

INSTRUCTIONS FOR FINAL PRACTICAL EXAMS

Each candidate will prepare a **three-course meal for 4 people**
The candidate will work on his/her own and **no help will be allowed.**

The following **instructions** must be adhered to:

- The meal must be prepared within **4 hours**
- The candidate must lay a **table** for the meal. This could be done outside the 4 hours. A **photo** of this must be attached to your task.
- The candidate must make a **menu** for the table and write it out in the correct format. This menu must be attached to the task and sent in to the moderator.
- The **written preparation section** of the task must be completed and sent in to the moderator to be marked.
- The assessment of the preparation of the dishes must be done by a **neutral assessor. This may not be a parent.** The contact details of the assessor must be attached to your task
- Attach a **photo** of each plated dish to your task.
- All tasks must reach the office by **13 August 2010. NO LATE WORK WILL BE ACCEPTED. (Make a copy of your work before you post it.)**

COMPILE YOUR TASK IN THE FOLLOWING ORDER AND SEND IT IN TO THE DELTA OFFICE BEFORE 13 AUGUST 2010:

1. Your name and contact details.
2. Name and contact details of assessor.
3. **Declaration** by yourself and your assessor.
4. Your written / typed **menu** card.
5. **TWO photos** of the table –
 1. Clearly showing a place setting.
 2. Showing the whole table.
6. **Unmarked** written practical preparation (pg 8 – 23) will be marked by the moderator.
7. **Assessment** for chefs – filled in by your own assessor.
8. **THREE photos** – soup and bread, main course, dessert.

THE FOLLOWING DISHES MUST BE PREPARED:

RECIPES:

WHITE BREAD

INGREDIENTS:

10 g instant yeast
200 ml lukewarm water
200 ml lukewarm milk
1 egg
30 ml margarine
15 ml sugar
15 ml salt
500 ml cake flour
500 ml cake flour (extra)
Sesame seeds

Glaze: 1 egg
30 ml water

METHOD:

1. Mix all the dry ingredients except the extra flour and sesame seeds
2. Add the margarine and mix well
3. Mix the water, milk and egg and add to the dry ingredients
4. Mix well.
5. Gradually add the extra flour until a soft dough has formed.
6. Knead until smooth
7. Place the dough into a greased mixing bowl. Cover with glad wrap and allow to rise until double the volume.
8. Knead down and shape into uniform rolls.
9. Place the rolls on a greased baking sheet. Glaze and sprinkle with sesame seeds. Allow to rise
10. Bake in a pre-heated oven (180° C) for 20 – 25 minutes
11. Serve in a bread basket.

TOMATO SOUP WITH PARMESAN CRISPS
(serves 6)

INGREDIENTS:

30 ml butter
1 onion, finely chopped
15 ml garlic, crushed
30 ml tomato paste
1 kg ripe tomatoes, cubed
1,2 litres chicken or vegetable stock
15 ml sugar
150 g Parmesan cheese, grated
Fresh basil leaves to garnish

METHOD:

- 1 Sauté the onion and garlic in the butter until soft.
- 2 Add the tomato paste and tomatoes and cook for 10 minutes.
- 3 Add the stock and simmer for 35 minutes.
- 4 Allow to cool slightly and blend in a food processor.
- 5 Add the sugar.
- 6 Season well with salt and freshly ground black pepper.
- 7 Arrange triangles of Parmesan cheese on a greased baking sheet.
- 8 Bake at 200° C until golden and melted.
- 9 Carefully remove and cool on a wire rack.
- 10 Reheat the soup and serve with a Parmesan crisp and garnish with basil.

STUFFED CHICKEN BREASTS

INGREDIENTS:

4 chicken breasts
1 small onion
20 ml margarine
4 rashers bacon, chopped
4 spinach leaves, shredded
salt and black pepper
egg and breadcrumbs
oil for frying

METHOD:

1. Set the oven at 180° C.
2. Fry the onion in the margarine until translucent.
3. Add the bacon and fry for 2 – 3 minutes
4. Add the spinach, salt and pepper and allow to cool.
5. Place the stuffing in a slit in the chicken breast.
6. Dip the chicken in egg and then in seasoned crumbs
7. Fry lightly in a bit of oil. Remove and place in a baking dish.
8. Bake for about 20 minutes until golden brown.

