

**C839 75**

**Hospitality: Practical Cookery**

**Practical activity**

**Instructions for candidates**

This document provides information for teachers and lecturers about the coursework component of this course in terms of the skills, knowledge and understanding that are assessed. It **must** be read in conjunction with the course specification.

**Valid for session 2018-19 only.**

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# Instructions for candidates

This applies to the practical activity for National 5 Hospitality: Practical Cookery.

The practical activity is worth 100 marks.

The marks contribute towards 75% of the overall mark for the course assessment.

The practical activity has two stages.

**Stage 1** titled 'planning' has **18 marks**.

**Stage 2** titled 'implementing' has **82 marks**.

Your teacher or lecturer will let you know how the practical activity will be carried out, and any required conditions for doing it.

In this practical activity you have to plan, prepare and serve the following three-course meal:

- ◆ **Carrot and sweet potato soup with parsley croutons**
- ◆ **Italian pork loaves with tagliatelle**
- ◆ **Salted caramel profiteroles**

If you have a special dietary requirement, you can 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), you will have to create:

- ◆ a time plan for the three given recipes
- ◆ an equipment requisition
- ◆ service details for the dishes

You will be given a Candidate workbook to complete this stage.

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
Carrot and sweet potato soup with parsley croutons	2 hours after start time	Clean, warm bowl
Italian pork loaves with tagliatelle	2 hours 15 minutes after start time	Clean, warm dish
Salted caramel profiteroles	2 hours 25 minutes after start time	4 individual clean plates at room temperature

# Recipes

## Carrot and sweet potato soup with parsley croutons

### Ingredients

Carrots, peeled	250 g (prepared weight)
Sweet potatoes, peeled	100 g (prepared weight)
Onion, peeled	150 g
Garlic, peeled	5 ml
Butter	20 g
Chicken stock	700 ml
Wholemeal bread	1 slice
Vegetable oil	10 ml
Parsley, finely chopped	10 ml
Seasoning	

### Method

1. Chop the carrot and sweet potato into evenly sized pieces, dice the onion and crush the garlic.
2. Heat 10g of butter in a large pot and sweat the onion until soft.
3. Add the carrot, sweet potato, garlic and stock, bring to the boil and simmer for 20–30 minutes until cooked.
4. Remove the crusts from the bread and cut into evenly sized dice.
5. Remove the soup from the hob and allow it to cool slightly.
6. Place the remaining butter and vegetable oil in a frying pan, heat carefully and fry the diced bread until it is golden brown. Remove the pan from the heat, add the chopped parsley and mix well.
7. Purée the soup and reheat. Adjust the consistency if required, and season to taste.
8. Serve the soup hot, in a clean, warm bowl, garnished with the parsley croutons.

# Italian pork loaves with tagliatelle

## Ingredients

Onion, peeled	150 g (prepared weight)
Celery	50 g (prepared weight)
Green pepper	75 g (prepared weight)
Garlic, peeled	5 ml
Pork mince	300 g
Smoked paprika	10 ml
Butter	10 g
Bay leaf	1
Tomato purée	15 ml
Dried basil	2.5 ml
Flour	10 g
Tinned chopped tomatoes	200 g
Vegetable stock	200 ml
Tagliatelle	200 g
Fresh coriander	5 ml
Seasoning	

4 x 25 cm squares of tinfoil/oil to grease

**Oven:** 180°C/170°C for a fan-assisted oven/gas mark 4

## Method

1. Preheat the oven and lightly grease the tinfoil squares.
2. Prepare the vegetables: finely dice the onion, dice the celery, cut the pepper into batons and crush the garlic.
3. Place the pork mince, 75 g of the diced onion and the smoked paprika into a large bowl, season generously and mix well. Divide the pork mixture into 4 equal pieces and shape each piece into a cylinder. Wrap each cylinder tightly in a piece of the prepared tinfoil, secure the ends. Chill for at least 10 minutes.
4. Cook the pork loaves in the oven for 20–25 minutes.
5. Melt the butter in a pot, add the remaining diced onion and sauté for 4 minutes until soft. Add the celery, peppers, garlic and bay leaf. Sauté for a further 2 minutes to soften.
6. Stir in the tomato purée, basil and flour, and cook for 1 minute. Gradually add the stock and tinned tomatoes, cover and simmer gently for 15 minutes.
7. Cook the tagliatelle in boiling water until al dente.

8. Remove the sauce from the heat and carefully remove the bay leaf.
9. Finely chop the coriander, stir in to the sauce and season to taste.
10. Remove the pork loaves from the oven and allow them to rest.
11. Drain the tagliatelle and season it well. Place it in a clean, warm serving dish.
12. Unwrap the pork loaves and place them on top of the tagliatelle. Coat the pork loaves neatly with the sauce, and garnish appropriately.
13. Serve hot, in a clean, warm dish.

# Salted caramel profiteroles

## Ingredients

Plain flour	70 g
Caster sugar	2.5 ml
Salt	pinch
Water	125 ml
Butter	65 g
Eggs, small	2
Golden syrup	25 ml
Soft light brown sugar	25 g
Sea salt	2.5 ml
Double cream	150 ml
Icing sugar	15 ml
Vanilla extract	2.5 ml

**Oven:** 200°C/180°C for a fan-assisted oven/gas mark 6

## Method

1. Preheat the oven. Grease and flour a baking tray.
2. Sieve the flour, caster sugar and salt together.
3. In a pot, bring the water and 25 g of the butter to the boil.
4. Remove the pot from the heat. Add all the sieved ingredients, beating them with a wooden spoon until the mixture comes away from the side of the pot. Allow to cool slightly.
5. Beat the eggs in a bowl, and gradually add enough to the mixture to give a thick, dropping consistency.
6. Using a piping bag, pipe 16 evenly sized profiteroles onto the baking tray.
7. Bake the profiteroles on the top shelf of the oven for 15–20 minutes. After approximately 10 minutes, reduce the oven temperature to 180°C/160°C for a fan-assisted oven/gas mark 4 to finish cooking the profiteroles.
8. Remove the profiteroles from the oven and transfer them to a wire rack to cool. Pierce a hole in the base of each profiterole.
9. Put the remaining butter, golden syrup, soft light brown sugar and salt into a small pot and gently heat until the sugar has dissolved. Set aside to cool to room temperature.
10. Whip the cream with the icing sugar to give a piping consistency and gently fold in the vanilla extract.

11. Using a piping bag, fill each profiterole with the whipped cream.
12. Divide the 16 profiteroles evenly between 4 individual clean plates at room temperature.
13. Drizzle the salted caramel over the profiteroles, decorate appropriately and serve.



# Administrative information

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## History of changes

Version	Description of change	Date

## Security and confidentiality

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