

FOR OFFICIAL USE



National
Qualifications
2023

Mark

X877/75/01

Practical Cookery

MONDAY, 22 MAY
9:00 AM – 10:00 AM



* X 8 7 7 7 5 0 1 *

Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Number of seat

Date of birth

Day

Month

Year

Scottish candidate number

Total marks — 30

Attempt ALL questions

You may use a calculator.

Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give this booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



* X 8 7 7 7 5 0 1 0 1 *

1. (a) Using the headings provided, describe **three** changes that could be made to this Fish Pie recipe to meet current dietary advice.
 Explain a **different** way each change you have described helps to meet current dietary advice.

Fish Pie

- 100 g smoked haddock
- 100 g cod
- 50 g butter
- 25 g plain flour
- 250 ml whole milk
- 2 medium floury potatoes
- 15 ml double cream
- 25 g cheddar cheese
- salt and pepper to season

Add an ingredient

Change _____

Explanation _____

Remove an ingredient

Change _____

Explanation _____

Replace an ingredient

Change _____

Explanation _____



1. (continued)

- (b) Explain why each of the following steps are important when making mashed potatoes.

2

Cutting the potatoes into even sized pieces _____

Draining the potatoes as soon as they are cooked _____

- (c) Describe how boiled potatoes would be tested for readiness.

1

- (d) Explain the function of flour in a roux when making a white sauce.

1

[Turn over



2. (a) Describe the correct storage for each of the following ingredients.

2

Raw fish _____

Potatoes _____

(b) Explain what is meant by the term 'sustainable beef'.

1

(c) Explain an advantage and a disadvantage of buying organic carrots.

2

Advantage _____

Disadvantage _____

(d) Explain why the following ingredients may be blanched.

2

Leeks _____

Tomatoes _____



* X 8 7 7 7 5 0 1 0 4 *

2. (continued)

- (e) Explain why each of the following personal hygiene rules must be followed when preparing food.

2

Remove jewellery _____

Cover any cuts or wounds with a blue plaster _____

[Turn over



3. (a) Evaluate the effect on the colour or flavour if the following ingredients are used to decorate a Lemon Cheesecake.

3

Lemon zest _____

Grated dark chocolate _____

Fresh raspberries _____

(b) Identify a suitable piece of equipment to remove the zest from a lemon.

1

(c) The biscuit base of a cheesecake crumbles and breaks when cut. Identify **one** reason why this would occur.

1



3. (continued)

- (d) The following ingredients are used to make a Lemon Cheesecake: digestive biscuits, butter, double cream, cream cheese, caster sugar and lemons.

Table 1 shows the unit cost for these ingredients.

Table 1

Ingredient	Weight (unit)	Cost (£0.00)
digestive biscuits	400 g	£0.80
double cream	285 ml	£0.95
cream cheese	300 g	£1.20
lemon	1	£0.28

Table 2 shows the ingredients required to make six portions of this dish.

Calculate the cost of the ingredients required using this information and the formula below.

Use your answers to complete Table 2.

$$\frac{\text{Cost}}{\text{Total weight}} \times \text{Quantity required in recipe} = \text{Cost of ingredient}$$

Table 2

Quantity Required	Ingredient	Cost
110 g	digestive biscuit	
50 g	butter	£0.34
150 ml	double cream	
75 g	caster sugar	£0.09
250 g	cream cheese	
2	lemons	

4

[Turn over



3. (continued)

(e) Calculate the total cost to make six portions of this dish.

1

(f) Calculate the cost to make one portion (rounding your answer to the nearest pence).

1

[END OF QUESTION PAPER]



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ADDITIONAL SPACE FOR ANSWERS



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