



National
Qualifications

C739 75

Hospitality: Practical Cookery

Practical activity

Instructions for candidates

Valid for session 2013/2014

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Instructions for candidates

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

This practical activity is worth 100 marks. The marks contribute 100% of the overall marks for the Course assessment. The Course will be graded A-D.

This practical activity has two stages.

Stage 1, titled 'Planning', has 15 marks.

Stage 2, titled 'Implementing', has 85 marks.

Your assessor will let you know how the assessment will be carried out and any required conditions for doing it.

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

- ◆ Red Lentil and Vegetable Soup
- ◆ Spiced Turkey with Flatbreads
- ◆ Berry Cream Towers

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
- ◆ service details for the dishes

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

Hospitality: Practical Cookery Candidate Planning Booklet

Candidate name: _____

Centre: _____

Date: Plan implemented _____

Recipes

Red Lentil and Vegetable Soup

Ingredients

Onion (peeled)	100g
Garlic (peeled)	5ml (prepared volume)
Red chilli (de-seeded)	15ml (prepared volume)
Fresh root ginger (peeled)	15ml (prepared volume)
Sweet potatoes (peeled)	100g (prepared weight)
Carrots (peeled)	75g (prepared weight)
Parsnips (peeled)	50g (prepared weight)
Olive oil	15ml
Turmeric	2.5ml
Vegetable stock	1 litre
Red lentils	125g
Fresh coriander	15ml (prepared volume)
Salt and black pepper	to taste

Method

1. Chop the onion, crush the garlic, finely chop the red chilli and grate the ginger.
2. Chop the sweet potatoes and carrots and grate the parsnips.
3. Heat the olive oil in a pan, add the onions, ginger and garlic and sweat until softened.
4. Add the turmeric and the chilli and cook for 2 minutes.
5. Add the sweet potatoes, carrots, parsnips, stock and lentils. Stir well and bring to the boil.
6. Reduce the heat and simmer for 30 minutes or until vegetables and lentils are softened.
7. Liquidise until smooth.
8. Taste and adjust the seasoning if required.
9. Finely chop the coriander.
10. Serve hot in a clean, hot bowl garnished with the chopped coriander.

Spiced Turkey with Flatbreads

Ingredients

Garlic cloves (peeled)	5ml (prepared volume)
Ground ginger	5ml
Ground cumin	5ml
Ground cinnamon	2.5ml
Ground paprika	5ml
Turkey breast	200g
Onion (peeled)	100g (prepared weight)
Carrot (peeled)	75g (prepared weight)
Ready to eat dried apricots	50g
Sunflower oil	30ml
Tinned chopped tomatoes	150ml (including juice)
Chicken stock	150ml
Tinned chickpeas	50g (drained weight)
Salt and black pepper	to taste

Method

1. Crush the garlic and mix with the ginger, cumin, cinnamon and paprika.
2. Cut the turkey into even, bite-sized pieces.
3. Coat the turkey pieces with the garlic and spices.
4. Cover and marinate for at least 15 minutes, stored appropriately.
5. Finely dice the onion.
6. Dice the carrot evenly and chop the apricots.
7. Heat 15ml of the oil in a pan and seal the turkey pieces. Remove and reserve appropriately.
8. Add the remaining oil to the pan then add the onion. Coat the onion with the residual spices in the pan and sauté until soft.
9. Add the carrot, apricots, tomatoes, chicken stock and chickpeas.
10. Bring to the boil, reduce the heat, cover and simmer for 20 minutes.
11. Add the reserved turkey and simmer for a further 10 minutes until cooked.
12. Adjust the consistency if necessary. Taste and season if required.
13. Serve hot in a clean, hot dish, garnished appropriately.

Flatbreads

Ingredients

Strong white bread flour	125g
Salt	1.25ml
Paprika	1.25ml
Ground coriander	1.25ml
Olive oil	30ml
Warm water	50ml

Method

1. Sieve the flour, salt, coriander and paprika into a bowl and mix. Make a well in the centre and add the olive oil and the warm water.
2. Incorporate the flour with the water and olive oil to form a soft ball of dough.
3. Knead the dough for 5 minutes, or until smooth and elastic. Return the dough back to the bowl, cover with cling film and set aside to rest in a warm place for 15 minutes.
4. Portion the dough into 4 equal pieces. Roll and shape into ovals 2mm in thickness.
5. Heat a frying pan till hot and dry fry the flatbreads for 2-3 minutes on each side until slightly charred.
6. Serve warm on a clean, warm dish.

Berry Cream Towers

Ingredients

Flour	150g
Butter	100g
Caster sugar	50g
Vanilla essence	1.25ml
Clear honey	20ml
Boiling water	5ml
Fresh double cream	150ml
Icing sugar, sieved	25g
Frozen berries (thawed)	75g

Oven 160c/Gas 4 - temperature may vary if using a fan-assisted oven

Method

1. Preheat the oven.
2. Grease 2 baking trays.
3. Sieve the flour.
4. Cream the butter and the sugar together.
5. Gradually add in the flour.
6. Cover the dough and chill for at least 10 minutes.
7. Roll out to 3mm thickness.
8. Using a 6cm fluted pastry cutter cut 12 rounds.
9. Prick the biscuits with a fork and bake for 10-15 minutes or until golden brown.
10. Mix together the vanilla essence and the honey with 5ml boiling water.
11. While warm, brush the top of each biscuit with the liquid.
12. Remove and place on a cooling rack and allow to cool completely.
13. Whisk the cream until a soft peak consistency, fold in the icing sugar and berries.
14. Using all the cream filling, assemble 4 towers of 3 biscuits each.
15. Decorate appropriately and serve on 4 individual clean plates at room temperature.

Service instructions

Dish	Service time	Service dishes
Red Lentil and Vegetable Soup	2 hours after start time	Clean, hot bowl
Spiced Turkey with Flatbreads	2 hours 15 minutes after start time	Turkey - Clean, hot dish. Flatbreads - Clean, warm dish
Berry Cream Towers	2 hours 25 minutes after start time	4 individual, clean plates at room temperature

Service details

Explain how each of the dishes will be served. You should include:

- ◆ the temperature of the service dishes
- ◆ how the food will be presented
- ◆ details of the garnishes and decoration

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:	Service time:
Service details	
Main course:	Service time:
Service details	
Dessert:	Service time:
Service details	