

N5 PC

Unit 5

Organisational Skills for Cooking



Name: _____

Sweet Potato and Lentil Soup

*PW = prepared weight after peeling

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
Sweet potato	150g PW		£1 / 1kg	
Onion	50g PW		£0.75 / 1kg	
Fresh chilli	5g PW		£0.60 / 60g	
Lentils	50g		£1.80 / 1kg	
Sunflower oil	10ml		£2.95 / 3L	
Veg stock cube	$\frac{1}{2}$		£0.50 / 10	
Coconut milk	50ml		£1.45 / 400ml	
Salt	Pinch			
Pepper	Pinch			
Single cream	15ml		£0.90 / 300ml	
Chives	5ml PW		£0.70 / 30g	
TOTAL	FOR 4 SERVINGS			

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your soup

Savoury Scones

Ingredients	Amount	Technique Used	Unit Cost	Recipe Cost
Smoked bacon	25g		£2.00 / 300g	
Cheese	25g		£2.70 / 450g	
Plain flour	100g		£0.55 / 1.5kg	
Baking powder	5ml		£1.40 / 170g	
Margarine	25g		£0.55 / 250g	
Milk	70ml		£0.45 / 568ml	
TOTAL	FOR 4 SERVINGS			

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your scones

Cream of Tomato Soup and Melba Toast

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
Potato	1		£0.54 / 1kg	
Onion	1		£0.59 / 1kg	
Carrot	1		£0.45 / 1kg	
Tinned Tomatoes	1		£1.00 / 1kg	
Stock Cube	1		£0.50 / 10	
Salt	Pinch			
Pepper	Pinch			
Double Cream	30ml		£0.21 / 100g	
Extra Cream			£0.21 / 100g	
Basil			£0.23 per 10g	
Bread	2 slices (100g)		£0.06 / 100g	
TOTAL	FOR 4 SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your soup

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
TOTAL	FOR SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your dish

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
TOTAL	FOR SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your dish

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
TOTAL	FOR SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your dish

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
TOTAL	FOR SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your dish

Ingredient	Amount	Technique Used	Unit Cost	Recipe Cost
TOTAL	FOR SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your dish

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TOTAL	FOR SERVINGS			

Cooking Methods Used

Sensory Evaluation - comment under the following headings

Taste	Texture	Appearance

Garnishing - give an idea as to how you could garnish your dish

Planning

You have 1 hour 45 minutes to complete this section of your qualification independently under exam conditions and is worth (18 marks) 13% of your overall grade.

You will need to specify:

- Approximate timings for carrying out all tasks
- Equipment required to produce the specified dishes
- Service times and details
- How safety and hygiene will be observed

Time Planning (10 marks)

To gain full marks in this section all activities must be identified, correctly sequenced and realistically timed.

You must plan for dishes to be served as instructed. As example from 2016 is given below:

Note: Dishes can be presented 5 minutes before or after the service time. If you serve a dish more than 5 minutes early you will still be awarded the marks allocated to 'service' but marking must take place at the correct service time. If you serve a dish more than 5 minutes late, or after the end of the practical activity, no marks can be awarded for 'service'.

Time plans should include:

- Logical sequence of work showing dovetailing of dishes
- Tasting for seasoning
- Oven control
- Appropriate hygiene points
- Service times

Equipment Requisition (4 marks)

To gain full marks in this section all equipment required to successfully complete the three dishes must be identified.

Dish	Equipment Required
Starter	
Main Course	
Dessert	

Service (4 marks)

To gain full marks in this section you must include a detailed description of how all dishes will be presented.

You will be required to explain how each of the dishes will be served. You should include:

- Temperature of food
- Description of the serving dish
- Temperature of the serving dish
- Garnish/decoration including description of the preparation technique for the garnish/decoration
- Details of the position of garnish/decoration on the dish

After you have completed this, I will provide advice for improvement and you will be given time to change your copy of the planning to allow you to complete the practical assessment.

This section of your work will then be submitted to SQA for marking.

Time Plan Writing Top Tips

- Work in **10-15min** slots of time. You should group the steps of the recipe in to suitable sized chunks.
- You should be **dovetailing** tasks. In the same slot of time you may decide to preheat your oven and start on vegetable preparation.
- Rewrite recipes to ensure that **all steps** in the recipe are included in your time plan.
- **You will have a NOTES column.** You can use this for noting key information e.g oven temperatures, how long to simmer the soup for
- If an ingredient says **prepared weight** then you must weigh this ingredient after you have prepared it – for example dice the onion then check you have 50g
- **KEY TIMES** – If you have to simmer the soup for 25mins you can't blend it until it has cooked for long enough
- **Testing for Readiness** – remember to say you have checked/tested that a food is cooked and ready
- **Remember to say when you tidied up** - Write CAYG (clean as you go). If you have made pastry and your worktop needs wiped write *wipe worktop*
- **Remember to include hygiene points** – you must say wash hands for example after handling raw meat or eggs.
- **Remember –**

TASTE & SEASON

GARNISH

WARM SERVING PLATES

SERVICE times – be exact. Make sure you don't go over the time allowed.

Time Plan Checklist

Use the following list every time you complete a time plan to check you have included everything needed.

Start and Finish Times
Service Times
Checking Weights
Taste and Season
Oven Control – Temperature/ On & Off
Testing for Readiness
Prep and Place garnish
Cooking Time
Warming Plates
Hygiene Points

Time Plan

Name of chosen dish(es): _____

Date of practical: _____ Start time: _____ Finish time _____

Service times: Starter _____ Main _____ Desert _____

Time	Activity	Notes

Time Plan

Name of chosen dish(es): _____

Date of practical: _____ Start time: _____ Finish time _____

Service times: Starter _____ Main _____ Desert _____

Time	Activity	Notes

Time Plan

Name of chosen dish(es): _____

Date of practical: _____ Start time: _____ Finish time _____

Service times: Starter _____ Main _____ Desert _____

Time	Activity	Notes