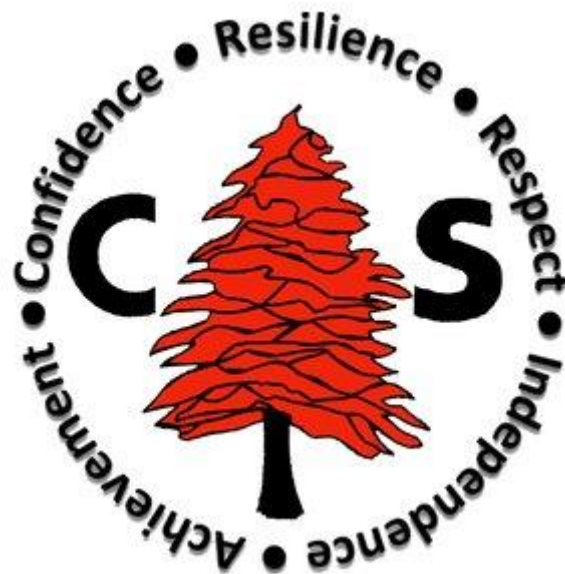




## ***Hospitality Revision Booklet 2019/20***

### ***Preparing for your Prelim***



## Key dates to remember:

- Written prelim paper: 24<sup>th</sup> January
- Assignment (timeplan, equipment and service details): 9<sup>th</sup> and 10<sup>th</sup> January
- Practical Prelim – 3 course meal:
  - Sweet potato soup with parsley  
Croutons.*
  - Pork loaves with tagliatelle*
  - Profiteroles with a salted caramel  
Sauce.*

} Friday  
17<sup>th</sup>  
January

Supported study for Hospitality will be available on request.

Your prelim is made up of three different parts and you **MUST** pass all three parts to pass at a National 5 level.

Written elements i.e assignment and written paper are worth 50% of your overall grade.

Practical exam is worth 50% of your overall grade.



## Written Paper Practice Questions

**FACT** and **IMPACT** – it is essential you expand on your answers and write in clear, concise sentences mentioning the key words from the question. Refer to your model written paper answers you have in your jotter and that are available on your google classroom!

1. List three different garnishes which could be used to improve the appearance of **A Tangy Lemon Tart** . Give the method of preparation for each garnish.

	Garnish	Method of preparation
1		
2		
3		

6 marks

2. Evaluate the effect on the colour, flavour or texture of the following ingredients when used to make an apple turnover

(i) Puff pastry

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(ii) stewed apple

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2 marks

3. A pastry flan case is to be baked blind. Describe **two** stages involved in this process.

Stage 1

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Stage 2

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2 marks

4.

## Beef lasagne recipe

### Ingredients

#### Meat sauce

25 g green pepper  
50 g carrot  
25 g onion  
50 ml tinned chopped tomatoes  
7.5 ml tomato puree  
1.25 ml mixed herbs  
2.5 ml garlic powder  
50 g beef mince  
1/4 beef stock cube, dissolved in 50 ml boiling water

#### Cheese sauce

15 g margarine  
15 g plain flour  
150 ml semi-skimmed milk  
25 g mature cheddar cheese,  
grated  
salt and pepper

### Method

- 1 **Meat sauce.** Prepare the following:
  - ◆ Wipe/wash and slice the mushrooms.
  - ◆ Wash and deseed the green pepper Cut into 5 mm x 5 mm pieces. (dice)
  - ◆ Wash, peel and rewash the carrot. Cut into 3 mm x 3 mm x 3mm dice. (tiny)
  - ◆ Peel and finely dice the onion.
  - ◆ Add the tinned tomatoes, tomato puree, mixed herbs, garlic powder and beef stock to the jug.
- 2 Brown the mince in the pan, then add the onion, carrots, peppers, and mushrooms.
- 3 Add the ingredients from the jug and bring to the boil.

- 4 Simmer for 15 minutes until the mince is cooked and the vegetables are tender.  
**Taste and season as required.**
- 5 Put on the oven — gas mark 6, 200°C.
- 6 **Cheese sauce**
  - ◆ Melt the margarine, add the flour and stir to make a roux. Cook for one minute. Remove from the heat.
  - ◆ Add the milk gradually to the roux, stirring continuously.
  - ◆ Bring to the boil and simmer gently for five minutes.
  - ◆ Add 2/3 of the grated cheese and mix. Taste and season as required.
- 7 Place half of the meat sauce in a dish, cover with two sheets of lasagne and half of the cheese sauce. Repeat these layers.
- 8 Sprinkle the remaining 1/3 of the grated cheese evenly over the top of the lasagne.
- 9 Bake for 15 minutes until it is ready and the lasagne is golden brown in colour.
- 10 Garnish and serve.