MUSHROOM TARRAGON SAUCE

40 ml margarine
½ onion, chopped
200 g mushrooms, in slices
10 ml chopped tarragon
40 ml flour
50 ml white wine
300 ml cream

METHOD:

1. Melt the margarine in a pot.
2. Fry the onions, mushrooms and tarragon for 5 minutes.
3. Remove from the heat and add the flour.
4. Add the white wine and cream and return to the heat. Boil for 2 minutes.
5. Season with salt and pepper.
6. Serve with the chicken

MEDITERRANEAN VEGETABLES

INGREDIENTS:

8 snow peas (mange tout)
8 baby corn
8 slices of green pepper
8 slices of red pepper
8 onion rings
2 carrots in julienne strips
salt and pepper
20 ml olive oil
10 ml soya sauce

METHOD:

1. Wash the peas and cut the ends off.
2. Cut the peppers in thin slices.
3. Cut the onions in rings
4. Heat olive oil in a large frying pan or a wok
5. Place the onions and peppers in the pan and fry slightly.
6. Add the carrots, corn and peas as well as the salt, pepper and a bit of soya sauce.
7. Fry until soft but firm.
8. Serve immediately.

MINT POTATOES IN PHYLLO PASTRY

Wash and peel the potatoes and rewash them.

Cut into even sizes.

Cook in lightly salted water until soft.

Drain the water, cover and return to a low heat to dry out the potatoes.

Mash until smooth.

Add 1 egg yolk per 500 g mashed potatoes and stir in with a wooden spoon.

Add 25 ml margarine for every 500 g mashed potatoes.

Add salt and pepper and a dash of nutmeg.

Add a bit of freshly chopped mint leaves.

Cut squares of phyllo pastry.

Place two squares on top of each other and place a spoonful of mash on the one side

Roll up like a spring roll.

Brush with melted margarine

Place on a greased baking sheet and bake at 200° C until golden brown.

AMARULA BAVAROIS:

INGREDIENTS:

- 2 eggs
- 50 g castor sugar
- 150 ml milk
- 200 g white chocolate
- 10 ml gelatin powder
- 30 ml water
- 45 ml amarula cream
- 250 ml cream, whipped

METHOD:

1. Beat the egg yolks and sugar until creamy.
2. Heat the milk and slowly add it to the egg mixture.
3. Place in a double boiler and heat until the mixture covers the back of a metal spoon.
4. Remove from the heat and add the chocolate pieces.
5. Stir until the chocolate has melted.
6. Mix the gelatin with the water and allow to sponge.
7. Dissolve the gelatin over boiling water and add to the chocolate mixture.
8. Stir in the amarula cream.
9. Allow the mixture to cool down and fold in the whipped egg white and whipped cream.
10. Fill a mould or ramekin with bavarois mixture.
12. Refrigerate until set.
13. Remove from the ramekin and decorate with fresh fruit.

2010 Hospitality Studies Practical Exam Grade 12

HOSPITALITY STUDIES
PRACTICAL ASSESSMENT TASK GRADE 12
2010

CHEFS

A	Planning	Marks
	This should be done on the included practical preparation sheet.	
1	<i>Mise-en-place</i> for your recipes, with equipment, recipes written in the correct format, preparation, garnishing, setting of oven	10
2	List the ingredients for the dishes you will prepare	5
3	Plan your time schedule / order of work. Work on all your dishes simultaneously (integration), taking the time your dish would be served into consideration	12
4	Describe the hygiene and safety principles to be taken into consideration while preparing your dishes	7
5	Plan the plating and garnishing of your dishes. Use a labeled diagram to indicate the position of each item on the menu on the plate of the main course and dessert	1 x 2 2 x 2
6	Calculate the cost of the chicken and sauce on the menu.	10
	Total	50

B	Preparation and production of the dishes	Marks
1	Personal appearance (uniform) and hygiene	5
2	<i>Mise-en-place</i>	10
3	Safe and correct use of equipment, including measuring equipment	4
4	Recipe interpretation, preparation and cooking methods of dishes	26
5	Maintenance of hygienic standards: Handling of food and equipment, dishwashing, dishcloths, work surface, handling of waste, etc.	10
6	Effective use of time. Follow time schedule as planned	10
7	Fulfill duties after the function	5
	Total	70

C	Evaluation of dishes	Marks
1	Bread Rolls: Appearance, taste and texture	15
2	Soup: Appearance, taste and texture	15
3	Chicken and sauce: Appearance, taste and texture	15
4	Vegetables: Appearance, taste and texture	15
5	Potato: Appearance, taste and texture	15
6	Dessert: Appearance, taste and texture	15
	Total	90
	Convert to	30

TOTAL 150, convert to 100

**PLANNING FOR THE PRACTICAL ASSESSMENT TASK
CHEF**

NAME: _____

1. MISE-EN-PLACE

DISH 1: Tomato soup

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Cooking method:			

2010 Hospitality Studies Practical Exam Grade 12

DISH 2: White Bread Rolls

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Oven °C:	Time:	Placing of oven rack:	
Cooking method:			

