

HOSPITALITY PRACTICAL COOKERY

Prelim Exam Question Paper

Session 2019-20

Total marks — 30

NAME

DATE

MARKS

Attempt ALL questions.

You may use a calculator

Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.

Use **blue** or **black** ink. Before leaving the examination room you must give this booklet to the Invigilator; if you do not, you may lose all the marks for this paper.

1 (a) A local vegetarian café is increasing its range of baked items and has created the following recipe:

Lemon and blueberry muffins

- 200g Butter
- 500g Self-raising flour
- 10ml Bicarbonate of soda
- 200g Caster sugar
- 200g Blueberries
- 2 Lemons, zest only
- 4 Free-range eggs
- 300ml Natural Yoghurt
- 30ml Milk
- 60ml Lemon curd

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

Explain a **different** way each change helps to meet current dietary advice.

Change 1 _____ 1

Explanation 1

_____ 1

Change 2 _____ 1

Explanation 2

_____ 1

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

(i) Self-raising flour

1

(ii) Natural yoghurt

1

1 (c) Describe how **one** of the ingredients from the recipe could help the café meet **two different** targets of using sustainable ingredients

Ingredient: _____

Target 1:

1

Target 2:

1

1 (d) Explain one advantage of baking as a method of cooking

1

1 (e) Explain one safety rule when using the oven

1

2 (a) Describe how each of the following ingredients should be stored.

Explain why this method of storage is suitable for the ingredient.

Fresh White Fish

2

Storage_____

Explanation_____

Opened jar of dried herbs

2

Storage_____

Explanation_____

2 (b) Explain a hygiene rule to follow when handling raw fish.

_____ **1**

2 (c) Identify the correct piece of equipment required to carry out the process of folding. Explain how this process should be carried out.

Equipment_____ 1

Explanation_____

_____ 1

2 (d) Evaluate the effect on the colour, flavour or texture if the following ingredients are used in a macaroni cheese. 3 marks

(i) Red mature cheddar cheese 1

(ii) Wholemeal flour 1

(iii) Dried English mustard 1

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

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

Table 1 shows the unit cost for some of these ingredients.

Ingredient	Total weight (unit)	Cost (£0.00)
Self-raising flour	1000g (1kg)	£1.28
Margarine	250g	£0.60
eggs	12	£1.80
Cooking apples	600g	£1.32
Sultanas	500g	£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.

$$\underline{\text{Cost}} \quad \times \quad \text{Quantity required} \quad = \quad \text{Cost of ingredient}$$

Total Weight

Table 2

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

5

(b) Calculate the total cost to make eight portions of apple sponge.

_____ 1

(c) Calculate the cost to make one portion (rounding your answer to the nearest pence when required).

_____ 1

(d) Explain why flour is sieved before adding to a sponge mixture

_____ 1

(e) Explain two safety factors which should be observed when making apple sponge mixture.

Safety factor 1

1

Safety factor 2

1

END OF QUESTION PAPER