

Candidate 1 evidence

Dish	Service time	Service dishes
Starter	2 hours after start time	12pm
Main Course	2 hours 15 minutes after start time	12.15pm
Desert	2 hours 25 minutes after start time	12.25pm

Time plan

Time	Tasks	Notes
9:30	Prepare and measure ingredients kitchen routine	
10:00	Pre heat oven to 120 °C for Paulovas Prepare mixture for Paulovas in a bowl	Wash hands after handling eggs cool serving
10:15	Pipe mixture to cover 4 marked circles equally pipe rosettes bake for 55 mins Clean as you go	Place in fridge
10:25	Make Pastry, roll the Pastry and line the flan ring. rest for 15 minutes	
10:35	Finly chop the onion crush garlic evenly dice carrot	Wash hands after touching raw meat
10:50	Brown mince in hot Pan add onion and garlic cook for 2 mins with lid on then add the Smoked Paprika & cook for 1 min	
	Remove from heat add lentils, mixed herbs, tomatoes, beef stock and tomatoe rice remove Pastry	Use oven gloves
	From oven Clean as you go Return to heat bring to boil Reduce heat and stew 25 mins	Adjust oven temp back to 120 °C.
11:00	Thinly slice onion cut even sized batons of Pepper half lengthwise and thinly slice the courgette score a cross in the tomatoe up then place in boiling water for 10-20 seconds.	taste and Seasoning.
11:10	Remove meringue from oven oven to 180 °C Potatoes and Parsnips on in boiling water remove the tomatoe and peel the skin grate cheese Clean as you go.	Use oven gloves.
11:15	beat egg yolks and milk together then season Place the vegetables mixture into the Par-baked Pastry case Pour egg mixture and Sprinkle cheese remove cottage Pie filling from knob.	
11:35	Place serving dish in oven to warm bake mediterranean tart until set and golden. in colour.	Use oven gloves.

Time plan

Time	Tasks	Notes
11:40	remove serving dish from oven Pre heat the grill Drain Potatoes and Parsnip return	with some the milk
	briefly to the heat and carefully dry them Clean as you go.	
11:45	Mash the Potatoes and Parsnip with butter, milk and horradish Pour mince mixture into	taste and Season.
	over proof dish and cover neatly with the Potatoes and Parsnip.	
11:50	Remove tart Place on warm Plate and garnish with chopped basil Glaze the top with	
	remaining milk	
12:00	Serve mediterranean tart grill the beef and Lentil collage Pie. Put berries through	
	into into a bowl leave to cool remain with remaining Caster Sugar	
	& water bring to boil then simmer.	
12:10	Pass berries through Sieve into a bowl leave to cool remove collage Pie and garnish with chopped Parsley clean as you go.	
12:15	Serve collage Pie. Whisk cream till Peak fold icing sugar and pop in fridge.	
12:20	Peel and segment the orange. Remove chilled plate Place the Pavlova on it share Cream evenly on them top with orange segments garnish with grated chocolate.	
12:25	Serve dessert.	
	One big clean up.	

Time plan

Time	Tasks	Notes
	Equipment List	
	<u>Mediterranean tart.</u>	
	Sieve flan ring bowl rolling Pin	
	vegetable knife: Pots mass potato masher Rolling pin Wooden Plate - beakers - Spoon	
	<u>Beef and Lentil cottage Pie</u>	
	Vegetable Knife Pots Wooden Spoon.	
	Pastry brush.. heat proof dish - beakers	
	<u>Orange Pavlovas with berry coulis</u>	
	Sieve bowl Electric Whisks Pots.	
	beakers. Grease Proof metal Paper.	
	Spoon. Piping bag	
	Piping nozzle baking tray	
	wire rack.	

