment applies to the practical activity for the National 5 Hospitality: Practical Cookery Course.

This practical activity is worth 100 marks. The marks contribute 100% of the overall marks for the Course assessment. The Course will be graded A-D.

This practical activity has two stages.

Stage 1, titled 'Planning', has 15 marks.

Stage 2, titled 'Implementing', has 85 marks.

Your assessor will let you know how the assessment will be carried out and any required conditions for doing it.

You should plan, prepare and serve a three-course meal, following given recipes for:

- ◆ Vegetable Rosti Cakes with Red Pepper Sauce
- ◆ Honeyed Pork with Noodles
- ◆ Tangy Lemon Tart

If you have a special dietary requirement you may use alternative ingredients when producing the dishes. If you have any questions relating to this or any other aspects of the practical activity, please ask your assessor.

In Stage 1 (Planning), you will have to complete a planning booklet with:

- ◆ a time plan for the three given recipes
- ◆ service details for the dishes

In Stage 2 (Implementing), you will have to prepare, cook, finish and serve the three dishes within the 2 hour 30 minute time allocation.

Hospitality: Practical Cookery Candidate Planning Booklet

Candidate name: _____

Centre: _____

Date:

Plan implemented _____

Recipes

Vegetable Rosti Cakes with Red Pepper Sauce

Ingredients

Potato (peeled)	250 g (prepared weight)
Carrot (peeled)	75 g (prepared weight)
Swede (peeled)	125 g (prepared weight)
Courgette	125 g (prepared weight)
Spring onion (trimmed)	25 g (prepared weight)
Egg, beaten	20 ml
Plain flour	50 g
Salt	1.25 ml
Pepper	Pinch
Sunflower oil	20 ml

Method

1. Chop the potatoes, carrot and swede into suitable sized pieces, then par boil for 10 minutes. Drain and leave to cool.
2. Grate the courgette and finely slice the spring onion.
3. Coarsely grate the par-boiled vegetables into a large bowl and mix in the courgettes, the spring onion, the beaten egg, the flour and the seasoning.
4. Divide the mixture into 8 equal amounts and, using a suitably sized round mould, flatten each to form a cake of even thickness.
5. Heat the oil in a frying pan and fry each rosti for 3-4 minutes on each side, until golden brown.
6. Serve hot on 4 individual warm serving dishes, with the red pepper sauce, garnished appropriately.

Red Pepper Sauce

Ingredients

Red pepper	100 g
Onion (peeled)	75 g (prepared weight)
Garlic (peeled)	7.5 ml (prepared volume)
Olive oil	15 ml
Vegetable stock	150 ml
Seasoning to taste	

Method

1. Cut the red pepper in half, length-wise, and remove the seeds. Place onto a baking tray.
2. Grill for approximately 3-8 minutes (depending on the grill), until the skin is blackened.
3. Put into a plastic bag to further loosen the skin. When cool enough to handle, peel away the blackened skins and wash to remove all traces.
4. Roughly chop the pepper.
5. Chop the onion and crush the garlic.
6. Heat the oil in a pan, add the onion and garlic and sweat for a few minutes. Add the pepper and cook for a further 2 minutes.
7. Add the vegetable stock, bring to the boil and simmer for 10 minutes.
8. Puree until smooth, adjusting to give a coating consistency, with stock if required.
9. Taste for seasoning and adjust if necessary.
10. Serve warm with the vegetable rosti

Honeyed Pork with Noodles

Ingredients

Garlic cloves (peeled)	10 ml (prepared volume)
Root ginger (peeled)	7.5 ml (prepared volume)
Mushrooms	100 g (prepared weight)
Mange tout	100 g
Carrot (peeled)	75 g (prepared volume)
Red chilli	5 ml (prepared volume)
Pork fillet	250 g
Medium egg noodles	175 g
Cornflour	10 ml
Cold water	45 ml
Soy sauce	45 ml
Honey	30 ml
Sunflower oil	10 ml
Sesame oil	10 ml
Sesame seeds	5 ml
Seasoning to taste	

Method

1. Finely chop the garlic and the ginger.
2. Wipe and slice the mushrooms, wash and slice the mange tout, cut the carrot into batons.
3. De-seed and finely chop the red chilli.
4. Cut the pork into strips.
5. Half fill a pan with water and put on to boil for the noodles.
6. Heat the oils in a wok or frying pan. Add the pork and cook for 2-3 minutes until browned all over, add the carrot batons and cook for a further 2 minutes.
7. Add the noodles to the boiling water.
8. Blend the cornflour with the cold water, then stir in the soy sauce and the honey. Set aside.
9. Add the ginger, the garlic, the chilli, the mushrooms and the mange tout to the wok and shallow/stir-fry for a further 2 minutes.

10. Reduce the heat then add the sauce mixture, stirring until it boils and thickens.
11. Taste for seasoning and adjust if necessary.
12. Test the noodles for readiness then drain the noodles well.
13. Stir the pork mixture through the noodles then arrange in a clean warmed serving dish, garnished with the sesame seeds.

Tangy Lemon Tart

Ingredients

Margarine	50 g
Plain flour	100 g
Caster sugar	25 g
Cold water to mix	approximately 30 ml
Lemon	1 medium
Eggs	2 medium
Caster sugar	100 g
Double cream	50 ml
Icing sugar for dusting	

Oven: 200°C or gas mark 6 – for baking blind

Oven: 160°C or gas mark 3 – for filling

Temperatures may vary if using a fan-assisted oven.

Method

1. Preheat the oven to 200°C/gas mark 6.
2. Place the margarine and the plain flour in a bowl, then rub in until the mixture resembles breadcrumbs.
3. Stir through the caster sugar then make a well in the centre of the mixture.
4. Gradually add enough cold water to bring the mixture together.
5. Chill for at least 10 minutes.
6. Roll out the pastry and line a 15 cm flan ring, prick over the surface lightly and rest for 10 minutes.
7. Bake blind for 12-15 minutes until lightly browned, then reduce the oven temperature.
8. Grate the zest then juice the lemon.
9. Whisk together the eggs, the caster sugar, the lemon zest, the lemon juice and the double cream.

10. Pour the lemon mixture into the pastry case, taking care not to over fill, and return it to the oven for 20-25 minutes, until firm to the touch.
11. Allow to cool completely in the flan ring then dust with icing sugar.
12. Carefully remove from the flan ring.
13. Serve cool on a clean plate at room temperature, decorated appropriately to show 4 portions.

Dish	Service time	Service dishes
Vegetable Rosti Cakes with Red Pepper Sauce	2 hours after start time	4 individual warm serving dishes
Honeyed Pork with Noodles	2 hours 15 minutes after start time	clean, warmed serving dish
Tangy Lemon Tart	2 hours 25 minutes after start time	clean plate at room temperature

Service details

Explain how each of the dishes will be served. You should include:

- ◆ details of the service dishes
- ◆ the temperature of the food and service dishes
- ◆ details of the garnishes and decoration

You may give a written description or draw an annotated diagram, but whichever method is used, you must make clear what your finished dishes will look like.

Starter:
Main course:
Dessert:

Administrative information

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History of changes

Version	Description of change	Authorised by	Date

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