

**C739 75**

**Hospitality: Practical Cookery**

**Practical activity**

**Instructions for candidates**

Valid for session 2016/2017 only
----------------------------------

# 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 100% of the overall mark for the course, and 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 the following three-course meal:

- ♦ **Mediterranean Tart**
- ♦ **Beef and Lentil Cottage Pie**
- ♦ **Orange Pavlovas with Berry Coulis**

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.

Dish	Service time	Service dishes
Mediterranean Tart	2 hours after start time	clean, warm plate
Beef and Lentil Cottage Pie	2 hours 15 minutes after start time	clean, hot dish
Orange Pavlovas with Berry Coulis	2 hours 25 minutes after start time	4 individual clean plates at room temperature

# Hospitality: Practical Cookery Candidate Planning Booklet

Candidate name: \_\_\_\_\_

Centre: \_\_\_\_\_

Date plan implemented: \_\_\_\_\_

# Recipes

## Mediterranean Tart

### Ingredients

Plain flour	100g
Margarine	50g
Cold water	
Red onion, peeled	25g (prepared weight)
Red pepper	25g (prepared weight)
Courgette	40g (prepared weight)
Firm ripe tomato	1
Dried basil	2.5ml
Olive oil	10ml
Egg yolks	2
Semi-skimmed milk	75ml
Salt	
Pepper	
Cheddar cheese, grated	25g

**Oven** 200°C/Gas mark 6 – temperature may vary if using a fan-assisted oven

### Method

1. Preheat the oven to 200°C/Gas mark 6.
2. Sieve the flour into a large bowl.
3. Rub in the margarine until the mixture resembles fine breadcrumbs.
4. Add enough water to give a stiff dough, knead gently then rest for approximately 10 minutes.
5. Roll the pastry and line the flan ring.
6. Rest for at least 15 minutes.
7. Bake blind for approximately 15 minutes then reduce the oven temperature to 180°C/Gas mark 5.
8. Thinly slice the onion.
9. Cut even-sized batons of pepper.
10. Half lengthwise and thinly slice the courgette.
11. Score a cross in the base of the tomato and place in boiling water for 10-20 seconds.

12. Remove from the boiling water and plunge into cold water before removing the skin.
13. Cut the tomato in half, remove the seeds and dice the flesh evenly.
14. Heat the oil and gently fry the onion and pepper for 2 minutes.
15. Add the courgette, fry for 1 minute and remove from the heat.
16. Add the tomatoes and dried basil then mix well.
17. Beat the egg yolks and milk together then season.
18. Place the vegetable mixture into the par-baked pastry case, pour over the egg mixture and sprinkle on the cheese.
19. Bake for 20 minutes until set and golden in colour.
20. Remove and cool slightly.
21. Serve warm, on a clean warm plate, garnished appropriately.

## Beef and Lentil Cottage Pie

### Ingredients

Floury potatoes, peeled	400g (prepared weight)
Parsnips, peeled	100g (prepared weight)
Onion, peeled	100g (prepared weight)
Fresh garlic, peeled	5ml (prepared measurement)
Carrot, peeled	75g (prepared weight)
Minced beef	200g
Smoked paprika	5ml
Lentils	80g
Dried mixed herbs	5ml
Tinned chopped tomatoes	200ml
Beef stock	250ml
Tomato puree	15ml
Butter	25g
Semi-skimmed milk	45ml
Horseradish sauce	5ml
Salt	
Pepper	

### Method

1. Cut the potatoes and parsnips into even sized pieces.
2. Place in boiling salted water and boil for approximately 15-20 minutes until soft.
3. Finely chop the onion.
4. Crush the garlic.
5. Evenly dice the carrot.
6. Brown the minced beef in a hot pan.
7. Add the onion and garlic and cook for 2 minutes with the lid on.
8. Add the smoked paprika and cook for 1 minute.
9. Remove from the heat. Add the carrot, lentils, mixed herbs, tomatoes, beef stock and tomato puree.
10. Stir well and return to the heat.
11. Bring to the boil, reduce the heat and stew for 25 minutes.

12. Drain the potatoes and parsnips, return briefly to the heat and carefully dry them.
13. Mash the potatoes and parsnip with the butter, 30ml of the milk and the horseradish sauce. Taste and season accordingly.
14. Pre heat the grill.
15. Taste the mince and lentil sauce; adjust the seasoning and consistency as required.
16. Pour the mince mixture into an ovenproof dish and cover neatly with the mashed potatoes and parsnips.
17. Glaze the top with the remaining milk.
18. Grill until golden brown.
19. Clean the dish and serve hot, garnished appropriately.

## Orange Pavlovas with Berry Puree

### Ingredients

Egg whites	2 large
Caster sugar	130g
Cornflour	2.5ml
White malt vinegar	5ml
Vanilla extract	1.25ml
Frozen berries, defrosted	150g
Water	30ml
Fresh double cream	100ml
Icing sugar	15g
Orange	1

Parchment or silicon paper with 4 × 8 cm circles marked on it.

Oven: 120°C /Gas mark 2 - temperature may vary if using a fan assisted oven.

### Method

1. Preheat the oven to 120°C/Gas mark 2.
2. Place the egg whites in a large, clean bowl and whisk until the mixture forms stiff peaks.
3. Add 100g of the caster sugar gradually, whisking continuously until all the sugar is added and the mixture is glossy and thick.
4. Mix the cornflour, vinegar and vanilla extract to a paste and fold into the mixture.
5. Pipe the mixture to cover the 4 marked-out circles equally. Pipe rosettes round each meringue circle to form 4 pavlovas.
6. Bake for approximately 55 minutes, until crisp on the outside and soft in the centre.
7. Put the berries in a pan with the remaining caster sugar and water. Bring to the boil, stirring to dissolve the sugar, and simmer for 3-5 minutes until the berries are soft and pulpy.
8. Pass through a sieve into a bowl to remove the seeds and leave to cool.
9. Transfer the pavlovas with the paper to a wire rack and leave to cool.



10. Whisk the cream until it stands in soft peaks, fold in the icing sugar, cover and reserve in the fridge.
11. Peel and segment the orange.
12. Remove the pavlovas from the paper.
13. Divide the cream equally among the pavlovas and top with the orange segments.
14. Serve the pavlovas with the berry coulis on 4 individual, clean plates at room temperature and decorate appropriately.

## Time plan

[illegible]

## Service details

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

- ♦ details of the service dishes
- ♦ the temperature of the food and 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.

<b>Starter:</b>
<b>Main course:</b>
<b>Dessert:</b>

## Administrative information

---

**Published:** January 2017 (version 1.0)

---

### History of changes

Version	Description of change	Authorised by	Date

## Security and confidentiality

This document can be used by practitioners in SQA approved centres for the assessment of National Courses and not for any other purpose.

This document may only be downloaded from SQA's designated secure website by authorised personnel.

## Copyright

This document may be reproduced in whole or in part for assessment purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged. If it needs to be reproduced for any purpose other than assessment, it is the centre's responsibility to obtain copyright clearance.

Re-use for alternative purposes without the necessary copyright clearance may constitute copyright infringement.

© Scottish Qualifications Authority 2017