Describe 3 changes that could be made to this recipe to meet current dietary advice.

Explain a different way each change you have described helps meet current dietary advice.

Change 1 \_\_\_\_\_

\_\_\_\_\_

Explanation 1 \_\_\_\_\_

\_\_\_\_\_

Change 2 \_\_\_\_\_

\_\_\_\_\_

Explanation 2 \_\_\_\_\_

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Change 3 \_\_\_\_\_

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Explanation 3 \_\_\_\_\_

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6 marks

(b) Explain why each of the following ingredients is used in the recipe.

1. Milk \_\_\_\_\_

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2. Cheese \_\_\_\_\_

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2 marks

5. Explain how each of the following ingredients should be correctly stored.

1. Raw mince \_\_\_\_\_

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2. Opened jar of marmalade \_\_\_\_\_

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3. Plain flour \_\_\_\_\_

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4. Milk \_\_\_\_\_

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4 marks

## **Assignment: Timeplan, Equipment list & Service Details**

Your assignment will come in 3 parts:

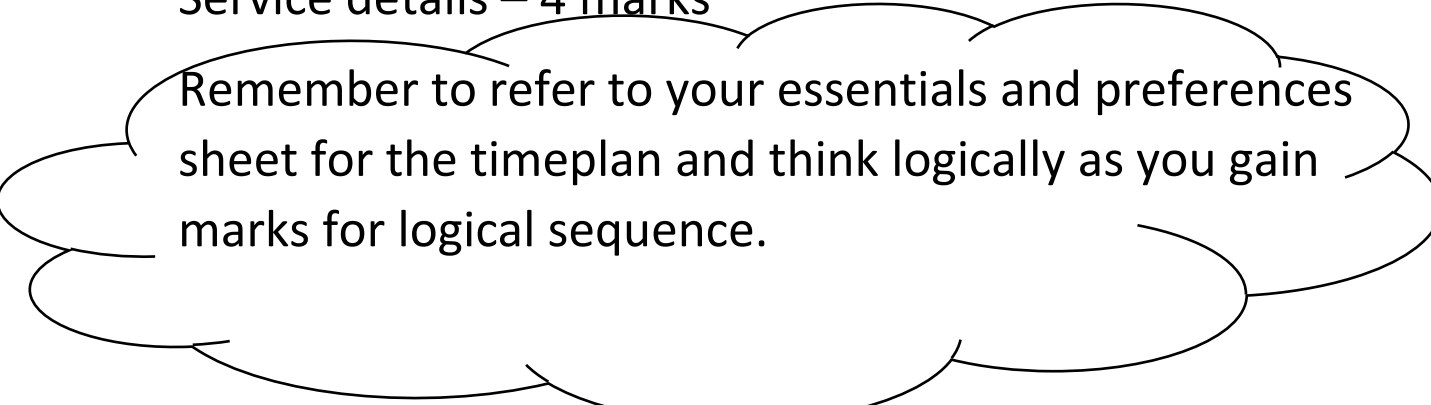
- Timeplan (110 points need to be mentioned altogether to get full marks)
- Equipment list (refer to your example ones)
- Service details (the three annotated diagrams of each of the dishes)

### **Your assignment is out of 18 marks**

Timeplan – 10 marks

Equipment list – 4 marks (you need to get 95% correct to receive full marks – remember paper towel is a piece of equipment)

Service details – 4 marks



Remember to refer to your essentials and preferences sheet for the timeplan and think logically as you gain marks for logical sequence.



## Timeplan

**Start time: 9am**

**Finish time: 12pm**

You get marks for writing this at the beginning of your timeplan

### **Three recipes:**

- Curried parsnip soup
- Beef stir fry with noodles
- Citrus Meringue Pie

### ***Things you need to know:***

1. Service times: starter – 11:15am, main course – 11:30am, dessert – 11:45am.
2. Logical sequence – remember you cannot just write “follow steps 1-6 of starter”.
3. You can serve 5 mins early or 5 mins late – it is acceptable and no marks will be taken off.
4. Changing of oven temperature and stating clearly when they need to be removed from oven.

