



National 5
Coursework
Assessment Task



National 5 Practical Cookery

Assignment and practical activity

Instructions for candidates

Valid for session 2022-23 only.

This assessment is given to centres in strictest confidence and must be kept in a secure place until it is used.

The practical activity should be carried out in a single sitting.

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Instructions for candidates

This assessment applies to the assignment and practical activity for National 5 Practical Cookery.

The assignment and practical activity are inter-related and are assessed using one task – planning and producing a meal – which provides evidence for both components.

The assignment and practical activity are together worth 100 marks. The marks contribute 75% of the overall marks for the course assessment.

The assignment and practical activity combined task has two stages:

Stage 1: planning (assignment) has 18 marks

Stage 2: implementing (practical activity) has 82 marks

Your assignment is submitted to SQA for marking. The practical activity is marked by your teacher or lecturer. Your teacher or lecturer will let you know the required conditions for carrying out the assignment and practical activity.

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

- ◆ Three-cheese filo swirls
- ◆ Brazilian chicken with savoury rice
- ◆ Lemon and courgette bar cake

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 teacher or lecturer.

In Stage 1: planning (assignment), you have up to 1 hour 45 minutes to create:

- ◆ a time plan for these three recipes
- ◆ a requisition for the equipment required to complete all three recipes
- ◆ service details for the dishes

You must use the candidate workbook to complete this stage.

In Stage 2, implementing (practical activity), you prepare, cook and present the three dishes within the 2 hour 30 minute time allocation.

Each dish is for four portions. You must follow the recipes and service instructions given below.

Dish	Service time	Service dishes
Three-cheese filo swirls	2 hours after start time	Four individual clean, warm plates
Brazilian chicken with savoury rice	2 hours 15 minutes after start time	Clean, hot dishes
Lemon and courgette bar cake	2 hours 25 minutes after start time	Clean, room temperature serving plate

Recipes

Three-cheese filo swirls

Ingredients

Flour for dusting baking tray	
Leeks	50 g (prepared weight)
Vegetable stock	100 ml
Broccoli	50 g (prepared weight)
Green pepper	25 g (prepared weight)
Green pesto	25 ml
Cream cheese	20 ml
Cheddar cheese	20 g
Mozzarella cheese	20 g
Dried mixed herbs	2.5 ml
Butter	15 g
Sunflower oil	15 ml
Seasoning	
Filo pastry sheets (approx. 30cm x 35cm)	4

Oven temp 200° c (temperature may vary if using fan assisted oven), Gas mark 6

Method

1. Prepare baking tray by lightly dusting with flour.
2. Finely chop the leeks, put into a pan with the vegetable stock, cover and simmer for 3 minutes.
3. Finely chop the broccoli, finely dice the green pepper and add to the pan. Remove the lid and simmer until all the liquid is reduced and the broccoli is tender. Remove from the heat.
4. Add the pesto to the pan, mix well then stir in the cream cheese. Taste, season and allow to cool.
5. Grate the cheddar and mozzarella cheeses, mix together with the dried mixed herbs.
6. Prepare the filo – cut each sheet in half along the longer length.
7. Melt the butter and mix with the sunflower oil. Layer two sheets of filo pastry together, brushing one with this mixture. Repeat with the remaining filo pastry.
8. Divide the filling into four parts, then add the filling along the long edge of the prepared filo sheets. Brush the opposite edge with the butter and oil mixture, then roll like a sausage roll.
9. Roll each into a swirl and place on the baking tray. Brush with the remaining butter and oil mixture, then sprinkle the cheese and herb mixture on top. Bake until golden brown, for approximately 15-20 minutes.
10. Serve warm, on four individual clean, warm plates, and garnish appropriately.

Brazilian chicken with savoury rice

Ingredients

Chicken fillet	200 g
Vegetable oil	15 ml
Ground cumin	2.5 ml
Ground coriander	2.5 ml
Allspice	5 ml
Onion	100 g (prepared weight)
Garlic	15 ml (prepared volume)
Celery	75 g (prepared weight)
Red pepper	50 g (prepared weight)
Bay leaf	1
Dried oregano	5 ml
Chicken stock	100 ml
Chopped tomatoes	150 g
Orange juice	15 ml
Cocoa powder	5 ml
Smoked paprika	7.5 ml
Black beans (drained)	25 g
Seasoning	

Method

1. Dice the chicken into bite size pieces.
2. Marinade the chicken in the oil, ground cumin, ground coriander and, allspice . Cover and chill for at least 30 minutes.
3. Finely dice the onion, crush the garlic, dice the celery, and cut the red pepper into batons.
4. Seal the marinated chicken in a hot pan, remove and reserve.
5. Add the onion, garlic and celery to the pan, and sweat for 2 minutes.
6. Add the bay leaf and oregano, and stir through.
7. Add the reserved chicken, chicken stock, tomatoes, orange juice, cocoa powder, smoked paprika and red pepper. Bring to the boil, and simmer for 10 minutes.
8. Add the black beans and simmer for a further 5 minutes. Taste and season.
9. Remove from the heat and carefully remove the bay leaf.
10. Serve hot in a clean, hot serving dish, and garnish appropriately.

Savoury rice

Ingredients

Spring onion	1
Long grain rice	175 g
Fresh coriander (finely chopped)	15 ml (prepared volume)
Sultanas	40 g
Seasoning	

Method

1. Finely chop the spring onion.
2. Wash the rice and cook in boiling water.
3. Test the rice for readiness and drain. Add the coriander, spring onion and sultanas, mix well and season to taste.
4. Serve hot, in a clean hot serving dish, and garnish appropriately.

Lemon and courgette bar cake

Ingredients

Lemon	1
Flour	100 g
Baking powder	5 ml
Soft margarine	75 g
Caster sugar	75 g
Medium egg	1
Poppy seeds	1.25 ml
Courgette (grated)	50 g
Icing sugar	30 g
Lemon curd	50 g
Double cream	50 ml

Oven temperature 180°c (temperature may vary if using fan assisted oven), gas mark 4

500g loaf tin or tinfoil equivalent

Method

1. Preheat the oven.
2. Grease and line the loaf tin with grease proof paper.
3. Grate lemon and reserve. Juice the lemon and reserve.
4. Sieve the flour and baking powder together.
5. Cream the margarine with the caster sugar until light and fluffy.
6. Beat the egg and add to mixture with 15g of the sieved flour, mix well.
7. Mix in the poppy seeds, half of the lemon zest, 10 ml of the lemon juice and the remaining flour.
8. Fold in the grated courgette until evenly incorporated.
9. Place the mixture into the prepared tin.
10. Bake until firm and golden brown, for approximately 25-30 minutes.
11. Make the drizzle by mixing 10ml of reserved lemon juice with 20g of icing sugar.
12. Remove the cake when ready and cool slightly. Spoon over the lemon drizzle then remove from tin to cool.
13. Whisk the double cream to a piping consistency. Fold in the remaining icing sugar and lemon zest. Chill till required.
14. Cut the cake in half horizontally. Spread with lemon curd then sandwich back together.
15. Pipe with the whipped cream to show four portions.
16. Decorate appropriately and serve on a clean, room temperature serving plate.

Administrative information

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History of changes

Version	Description of change	Date

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