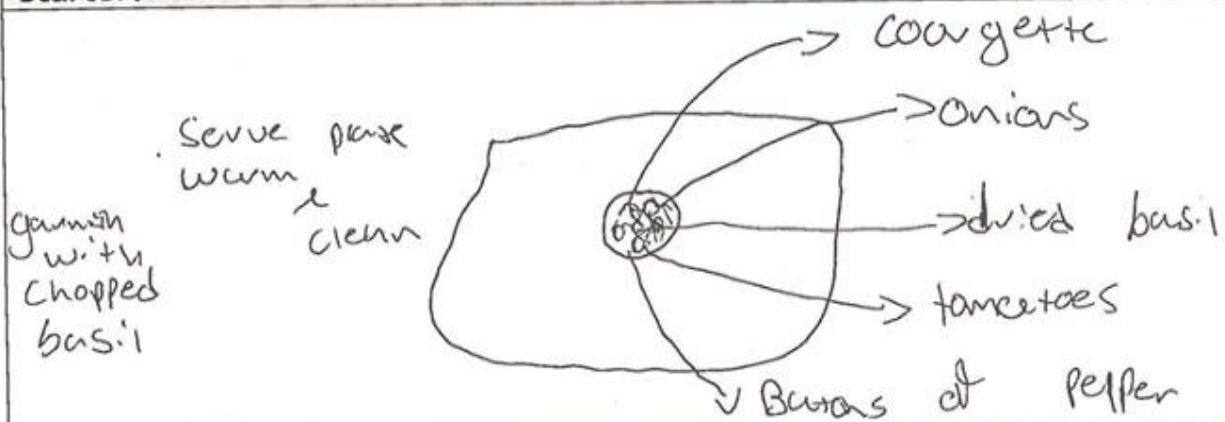
Service details

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

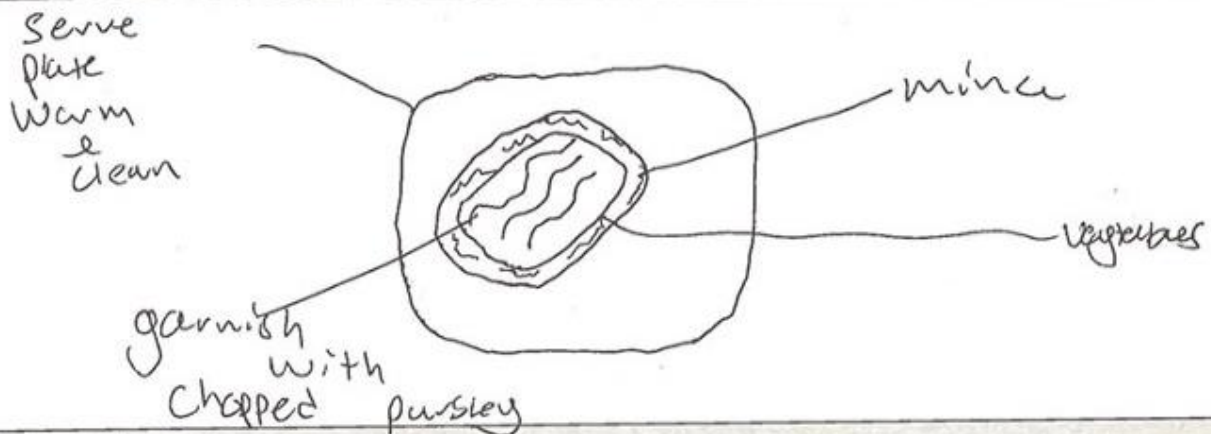
- ◆ details of the service dishes
- ◆ the temperature of the food and service dishes
- ◆ details of the garnishes and decoration

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:



Main course:



Dessert:



Candidate 2 evidence

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

Dish	Service time		Service dishes
Mediterranean Tart	2 hours after start time	12pm	clean, warm plate
Beef and Lentil Cottage Pie	2 hours 15 minutes after start time	12.15pm	clean, hot dish
Orange Pavlovas with Berry Coulis	2 hours 25 minutes after start time	12.25pm	4 individual clean plates at room temperature

Exam Start Time: 10am
Exam Finish Time: 12.30pm

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. 11:10
- ✓ 7. Bake blind for approximately 15 minutes then reduce the oven temperature to 180°C/Gas mark 5. 11:25
- ✓ 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. 11:55
20. Remove and cool slightly.
21. Serve warm, on a clean warm plate, garnished appropriately. 11:50

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. 11:45

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. 12:05
19. Clean the dish and serve hot, garnished appropriately.

