N5 National Qualifications

C739 75

Hospitality: Practical Cookery
Practical activity
Instructions for candidates

Valid for session 2014/2015 only

This edition: January 2015 (version 1.1)

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:

♦   Sweet Potato and Pea Puffs

♦   Italian Meatballs with Spaghetti

♦   Dark Chocolate and Orange Bar Gateau

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

Sweet Potato and Pea Puffs

Ingredients

Sweet potatoes (peeled)	60g (prepared weight)
Onion (peeled)	25g (prepared weight)
Fresh coriander	5ml (prepared volume)
Sunflower oil	5ml
Cumin seeds	5ml
Frozen peas	35g
Crushed chillies	1.25ml
Garam masala	2.5ml
Turmeric	1.25ml
Water	100ml
Lemon juice	2.5ml
Salt and pepper	
Puff pastry	250g
Beaten egg	Appox ½
Sesame seeds	7.5ml

Oven 200°C/Gas Mark 6 — temperature may vary if using a fan-assisted oven

Method

1. Finely dice the sweet potato and the onion.

2. Finely chop the coriander.

3. Heat the oil in a pan.

4. Add the cumin seeds and fry for one minute.

5. Add the onion, sweet potato, peas, crushed chillies, garam masala and turmeric.

6. Add the water, lower the heat and simmer gently for 8-10 minutes until the water has evaporated.

7. Remove from the heat, stir in the coriander and lemon juice then season to taste.

8. Leave to cool completely.

9. Roll out half of the pastry on a lightly floured surface to a 20cm x 20cm square.
10. Cut the pastry into 4 equal squares. Repeat with the other half of the pastry.

11. Divide the filling equally amongst the eight squares, placing it in the middle.

12. Lightly brush along edges of the pastry with the beaten egg.

13. Fold over to form a triangle, pressing firmly along the edges with a fork to seal.

14. Place on a baking tray, lightly brush with egg and sprinkle with sesame seeds.

15. Chill for at least 10 minutes.

16. Bake for 20 minutes until well risen and golden brown.

17. Serve hot on 4 individual, clean warm plates and finish with an appropriate dressing.

Italian Meatballs with Spaghetti

Ingredients

Onions (peeled)	100g (prepared weight)
Sunflower oil	30ml
Minced beef	300g
Dried oregano	2.5ml
Wholemeal breadcrumbs	25g
Salt and pepper	
Beaten egg	Approx ½
Plain flour for shaping	Approx 30ml
Garlic clove (peeled)	5ml (prepared volume)
Canned, chopped tomatoes	200ml
Passata	100ml
Tomato puree	30ml
Beef stock	50ml
Fresh basil	5 leaves

Method

1. Finely dice the onion.

2. Heat 10ml of the oil in a pan.

3. Sweat 50g of the onion until soft.

4. Remove the onion and allow to cool.

5. Combine the minced beef, oregano and breadcrumbs with the cooked onion.

6. Season with salt and pepper and add enough beaten egg to bind.

7. Divide the mixture into 12 equal portions.

8. With lightly floured hands, shape into 12 meatballs and chill until required.

9. Crush the garlic.

10. Heat 10ml of the oil in a pan.

11. Add the garlic and remaining onion and sweat for 2 minutes.

12. Add the chopped tomatoes, passata, tomato puree and stock.

13. Bring to the boil, cover and simmer for 10 minutes.

14. Heat the remaining oil in a frying pan, and carefully seal the meatballs until golden brown and firm.
15. Remove the meatballs onto absorbent paper, add to the prepared sauce and stew gently for 10 minutes.

16. Adjust the consistency of the sauce if required.

17. Tear the basil and add to the sauce. Taste for seasoning.

18. Arrange the spaghetti in a clean warm dish.

19. Spoon the meatballs and sauce on top of the spaghetti.

20. Garnish appropriately and serve.

Spaghetti

Ingredients

Spaghetti   200g

Method

1. Half fill a suitably sized pan with cold water and bring to the boil.

2. Add the spaghetti, return to the boil. Cook until al dente, stirring gently to ensure it doesn't stick together.

3. Drain the spaghetti.

4. Serve with meatballs.

Dark Chocolate and Orange Bar Gateau

Ingredients

Self-raising flour	60g
Cocoa	15g
Eggs (medium)	3
Caster sugar	75g
Orange	1
Fresh double cream	250ml
Orange natural flavouring	2.5ml
Dark chocolate (broken into pieces)	100g

Oven 200°c/Gas Mark 6 – temperature may vary if using a fan-assisted oven

Method

1. Preheat the oven.

2. Grease and line a Swiss roll tin (20 cm × 30 cm approx).

3. Sieve the flour and cocoa together.

4. Whisk the eggs and sugar together until thick and creamy.

5. Sieve the flour and cocoa on top of the egg mixture and fold in. Pour the mixture into the prepared tin and spread evenly.

6. Bake for 10 minutes until well risen and springy to the touch.

7. Cool slightly then turn onto sugared paper, remove the lining paper and leave to cool completely.

8. Trim 0·5 cm from the sides and cut the sponge into 3 equal pieces.

9. Skin and segment the orange and chop the segments into 1cm pieces, pat dry.

10. Whisk 150mls of the cream to a piping consistency and fold in half of the orange flavouring.

11. Fold the chopped orange into half of the whipped cream which will be used to sandwich the sponges together. Reserve the remaining whipped cream until required.

12. Layer the three pieces of sponge with the orange cream filling to make a bar gateau.

13. Very gently heat the remaining 100mls of the cream in a pan until small bubbles appear around the edge, pour the cream over the chocolate pieces.

14. Stir until a thick glossy ganache is achieved and fold in the remaining orange flavouring.

15. Leave to cool until set to a spreading consistency.

16. Coat the sides and top of the bar gateau with the chocolate ganache.

17. Using the remaining cream, pipe to show four portions and decorate appropriately.

18. Serve on a clean plate at room temperature.

Service instructions

Dish	Service time	Service dishes
Sweet potato and pea puffs	2 hours after start time	4 individual clean, warm plates
Italian Meatballs with Spaghetti	2 hours 15 minutes after start time	clean, warm dish
Dark Chocolate and Orange Bar Gateau	2 hours 25 minutes after start time	clean plate at room temperature

Time plan

Time	Tasks	Notes

Service details

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

♦ the temperature of the service dishes

♦ 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 details

Main course:
Service details

Dessert:
Service details

Administrative information

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History of changes

Version	Description of change	Authorised by	Date
1.1	Page 13 - second bullet point removed	QM	02-Feb
1.1	Page 13 - 'ServiceTime' removed from each box within the table	QM	02-Feb

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