

Candidate 1 Evidence

Total marks — 30
Attempt ALL questions

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1. (a) Smoked fish risotto

Ingredients

250 g	rice
50 g	butter
100 g	smoked haddock
1750 ml	fish stock
5 ml	dill
10 ml	parsley
5 ml	salt

Describe two changes that can be made to the recipe to meet current dietary advice.

Explain how each change you have described helps to meet a different aspect of current dietary advice.

4

Change 1 change Butter to poly-unsaturated
Margarine

Explanation 1 This would reduce the total fat
content of the smoked fish risotto meeting
the dietary target of eat less fats.

Change 2 remove the salt from the
Smoked fish risotto.

Explanation 2 This would overall reduce
the salt contents of the smoked
fish risotto meeting the dietary target.



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1. (continued)

(b) Explain why poaching is a suitable method of cooking fish.

1

Poaching is a suitable method because you are not using any oils who you would when you are frying fish reducing the fat content making it a

(c) Name a garnish, including the preparation technique, you would use for a fish risotto. *neither method of cooking*

1

you could grate chese on top of the fish risotto and melt it, or you could sprinkle dried herbs on top of the

(d) Describe how each of the following ingredients should be stored. Explain why this method of storage is suitable for the ingredient.

4

Opened tin of tuna

Storage remove tuna from the tin

place in a sealed container and put in the fridge

Explanation you would remove the tuna from the tin so that the metal wouldn't contaminate the tuna you would place in a sealed container

So that no insects could get in and you would place the tuna in the fridge so it wouldn't go off. *put the dried herbs*

Storage you would place in a dry place, like a cupboard.

Explanation This would prevent any moisture from getting in to the dried herbs



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2. (a) A business promotes its homemade food saying it contains local ingredients.

Explain three benefits of buying local foods.

3

Benefit 1 it can benefit the local farmers, as you are giving your money to the farmers.

Benefit 2 it reduces food miles, because the foods are sourced locally they are not having to travel far ~~reducing~~ reducing the carbon emission.

Benefit 3 the foods would ~~contain~~ have less packaging on them as they are not travelling far reducing the plastic content ~~which~~ which is good for the ~~ecosystem~~ ecosystem.

- (b) Evaluate the effect on the taste or appearance of the following ingredients being added to a potato mash.

3

Freshly chopped chives these would add a fresh flavour, and also a green colour, improving the dishes flavour and appearance.

Worcestershire sauce this would give the potato mash a tangy flavour, which would improve the bland flavour of the potatoes overall improving the dish.

Wholegrain mustard this would give the potato mash a yellow colour, and also a bitter taste, which would add extra flavour & improve the flavour of the dish.



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2. (continued)

- (c) Describe one use of each of the following ingredients when used in the cooking of a savoury dish. 2

Oats would give a crunchy texture which would improve the texture of the savoury dish.

Honey would give the dish a sweet flavour, which could improve the savoury dish ~~but~~ could also not benefit the dish.

- (d) Describe two rules which must be followed when weighing and measuring sugar using the following equipment. 2

Measuring spoon you should make sure that the sugar is leveled off, on the spoon

you could do this by running a knife across the pile of sugar on the spoon.
Digital scales make sure that the digital scale is on the right units. you should also make sure that you zero the scales with the bowl on it so it is not taking the weight of the bowl and the sugar.

[Turn over]



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3. (a) The following ingredients are used to make an apple sponge.

Self-raising flour, caster sugar, margarine, eggs, milk, cooking apples, sultanas.

Table 1 shows the unit cost for some of the ingredients used in the apple sponge.

Table 1

Ingredients	Total weight (unit)	Cost (£0.00)
self-raising flour	1000 g	£1.28
margarine	250 g	£0.60
eggs	12	£1.80
cooking apples	600 g	£1.32
sultanas	500 g	£1.30

Table 2 shows the ingredients required to make eight portions of the apple sponge. Calculate the cost of the ingredients required using this information and the formula below.

Use your answers to complete Table 2.


$$\frac{\text{Cost}}{\text{Total weight}} \times \text{Quantity required in recipe} = \text{Cost of ingredient}$$

5

Table 2

Quantity required	Ingredients	Cost (£0.00)
500 g	self-raising flour	£0.64
400 g	caster sugar	£0.60
300 g	margarine	£0.72
4	eggs	£0.60
120 ml	milk	£0.12
400 g	cooking apples	£0.88
100 g	sultanas	£0.26



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3. (continued)		
(b) Calculate the total cost to make eight portions of the apple sponge. <u>£3.82</u>	1	
(c) Calculate the cost to make one portion (rounding your answer to the nearest pence where required). <u>£0.48</u>	1	
(d) Explain why flour is sieved before adding to a sponge mixture. <u>The flour is sieved to remove any lumps and to add air into the sponge mixture.</u>	1	
(e) Explain two safety factors which should be observed when making apple sponge. Safety factor 1 <u>Use oven gloves when putting the ^{the apple sponge} in the oven, and when taking it out to stop yourself from getting burned.</u> Safety factor 2 <u>when cutting the apples cut away from yourself the the point of the fan knife on the chopping board to prevent being cut.</u>	2	
[END OF QUESTION PAPER]		
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