



National 5
Coursework
Assessment Task



National 5 Practical Cookery

Assignment and practical activity

Instructions for candidates

Valid for session 2023-24 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.

This edition: February 2024 (version 2.0)

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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 teacher or lecturer will let you know the required conditions for carrying out the assignment and practical activity.

Your assignment is submitted to SQA for marking. Your practical activity is marked by your teacher or lecturer.

You must plan, prepare and serve the following three-course meal:

- ◆ Vegetable fritters with savoury couscous
- ◆ Beef moussaka
- ◆ Pear and ginger crumble tart

You must use the recipes in this document to produce the meal.

If you have a special dietary requirement, you may use alternative ingredients when producing the dishes. You must discuss this with your teacher or lecturer in the first instance.

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 and 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 published SQA candidate workbook to complete this stage.

In Stage 2, implementing (practical activity), you must prepare, cook and present the three dishes within the 2 hour and 30 minutes time allocation, using your time plan.

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

Dish	Service time	Service dishes
Vegetable fritters with savoury couscous	2 hours after start time	Four individual clean, warm plates
Beef moussaka	2 hours 15 minutes after start time	Clean, hot dish
Pear and ginger crumble tart	2 hours 25 minutes after start time	Clean, room temperature serving plate

Recipes

Vegetable fritters with savoury couscous

Ingredients

Leeks, washed	50 g	(prepared weight)
Eating apple, peeled and cored	50 g	(prepared weight)
Parsnip, peeled	100 g	(prepared weight)
Carrot, peeled	50 g	(prepared weight)
Plain flour	50 g	
Egg – medium	1	
Spring onion	25 g	(prepared weight)
Red pepper	50 g	(prepared weight)
Vegetable oil	20 ml	
Vegetable stock – hot	125 ml	
Couscous	80 g	
Sultanas	20 g	
Salt		
Pepper		

Method

1. Finely dice the leeks, place in a large bowl.
2. Grate the apple, parsnip and carrot, squeeze out any excess moisture, and add to the bowl.
3. Add the flour and season the mixture, mix well.
4. Beat the egg and add enough to bind the ingredients together.
5. Shape into eight equal rounds, cover, and store in the fridge until required.
6. Finely slice the spring onion and finely dice the red pepper.
7. Heat the oil in a frying pan and shallow fry the fritters until golden brown, turning once during cooking.
8. Add the hot stock to the couscous, cover and allow to absorb for 5 minutes.
9. Mix in the spring onion, red pepper and sultanas. Taste and season.
10. Serve four individual portions of the warm fritters and warm couscous on clean warm plates, garnished appropriately.

Beef moussaka

Ingredients

White potatoes, peeled	300 g (prepared weight)
Onion, peeled	100 g (prepared weight)
Carrot, peeled	50 g (prepared weight)
Fresh garlic, peeled	5 ml (prepared volume)
Aubergine	150 g
Minced beef	200 g
Dried oregano	5 ml
Dried thyme	2.5 ml
Tinned chopped tomatoes	150 ml
Tomato puree	15 ml
Beef stock	150 ml
Margarine	25 g
Plain flour	25 g
Ground nutmeg	pinch
Milk	250 ml
Mature cheddar cheese – grated	40 g
Salt	
Pepper	

Oven temperature: 180°C / gas mark 4 / temperature may vary if using a fan assisted oven

Ovenproof dish – equivalent to 20 cm x 20 cm

Method

1. Preheat the oven.
2. Cut the potatoes into large, even sized pieces, place in boiling salted water and boil for approximately 10 minutes. Remove from the heat, drain and reserve until required.
3. Finely dice the onion, cut the carrot into batons and crush the garlic.
4. Thinly slice the aubergine, lay on a tray, sprinkle lightly with salt to release moisture and set aside until required.
5. Brown the mince in a hot pan, add the onion and garlic and cook for 2 minutes.
6. Add the carrots, dried herbs, chopped tomatoes, tomato puree and stock, mix well and bring to the boil.
7. Reduce the heat and simmer for 20 minutes. Taste and season as appropriate.
8. Pat dry the aubergine using absorbent paper and slice the potatoes thinly.
9. Melt the margarine in a pan, add the flour and nutmeg, cook for 1 minute. Gradually add the milk, bring to the boil and simmer until thickened. Add 25 g of the cheese to the sauce. Taste and season.
10. Assemble the moussaka by placing the mince mixture in the oven proof dish, cover with the aubergine slices and then the potato slices.
11. Cover with the cheese sauce and sprinkle with the remaining cheese.
12. Bake until golden brown for approximately 25-30 minutes.
13. Clean the dish and serve hot, garnished appropriately.

Pear and ginger crumble tart

Ingredients

Plain flour	100 g
Wholemeal flour	30 g
Margarine	50 g
Cold water	40 ml
Pears, tinned	125 g
Soft brown sugar	25 g
Ground ginger	2.5 ml
Demerara sugar	20 g
Oats	25 g
Butter	20 g
Double cream	60 ml
Vanilla essence	1.25 ml
Icing sugar	5 ml

Oven temperature: 200° c/ Gas Mark 6/ temperature may vary if using a fan assisted oven
15/16 cm round flan ring

Method

1. Preheat the oven.
2. Sieve 70g of the plain flour into a large bowl and add the wholemeal flour.
3. Rub in the margarine until the mixture resembles fine breadcrumbs.
4. Add enough cold water to give a stiff dough, knead gently then rest for approximately 10 minutes.
5. Line the flan ring with the pastry and rest for at least 10 minutes.
6. Bake blind for approximately 15 minutes. Reduce the oven to 180°c/gas mark 4.
7. Evenly slice the pears. Place the pears in a small pan with 25g of soft brown sugar, 1.25ml of ground ginger and 30ml of cold water. Stew gently until cooked.
8. Mix the remaining flour, ground ginger, demerara sugar and oats in a bowl. Add the butter and rub in to create the crumble.
9. Place the pear mix into the pastry case, sprinkle the crumble over it and bake for approximately 20 minutes until the crumble is golden brown.
10. Remove the tart from the oven, allow to cool slightly and remove the flan ring. Cool to room temperature.
11. Whisk the cream, fold in the vanilla essence and icing sugar.
12. Place the tart on a clean plate at room temperature, pipe with the cream, decorate appropriately and serve.

Administrative information

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History of changes

Version	Description of change	Date
2.0	On Page 5 - Under Method 6 the sentence now ends “Reduce the oven to 180° c/gas mark 4.”	21/2/2024

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