

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. These will be your model written paper answers you have in your jotter for you to look back on.

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

(ii) stewed apple

2 marks

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

Stage 1

Stage 2

2 marks

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 _____

6 marks