2010 Hospitality Studies Practical Exam Grade 12

DISH 3: Chicken Parcels

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Oven °C:	Time:	Placing of oven rack:	
Cooking method:			

2010 Hospitality Studies Practical Exam Grade 12

DISH 4: Mushroom Tarragon Sauce

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Cooking method:			

2010 Hospitality Studies Practical Exam Grade 12

DISH 5: Mediterranean vegetables

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Cooking method:			

2010 Hospitality Studies Practical Exam Grade 12

DISH 6: Mint Potatoes in Phyllo Pastry

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Oven °C:	Time:	Placing of oven rack:	
Cooking method:			

2010 Hospitality Studies Practical Exam Grade 12

DISH 7: Amarula Bavaois

RECIPE			<i>MISE-EN-PLACE</i>
Ingredient	Amount	Preparation needed	Apparatus for measuring
			Apparatus for preparation
			Apparatus for cooking
			Apparatus for serving
Garnishing:			
Cooking method:			

THIS ASSESSMENT WILL BE DONE BY THE MODERATOR

ASSESSMENT: 20 marks for each dish = $140 \div 7 = 10$

	Mark	Mark Dish 1	Mark Dish 2	Mark Dish 3	Mark Dish 4	Mark Dish 5	Mark Dish 6	Mark Dish 7
Correct apparatus for measuring	2							
Correct apparatus for preparation	2							
Correct apparatus for cooking	2							
Correct apparatus for serving	2							
Preparation needed	4							
Suitable garnish	1							
Correct oven temperature, time and placing of rack / Description of cooking method	3							
Ingredients	2							
Amount	2							
Total	20							
$140 \div 7 = 10$								

2010 Hospitality Studies Practical Exam Grade 12

THIS ASSESSMENT WILL BE DONE BY MODERATOR

ASSESSMENT

SCALE:	1-2	=	Unacceptable
	3-4	=	Does not meet requirements
	5-6	=	Meets requirements
	7-8	=	Exceeds requirements
	9-10	=	Excellent

Mark

EXCELLENT (9 – 10):

Excellent conceptualization of time schedule.

Preparation of ingredients and equipment indicated, e.g. peel and chop onions, measure dry ingredients into a large mixing bowl, set oven, prepare baking trays.

All the steps in each recipe mentioned – very clear but short

Work on more than one product at the same time.

2010 Hospitality Studies Practical Exam Grade 12

4. HYGIENE AND SAFETY PRINCIPLES

1. Workspace		(3)
2. Apparatus		(3)
3. Stoves		(3)
4. Dishwashing		(3)
5. Dishcloths		(3)
6. Handling of food		(3)
7. Disposal of refuse		(3)
Total 21 ÷ 3 = 7		

(Answers may be general as well as specific.)

5. PLATING

Describe the plating and garnishing of your main course

(1)

Draw a labeled diagram to indicate the position of all the dishes on the menu on the plate of the main course.
(2)

2010 Hospitality Studies Practical Exam Grade 12

Describe the plating and garnishing of your dessert	(1)
Draw a labeled diagram to indicate the position of all the dessert and garnish on the plate	(2)

ASSESSMENT – CHEFS – EVALUATION OF DISHES		Total	
FINAL PRODUCT : Bread Rolls		15	
Appearance and garnishing			
		2	
		2	
		2	
Texture			
		2	
		2	
Taste			
		2	
		2	
		1	
FINAL PRODUCT : Tomato Soup		15	
Appearance and garnishing			
		2	
		2	
		2	
Texture			
		2	
		2	
Taste			
		2	
		2	
		1	
ASSESSMENT – CHEFS – EVALUATION OF DISHES		Total	
FINAL PRODUCT : Chicken and sauce		15	
Appearance and garnishing			
		2	
		2	
		2	
Texture			
		2	
		2	
Taste			
		2	
		2	
		1	

2010 Hospitality Studies Practical Exam Grade 12

FINAL PRODUCT : Vegetables	15	
Appearance and garnishing		
	2	
	2	
	2	
Texture		
	2	
	2	
Taste		
	2	
	2	
	1	
ASSESSMENT - CHEFS - EVALUATION OF DISHES		
	Total	
FINAL PRODUCT : Potato	15	
Appearance and garnishing		
	2	
	2	
	2	
Texture		
	2	
	2	
Taste		
	2	
	2	
	1	
FINAL PRODUCT : Bavarois	15	
Appearance and garnishing		
	2	
	2	
	2	
Texture		
	2	
	2	
Taste		
	2	
	2	
	1	
TOTAL	90	