



National 5
Coursework
Assessment Task



National 5 Practical Cookery Assignment and practical activity Instructions for candidates

Valid for session 2021-22 only.

This assessment is given to centres in strictest confidence. You must keep it in a secure place until it is used.

This edition: January 2022 (version 1.0)

© Scottish Qualifications Authority 2022

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 activity. You must carry out 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.

Your assignment and practical activity make up two of the three course assessment components. The other component is a question paper.

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:

- ◆ Pea and ham soup with croutons
- ◆ Vegetable curry with boiled rice
- ◆ Baked chocolate and orange cheesecake.

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

You must follow the recipes and service instructions given below.

Dish	Service time	Service dishes
Pea and ham soup with croutons	2 hours after start time	Clean, warm bowl
Vegetable curry with boiled rice	2 hours 15 minutes after start time	Clean, warm serving dish
Baked chocolate and orange cheesecake	2 hours 25 minutes after start time	Four individual clean plates at room temperature

Recipes

Pea and ham soup with croutons

Ingredients

Onion, peeled	75 g	(prepared weight)
Celery	50 g	(prepared weight)
Potato, peeled	150 g	(prepared weight)
Smoked back bacon	100 g	
Unsalted butter	25 g	
Frozen garden peas, defrosted	250 g	
Ham stock	600 ml	
White bread	1 slice	
Seasoning		

Method

1. Chop the onion, celery, potato and 75 g of the bacon. Neatly dice the remaining 25 g of bacon and set aside.
2. Melt 10 g of the butter, and sweat the onion, celery, potato and the chopped bacon for 5 minutes.
3. Add the peas and stock. Bring to the boil and simmer for 20 minutes until the vegetables are soft.
4. Cool slightly, then puree the soup until smooth.
5. Remove the crusts from the bread, discard, and dice the remaining bread.
6. Dry fry the diced bacon until crispy, remove and reserve.
7. Melt the remaining butter in the same pan, fry the bread until golden brown and reserve.
8. Reheat the soup, adjust the consistency if required, taste and season.
9. Serve the soup hot, in a clean warm bowl, garnished with the bacon and served with the croutons.

Vegetable curry with boiled rice

Ingredients

Garlic, peeled	5 ml	
Root ginger, peeled	5 ml	
Red chilli	5 ml	
Onion, peeled	75 g	(prepared weight)
Red pepper, de-seeded	50 g	(prepared weight)
Cauliflower	50 g	(prepared weight)
Apple, peeled	50 g	(prepared weight)
Carrot, peeled	75 g	(prepared weight)
Courgette	50 g	(prepared weight)
Potato, peeled	150 g	(prepared weight)
Vegetable oil	15 ml	
Turmeric	2.5 ml	
Ground coriander	5 ml	
Ground cumin	5 ml	
Garam masala	5 ml	
Vegetable stock	150 ml	
Seasoning		
Long grain rice	200 g	

Method

1. Grate the garlic and root ginger. De-seed and finely dice the red chilli.
2. Prepare the vegetables:
 - finely chop the onion
 - cut the red pepper into batons
 - cut the cauliflower into small florets
 - dice the apple, carrot, courgette and potato.
3. Heat the oil and gently fry the garlic, ginger, chilli and onion for 1 minute. Add the turmeric, ground coriander, ground cumin and garam masala, and cook for a further 1 minute.
4. Mix in the red pepper, carrots, potatoes and vegetable stock. Bring to the boil and simmer for 10 minutes. Add the cauliflower, apple and courgette, and simmer for a further 10 minutes.
5. Wash the rice and cook in boiling water.
6. Adjust the consistency of the curry if necessary. Taste and season.
7. Test the rice for readiness, drain and season to taste.
8. Serve the vegetable curry and boiled rice hot, in a clean, warm serving dish.
9. Garnish appropriately.

Baked chocolate and orange cheesecake

Ingredients

Digestive biscuits	80 g
Butter, unsalted	90 g
Orange	1
Caster sugar	40 g
Egg, medium	1
Orange essence	5 ml
Full-fat cream cheese	150 g
Cocoa powder	15 ml
Custard powder	10 ml
Single cream	30 ml
Double cream	50 ml
Icing sugar	5 ml

Oven: 170°C (temperatures may vary for a fan assisted oven), Gas mark 3

Method

1. Grease a 15 cm loose-bottomed tin or a 15 cm flan ring on a baking tray.
2. Crush digestive biscuits, melt 40 g of the butter and mix together. Press the mixture into the base of the tin.
3. Grate the rind, then segment the orange and reserve.
4. Cream together the remaining butter and the caster sugar until light and fluffy. Separate the egg and gradually beat in the egg yolk to the creamed mixture, followed by the orange essence and the cream cheese.
5. Blend the cocoa powder, custard powder, orange zest and single cream. Fold into the cream cheese mixture.
6. Whisk the egg white until stiff, and fold gently into the cream cheese mixture.
7. Pour onto the biscuit base and bake for 1 hour until firm.
8. Allow the cheesecake to cool completely.
9. Whisk the double cream to piping consistency, then fold in the icing sugar.
10. Remove the cheesecake from the tin and cut into four even-sized portions.
11. Serve the cooled cheesecake on individual room-temperature plates, decorated with orange segments and piped cream.

Administrative information

Published: January 2022 (version 1.0)

History of changes

Version	Description of change	Authorised by	Date

Security and confidentiality

This document can be used by practitioners in SQA approved centres for the assessment of National Courses and not for any other purpose.

This document may only be downloaded from SQA's designated secure website by authorised personnel.

Copyright

This document may be reproduced in whole or in part for assessment purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged. If it needs to be reproduced for any purpose other than assessment, it is the centre's responsibility to obtain copyright clearance.

Re-use for alternative purposes without the necessary copyright clearance may constitute copyright infringement.

© Scottish Qualifications Authority 2022