

The logo consists of the letters 'N5' in a large, bold, white font, set against a solid purple square background.

National 5
Coursework
Assessment Task



National 5 Practical Cookery Assignment and practical activity Instructions for candidates

Valid for session 2024-25 only.

This assessment is given to centres in strictest confidence and must be kept in a secure place until it is used.

The practical activity should be carried out in a single sitting.

This edition: January 2025 (version 1.0)

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Introduction

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 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.

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 assessor will let you know the required conditions for carrying out the assignment and practical activity.

Your assignment is submitted to SQA for marking. Your practical activity is marked by your assessor.

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

- ◆ Spicy frittata with mango dressing
- ◆ Lentil and red pepper lasagne
- ◆ Chocolate and orange layer cake

You must use the recipes in this document to produce the meal.

If you have a special dietary requirement, you may use alternative ingredients when producing the dishes. You must discuss this with your assessor in the first instance.

If you have any questions relating to this or any other aspects of the practical activity, please ask your assessor.

In Stage 1: planning (assignment), you have up to 1 hour and 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 published SQA candidate workbook to complete this stage.

In Stage 2: implementing (practical activity), you must prepare, cook and present the three dishes within the 2 hour and 30 minute time allocation, using your time plan.

Each dish is for four portions. You must follow the recipes and service instructions given below.

Dish	Service time	Service dishes
Spicy frittata with mango dressing	2 hours after start time	Four individual clean, warm plates
Lentil and red pepper lasagne	2 hours 15 minutes after start time	Clean oven proof dish
Chocolate and orange layer cake	2 hours 25 minutes after start time	Clean serving plate at room temperature

Recipes

Spicy frittata with mango dressing

Ingredients

Potato (peeled)	75 g	(prepared weight)
Courgette	30 g	(prepared weight)
Onion (peeled)	75 g	(prepared weight)
Garlic (peeled)	2.5 ml	(prepared volume)
Fresh chilli pepper	5 ml	(prepared volume)
Tomato	1 medium	
Fresh coriander	15 ml	
Eggs	2 medium	
Vegetable oil	15 ml	
Ground coriander	1.25 ml	
Turmeric	1.25 ml	
Mango chutney	15 ml	
Natural yoghurt	30 ml	
Salt		
Pepper		

Oven temperature 190°C/Gas mark 5/Fan 170°C

15 cm round baking tin

Method

1. Preheat the oven.
2. Grease and line the baking tin with greaseproof paper.
3. Dice the potatoes.
4. Cook the diced potatoes in boiling water for 6 minutes, drain and leave to cool.
5. Dice the courgette and the onion.
6. Crush the garlic, finely dice the chilli pepper and chop the tomato roughly.
7. Finely chop the fresh coriander.
8. Beat the eggs and add 10 ml of the chopped coriander.
9. Heat the oil in a frying pan; add the onion, garlic and chilli and shallow fry for 3 minutes.
10. Add the courgette and cook for a further 3 minutes.
11. Stir in the ground coriander and turmeric, cook for 1 minute.
12. Remove from heat, add the potatoes and tomato, stir well and season.
13. Transfer the mixture into the prepared baking tin and pour over the egg mixture.
14. Bake in the oven for 15 minutes until set.
15. Remove from the oven and leave to cool slightly. Remove from tin.
16. Mix the mango chutney, yoghurt and remaining chopped coriander together.
17. Portion the frittata and serve warm on four individual clean, warm plates.
18. Serve with the dressing and garnish appropriately.

Lentil and red pepper lasagne

Ingredients

Red onion (peeled)	50 g	(prepared weight)
Garlic cloves (peeled)	7.5 ml	(prepared volume)
Red pepper	50 g	(prepared weight)
Celery	50 g	(prepared weight)
Carrot (peeled)	50 g	(prepared weight)
Oil	10 ml	
Dried mixed herbs	5 ml	
Tomato puree	5 ml	
Passata	200 ml	
Lentils	80 g	
Vegetable stock	250 ml	
Cheddar cheese	50 g	
Margarine	25 g	
Flour	25 g	
Milk	250 ml	
Salt		
Pepper		
Lasagne sheets	4	

Oven temperature 190°C/Gas mark 5/Fan 170°C

Method

1. Preheat the oven.
2. Finely chop the red onion and crush the garlic.
3. Cut the red pepper into batons, slice the celery and dice the carrot.
4. Heat the oil in a pan, add all the vegetables and fry for 3-4 minutes.
5. Add the dried mixed herbs, tomato puree, passata, lentils and stock.
6. Mix well, bring to the boil and simmer for 15-20 minutes. Adjust the consistency if required.
7. Taste and season, remove from heat and reserve.
8. Grate the cheese.
9. Melt the margarine, add the flour and cook for 1 minute. Remove from the heat.
10. Gradually add the milk, return to the heat, bring to the boil and simmer until thickened.
11. Remove from the heat, add 25 g of the grated cheese and mix well. Taste and season.
12. Add half of the lentil mixture to a suitable sized ovenproof dish, then a layer of the lasagne sheets; repeat these layers, then finish with the cheese sauce.
13. Sprinkle with the remaining grated cheese and bake for approximately 25-30 minutes.
14. Clean the edges of the dish, garnish appropriately and serve hot.

Chocolate and orange layer cake

Ingredients

Orange	1
Eggs	2 medium
Caster sugar	50 g
Flour	50 g
Double cream	125 ml
Icing sugar	5 ml
Plain chocolate chips	25 g

Oven temperature 200° C/Gas mark 7/Fan 180° C

500 g loaf tin

Method

1. Preheat the oven.
2. Grease and line the loaf tin with greaseproof paper.
3. Zest the orange and reserve 5 ml of the zest.
4. Whisk the eggs and caster sugar until light and fluffy.
5. Double sieve the flour, add the zest and fold into the egg mixture. Pour into the prepared tin ensuring it spreads evenly.
6. Bake for 12-15 minutes until risen and golden brown.
7. Remove the sponge from the oven, cool for 5 minutes then remove from the tin to cool completely.
8. Skin and segment the orange.
9. Reserve four evenly sized segments for decoration. Chop the remaining segments and set aside.
10. Whisk 100 ml of the cream to a piping consistency.
11. Reserve 25 ml of the whisked cream for piping.
12. Fold the icing sugar and chopped oranges into the remaining 75 ml of the whisked cream.
13. Cut the sponge in half horizontally.
14. Spread the sponge with the cream and orange mixture and sandwich together. Chill until required.
15. Place the chocolate chips and the remaining 25 ml of double cream into a heatproof bowl. Melt slowly to form a ganache.
16. Drizzle the ganache over the cake and chill for approximately 10 minutes.
17. Pipe on the reserved whisked cream to show four portions.
18. Decorate with the reserved orange segments and serve on a clean, room temperature plate.

Administrative information

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History of changes

Version	Description of change	Date

Security and confidentiality

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