Orange Pavlovas with Berry Coulis

Ingredients

2 Egg whites	2 large
1 Caster sugar	130g
1 Cornflour	2.5ml
1 White malt vinegar	5ml
1 Vanilla extract	1.25ml
1 Frozen berries, defrosted	150g
1 Water	30ml
1 Fresh double cream	100ml
1 Icing sugar	15g
1 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. 11:29
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.

~~meat~~ = 11:25

~~pastry rest - bake blind~~

- pastry filling

- potatoes

- meat filling - pie

- bake

Time plan

Time	Tasks	Notes
10am	Kitchen Routine	
10:10	Preheat the oven to 120°C & whisk egg whites until stiff peak forms	* wash hands after handling egg
10:15	gradually add caster sugar, whisking until mix is glossy	
10:20	mix corn flour, vinegar & vanilla extract to form a paste then add into the mix	* pot pot of water on to boil for tomatoes
10:25	begin to pipe the mixture in to 4 circles pipe rosettes round each meringue	
10:30	put meringues in oven sieve the flour and rub in margarine until it resembles breadcrumbs	* wash hands before starting pastry and use oven gloves when putting meringues in oven
10:35	add enough water to form dough, rest for 10 minutes	
10:40	Thinly slice the onion, cut even sized balloons of pepper, thinly slice the courgette	* place ^{scored} tomatoes in water boiled
10:50	roll pastry and line flan ring, rest for 15 minutes	* Clean as you go
10:55	remove tomatoe and plunge into cold water. put put another pot of water on for potatoes	cut potatoes and parsnip into even sized pieces. Finely chop onion, crush garlic & dice carrot.
11am	remove tomatoe skin, remove seeds and dice, heat oil & fry onion and pepper.	
11:05	add courgette, fry for 1 minutes, remove from heat add tomatoe & dried basil then mix well.	add potatoes and parsnip to boiling water
11:05	Brown minced beef in pan, add onion & garlic, cook for 2 mins	wash hands
11:10	Roll pastry blind for 15 minutes Beat egg yolk and milk together	* keep water as flap in lower due to meringues
11:15	Add carrots, lentils, mixed herbs, tomatoes, beef stock and tomato puree	add paprika and cook for 1 minute. Remove from heat.
11:20	Put berries, sugar and water in a pan, bring to boil and simmer for 3-5 minutes	stew for 25 minutes

Time plan

Time	Tasks	Notes
11:25	Remove meringues from oven. Add Pastry to oven - is minus remove pastry and turn oven up to 180°C	Adjust oven 200°C
11:30	Pass berries through a sieve into a bowl, transfer pavlovas to cooling tray.	CAYG
11:35	place veg mix & pour egg mix into pastry, sprinkle cheese on top	Bake for 20 minutes
11:40	Whisk cream, fold in icing sugar, cover and put in fridge	Clean as you go
11:45	Remove cottage pie filling from heat, preheat grill, mash potatoes and parsnip	add with butter, milk and horseradish
11:50	taste and season mince, pour mix into dish, cover with mash mix	add - dish for tart to oven
11:55	Remove tart and dish from oven and leave to cool	
11:58	clean plate, garnish	
12:00	Serve Tart	
12:05	Take cottage pie out and let cool	
12:10	Peel & segment the orange	
12:10	Garnish cottage pie divide cream among pavlovas	
12:15	Serve Cottage Pie ✓	
12:20	top with orange segments, decorate with berry coulis & grated chocolate	
12:25	XXXXXXXXXX	
12:25	Serve Pavlovas. ✓	

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Main course: Beef & Lentil Cottage Pie
Dessert: Orange Pavlovas with Berry Coulis