# Time Plan

Starter- Chickpea Soup  
Main course- Mediterranean Fish Stew and Rice  
Dessert- Chocolate Muffins and Chocolate Custard  
Side Dish- Rustic Bread  
Breakfast Dish- Fruit Granola

<u>Time</u>	<u>Method</u>	<u>Reminder</u>
00:00-00:10	Collect all equipment and ingredients wash hands and wash cooking area.	
00:10-00:20	Begin preparing fruit, vegetables for all dishes	Wash all vegetables thoroughly. Preheat oven to 200°C
00:20-00:30	Mix together 1 tsp yeast, 250g flour and $\frac{1}{2}$ tsp salt. Add tbsp of olive oil and gradually add 200ml water to make dough. Knead dough on a floured surface for 4-5 minutes. Add rosemary.	
00:30-00:40	Cut into 8 pieces and roll out. Place breads on baking sheet. Scatter with rosemary, season with salt, pepper and	Leave for 5 minutes

## Curried Parsnip Soup

### Ingredients

Lentils	35g
Carrot (peeled)	50g (prepared weight)
Onion (peeled)	50g (prepared weight)
Parsnips (peeled)	150g (prepared weight)
Sunflower oil	10ml
Medium curry powder	5ml
Hot vegetable stock	375ml
Parsley (washed)	2.5ml (prepared volume)

### Method

1. Wash the lentils and allow to drain.
2. Chop the carrot into even sized pieces.
3. Chop the onion.
4. Chop the parsnip into even sized pieces.
5. Heat the oil in a large pan.
6. Add the onion, cover and sweat for 2 minutes.
7. Add the curry powder and stir to coat the onion, cook for 1 minute.

8. Remove the pan from the heat.
9. Add the lentils, carrot, parsnip and hot stock to the pan.
10. Bring to the boil, reduce the heat and simmer for 30 minutes.
11. Finely chop the parsley and reserve for garnish.
12. Cool the soup slightly and puree until smooth.
13. Adjust the consistency if required.
14. Taste and season if necessary.
15. Serve the soup in a hot tureen or bowl.
16. Garnish with the reserved parsley.

## **Beef Stir Fry with Noodles**

### **Ingredients**

**Any selection of differently coloured vegetables e.g.:**

¼ pepper (any colour, but red looks good)

2x15ml frozen peas

2x15ml sweetcorn or 2 or 3 whole baby corn

½ carrot

¼onion

1 spring onion

2 mushrooms

75g beef frying steak

1 sheet egg noodles

1x15ml cooking oil

1x5ml soy sauce

## Method

1. Collect ingredients and equipment.
2. Put a pot of water on to boil (for the noodles).
3. Prepare raw vegetables and slice.
4. Slice the beef evenly.
5. When water is boiling, add noodles to the water and cook for the required time (usually 3-4 minutes).
6. Heat the oil in a frying pan, quickly fry the beef on both sides then add the vegetables which need the longest cooking time (this will depend on your choice, but probably the onion and carrot).
7. Stir fry the beef and vegetables for a few minutes, keeping them moving about to prevent them sticking.
8. Add remaining vegetables and continue to keep them all "moving".
9. Test noodles and drain well.
10. Remove the frying pan from the heat and add the noodles to it along with the soy sauce. Mix it all thoroughly.
11. Taste, season and serve.

# Citrus Meringue Pie

## Ingredients

### *Pastry:*

75g plain flour (9x15ml)

37½g margarine

3x5 ml spoons water

### *Filling*

2 x 10 ml spoons cornflour

25g caster sugar

Finely grated rind of 1 lemon **or** 1 orange

100ml cold water

Yolk of 2 eggs

## OR

To save time, use ½ packet of Lemon Pie filling, and make up as directed on the packet.

### *Meringue*

White of 2 eggs

100g caster sugar

### *Method*

1. Set oven.
2. Rub the margarine into the flour till it looks like fine breadcrumbs. Add the water to make a stiff dough.
3. Knead gently and use to line a flan ring. Bake blind for 15-20 minutes.
4. Turn down the oven temperature to 160°C/Gas 3 when you take the flan out of the oven.

