

## Time plan

Create a time plan for the practical activity, including a logical sequence of work and when you plan to carry out the following:

- ◆ temperature control
- ◆ appropriate hygiene points
- ◆ tasting for seasoning
- ◆ service times

Time	Tasks	Notes
10.00	Start Exam. Line Swiss roll tin with lightly dampened Greasproof paper, Whisk egg whites till a soft peak. Whisk in sugar.	Wash Hands After eggs-
10.05	Mix in the vinegar and caramel flavouring and fold into meringue.	Turn oven on to 150°C / gas mark 2
	Spread meringue into prepared tin, bake for 15 minutes until firm	Use oven Glove / Clean Worktop
10.10	<del>Boil salted water for potatoes</del> Cut the potatoes into even sized pieces. Crush Garlic, cut chicken in to even sized pieces.	<del>Wash hands</del> Red Chopping board / Wash hands
10.15	Marinate the chicken with garlic, Cayun Seasoning and oil for minimum of an hour.	Wash knife after cutting chicken.
10.20	Remove meringue from oven, turn onto dampened sugared Grease proof paper, Remove lining allow to cool / boil water for potatoes.	Change oven temp to 190°C / gas mark 5. Turn hob on
10.25	boil potatoes in lightly salted water until soft. Finely chop onion, <u>Dice</u> green pepper and cut red pepper into <u>batons</u>	use a Green chopping board.
	Wipe and <u>slice</u> mushroom Dishes	Wash Dishes Clean as you go
10.33	Place the evaporated milk butter and soft brown sugar into a small pan. Dissolve slowly over a gentle heat. Bring to boil Peel pear, half, quarter, remove core.	Turn hob on Green chopping board.

Time	Tasks	Notes
10.40	Slice the pear thinly lengthwise Simmer sauce gently for 5mins	<del>Reduce heat</del> Reduce heat if needed.
	to reduce sauce to a coating consistency. Remove from heat. allow to cool.	Turn hob off (sauce)
10.45	Drain potatoes and return to the heat for 1 min. Add egg yolks and taste to season.	Dishes Turn hob off
	Mash potatoes. Fill piping bag with potato and pipe 4 bases of potato on to marked parchment paper. Pipe a wall of potato onto outside edge. Repeat wall once more.	Wash worktops.
10.55	Carefully glaze nests with milk. Bake for 20 mins till lightly browned.	Oven Gloves
11.00	Whip the cream and fold in the cooled, toffee sauce. Spread the cream mix over the meringue and arrange pear on top. Roll up the meringue, used paper to help.	Dishes. Wash worktops.
11.10	Put reserved foliage into fridge to keep chilled. Wash leek and cut into matchsticks.	Green chopping board.
	Blanch for 2 mins, refresh and drain well. Grate cheese.	Turn hob on
11.15	Remove empty nests from oven. Poach fish in milk for 6-8 mins allow to cool. Remove fish, flake and reserve. Strain milk.	Reduce oven temp to 150°C / oven on. <del>Turn hob on.</del>
11.25	Melt the margarine and add flour to form a roux. Cook for 1 min. Remove from heat and gradually add the milk. Return to heat, bring to boil, stirring continuously. Simmer for 2-3 minutes.	Adjust temperature of hob if needed.
11.35	Stir in the fish, leeks and 35g of grated cheese to sauce and season to taste.	Turn hob off.
11.40	Divide fish sauce mixture evenly between the 4 empty nests. Sprinkle cheese on the nests.	
	Bake for 15 minutes until the cheese is browned.	Oven Gloves.

Time	Tasks	Notes
11.45	Fry the chicken in 5ml oil until slightly browned, remove and reserve. Add remaining oil sweat onions for 3mins	Turn hob on Pot stand.
11.50	Boil water for rice. Wash the rice. Add the peppers in sweat for 2 more minutes.	Turn hob on
11.55	<del>Remove</del> Remove nests from oven Add the plain flour, cook for 1min. Remove Garnish Fish Nests <sup>from nest.</sup> on clean serving plates. Boil rice.	Turn oven off. Oven Gloves.
12.00	SERVE = Starter Gradually add stock and tomato <del>purée</del> purée Bring to boil add chicken Simmer for 15mins.	Pot Stand Turn hob on.
12.05	Finely chop the parsley. Finely slice <del>Spring onion</del> Spring onion Prepare cream for the Dessert <del>Dessert</del> .	Green Chopping Board.
<del>12.05</del> 12.10	<del>Stir in</del> Stir in / Drain Spring onion Rice. Season to taste.	Pot Stand.

