



National
Qualifications

C739 75

Hospitality: Practical Cookery

Practical activity

Instructions for candidates

Valid for session 2017/2018 only

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Instructions for candidates

This assessment applies to the practical activity for the National 5 Hospitality: Practical Cookery course, which is worth 100 marks. The marks contribute towards 75% of your overall mark for the course, and will be graded A-D.

This practical activity has two stages.

Stage 1 'Planning' is worth **18 marks**.

Stage 2 'Implementing' is worth **82 marks**.

Your assessor will let you know how the assessment will be carried out, and any required conditions that apply.

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

- ◆ **Smoked fish potato nests**
- ◆ **Cajun chicken with boiled rice**
- ◆ **Toffee and pear meringue roulade.**

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
- ◆ an equipment requisition
- ◆ service details for the dishes.

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

Dish	Service time	Service dishes
Smoked fish potato nests	2 hours after start time	4 individual, clean, warm plates
Cajun chicken with boiled rice	2 hours 15 minutes after start time	Clean, warm dishes
Toffee and pear meringue roulade	2 hours 25 minutes after start time	Served whole, chilled, on a clean serving plate at room temperature

Hospitality: Practical Cookery Candidate Planning Booklet

Candidate name: _____

Centre: _____

Date plan implemented: _____

Recipes

Smoked fish potato nests

Ingredients

Potatoes, peeled	500g (prepared weight)
Egg yolks	2
Smoked fish	100g
Milk	150ml (plus additional to glaze)
Leek	50g (prepared weight)
Margarine	15g
Plain flour	15g
Red mature cheddar cheese	50g
Seasoning	

Parchment paper with 4 x 8cm marked circles placed on a baking tin.

Oven: 190°C/gas mark 5 for empty potato nests. 180°C/gas mark 4 for filled potato nests. Where fan assisted ovens are used, the temperature should be adjusted accordingly.

Method

1. Preheat the oven.
2. Cut the potatoes into even sized pieces and boil in lightly salted water until soft.
3. Drain the potatoes and return to the heat for 1 minute to dry them.
4. Remove from the heat, mash and cool slightly.
5. Add the egg yolks, beat into the mashed potato and season to taste.
6. Fill a piping bag with the potato and pipe 4 bases of potato on to the marked parchment paper.
7. Pipe a wall of potato onto the outside edge of the base. Pipe a second wall of potato onto the top of the first wall, to form 4 identical nests.
8. Carefully glaze the potato nests with milk.
9. Bake for 20 minutes, until lightly browned and firm. Reduce the oven temperature.
10. Wash the leek and cut into matchsticks.
11. Blanch the leeks for 2 minutes, refresh and drain well.
12. Grate the cheese.
13. Poach the fish in milk for 6-8 minutes, allow to cool.

14. Remove the fish, flake and reserve.
15. Strain the milk and make up to 150ml if required.
16. Melt the margarine and add the flour to form a roux. Cook for 1 minute.
17. Remove from the heat and gradually add the milk.
18. Return to the heat and bring to boil, stirring continuously. Simmer for 2-3 minutes to form a coating consistency.
19. Stir in the fish, leeks and 35g of the grated cheese to the sauce and season to taste.
20. Divide the fish sauce mixture evenly between the 4 potato nests.
21. Sprinkle the remaining cheese evenly on top of the potato nests.
22. Bake for 15 minutes until the cheese is browned.
23. Serve hot, on 4 individual clean warm plates, garnished appropriately.

Cajun chicken with boiled rice

Ingredients

Garlic, peeled	5 ml (prepared volume)
Chicken breast	250g
Cajun seasoning	10ml
Vegetable oil	35ml
Onion, peeled	100g (prepared weight)
Green pepper	50g (prepared weight)
Red pepper	100g (prepared weight)
Mushrooms	100g
Plain flour	10ml
Chicken stock	200ml
Tomato puree	10ml
Parsley	15 ml (prepared volume)
Single cream	15ml
Seasoning	

Method

1. Crush the garlic.
2. Cut the chicken into thin strips, approximately 5cm long.
3. Marinate the chicken with the garlic, Cajun seasoning and 10ml oil for a minimum of 1 hour.
4. Finely chop the onion.
5. Dice the green pepper and cut the red pepper into batons.
6. Wipe and slice the mushrooms.
7. Fry the chicken in 15ml oil until slightly browned, remove and reserve.
8. Add the remaining oil to the pan and sweat the onions for 3 minutes.
9. Add the peppers and mushrooms and continue to sweat for a further 2 minutes.
10. Add the plain flour, mix in carefully and cook for 1 minute.
11. Remove from the heat and gradually add in the stock and tomato puree.
12. Bring to boil, add the reserved chicken and simmer for 15 minutes.
13. Finely chop the parsley.
14. Remove the chicken mixture from the heat, stir in the single cream and season to taste.
15. Serve hot in a clean warm dish, garnished with the chopped parsley.

Boiled rice

Ingredients

Long grain rice	200 g
Spring onion	15g (prepared weight)
Seasoning	

Method

1. Wash the rice, add to lightly salted boiling water and boil until cooked.
2. Finely slice the spring onion diagonally.
3. Drain the rice and stir in the spring onion, season to taste.
4. Serve hot in a clean warm dish.

Toffee and pear meringue roulade

Ingredients

Egg whites	2
Caster sugar	100g
Vinegar	2.5 ml
Caramel flavouring	2.5 ml
Demerara sugar	15ml
Evaporated milk	60ml
Soft brown sugar	35g
Butter	15g
Ripe dessert pear	60g (prepared weight)
Double cream	75ml

Oven: 150°C/gas mark 2. Where fan assisted ovens are used, the temperature should be adjusted accordingly.

Method

1. Line a Swiss roll tin (20cm x 30cm) with lightly dampened greaseproof paper.
2. Whisk the egg whites until a soft peak.
3. Whisk in the caster sugar in 4 separate additions.
4. Mix the vinegar and caramel flavouring and fold into the meringue.
5. Spread the meringue evenly into the prepared tin and bake for 15 minutes until firm.
6. Turn the meringue onto dampened greaseproof paper sprinkled with demerara sugar. Remove the lining paper and allow to cool.
7. Place the evaporated milk, butter and soft brown sugar into a small pan. Dissolve slowly over a gentle heat, bring to the boil.
8. Simmer gently for 5 minutes to reduce sauce to a coating consistency. Remove from the heat and allow to cool.
9. Peel the pear, half, quarter and remove the core.
10. Slice the pear thinly lengthwise.
11. Whip the cream and fold in the cooled, toffee sauce.
12. Spread the cream mixture over the meringue and arrange the pear evenly on top.
13. Roll up the meringue from the short end, using the paper to help hold the shape.
14. Serve whole, chilled, on a clean serving plate at room temperature, decorated appropriately.

Service details

Explain how each of the dishes will be served, including: details of the service dishes, the temperature of the food and service dishes and details of any garnishes and decorations you plan to use.

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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