**Oven temp:**

**Pastry case:** 200°C / Gas 7

**Meringue:** 160°C / Gas 3

**Time: Pastry case:** 15 minutes

5. Separate the yolks from the whites of egg carefully (you **must not** let any yolk into the white). Place the yolks in a cup and the whites in a clean bowl.
6. Blend the cornflour, sugar and rind in a small bowl with a little of the measured water.
7. Place the rest of the water in a small pan with the orange or lemon juice and bring to the boil. Remove from the heat and pour over the cornflour mixture in the small bowl. Mix well.
8. Return to the heat and bring to the boil (stirring all the time with a wooden spoon) until the mixture thickens.
9. Cool slightly, add the egg yolks – beating well. Pour into the cooked flan case.
10. Whisk the egg whites until stiff and dry. Whisk in half of the measured caster sugar. Fold in the remaining 50g.
11. Either pipe or pile the meringue onto the fruit mixture.
12. Bake until pale golden brown in colour.
13. Serve hot or cold.

**Equipment list (4 marks)**

<u>Starter</u>	<u>Main course</u>	<u>Dessert</u>

There will be at least 10 pieces of equipment per dish! Remember to look through the recipe and picture what you would use for each step. You need to write “teaspoon to taste” for each one.

**Service details (4 marks)**

For each dish you need to state the following to get full marks:

- Is the food hot or cold?
- What temperature is the plate – room temp, chilled or warm?
- Is the plate clean?

Starter:

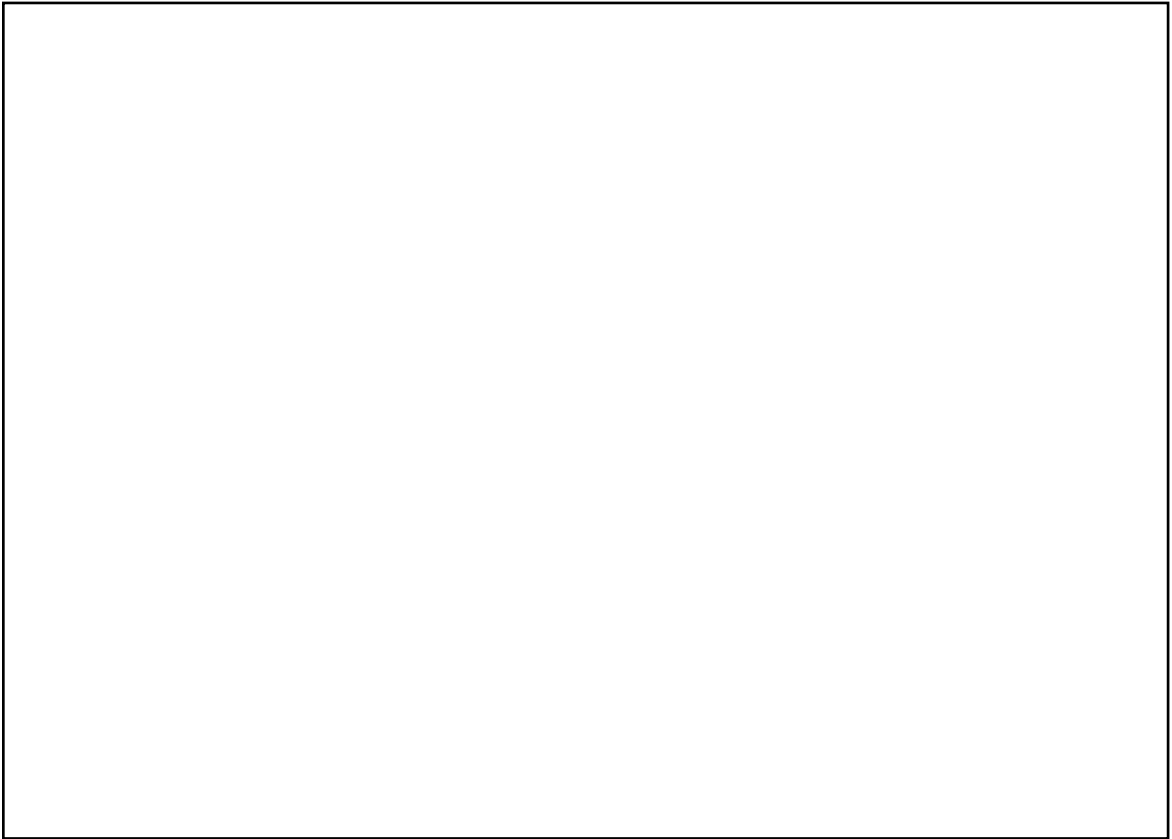


Main course:





Dessert:

A large, empty rectangular box with a thin black border, intended for the user to write their chosen dessert name.