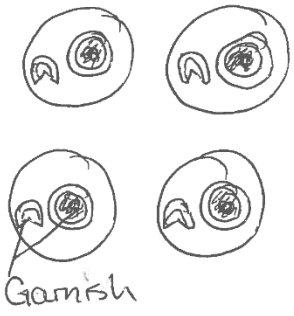
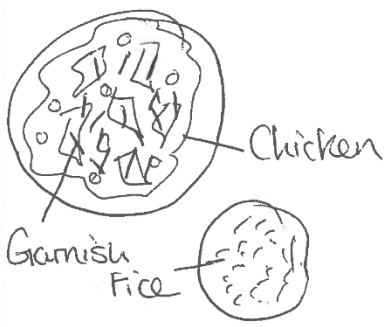
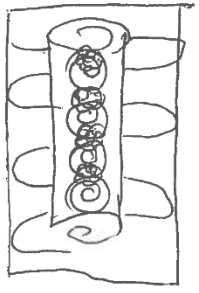
Time	Tasks	Notes
12.15	Remove chicken mixture from heat Stir in single cream season to taste. SERVE = Main Course on clean warm serving dish.	Turn <del>the</del> hob off.  Garnish Main Course.
12.20	Remove roulade from fridge. Use Palette Knife to carefully roulade onto the serving dish. Decorate - Dessert.	
12.25	SERVE - Dessert Dishes clean as you go.	
12.30	Finish Exam	

**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.

Starter:	Smoked fish potato nests
 <p style="margin-left: 20px;">Garnish</p> <p style="margin-left: 20px;">Food temperature = Hot                  Clean serving                  dish temperature = 4 individual Warm                  Serves = 4                  Garnish = lemon twist on side and a sprig of parsley on the top of the centre of nest.</p>	
Main course:	Cajun chicken with boiled rice
 <p style="margin-left: 20px;">Chicken</p> <p style="margin-left: 20px;">Garnish Rice</p> <p style="margin-left: 20px;">Food temperature = Chicken = Hot                  rice = Hot                  Clean serving                  dish temperature = Warm                  Serves = 4                  Both Chicken and rice                  Garnish = Chopped (finely) Parsley</p>	
Dessert:	Toffee and pear meringue roulade
 <p style="margin-left: 20px;">Food temperature = Chilled                  Clean serving                  dish temperature = Served Whole                  Room temp                  Serves = 4                  Decoration = Toffee sauce drizzled over serving dish and 4 piped cream rosettes and raspberries                  * on top</p>	

### Equipment requisition

Identify any equipment you will require to produce the three dishes.

Starter:	Smoked fish potato nests
Peeler	Wooden spoon
Chefs Knife	Fork
Grater	Strainer
Parchment Paper	Tablespoon
Green Chopping Board	Baking tray
Measuring Jug	Small pot
Scales	large pot
Piping Bag and nozzle	pot stand.   <sup>see</sup> attached.
Main course:	Cajun chicken with boiled rice
Scales	Small pot
Measuring Jug	pot stand.
Garlic crusher	Glass bowl
Red Chopping Board	large pot
Chefs Knife	Wooden spoon
Measuring spoon 15ml	tablespoon
Measuring Spoon 5ml	teaspoon
Green Chopping Board	Clean serving dish x 2
Dessert:	Toffee and pear meringue roulade
Electric Hand <del>Whisk</del> Whisk	Wooden spoon
Glass bowl	tablespoon
tablespoon	pot stand
Swiss roll tin	Scissors
Parchment Paper x 2	Spatula
Chefs Knife	palette knife
Green Chopping Board.	Clean serving dish.
Small pot	

