

# Planning the practical

---

You will need to prepare a detailed time plan for your practical task.

You have a maximum of three hours to prepare your dishes.



# Things to include

---



Remember to include:

- The time taken for each task
- The method of making, including important information, for example consistency of mixtures, how to tell if it is cooked, special finishes
- Timings for processes, e.g. cooking time, chilling time
- Food hygiene procedures.

You will need to ensure that you serve all the dishes at the correct temperature at the end of the cooking period and that they are ready to be eaten.

# Planning



Time	Method	Special Points	Prog
9:00	Organisation <sup>Self</sup> Food storage.		
9:10	1. Place the oil in the bowl and add salt to taste. Mix the oil with salt in the bowl. Add the rice to the bowl and mix together with your hands and the dough is well combined. Bring the dough together into a ball. Using hand balls, shape the dough into a circle. Roll out with a roller to 20cm across, or roll through a pasta maker. If necessary add a little more salt to taste the dough. Roll out the dough to the size and cover with a clean dry oil based paper. The dough is left to rise in a warm place and be about 30-40 mins +.	Soft consistency Leave to rise 30-40 mins	✓
9:20	2. Make a well in the flour and pour in about two-thirds of the cold water mixing with your hands a firm dough dough making using water if necessary. 3. Turn out onto a lightly floured surface knead gently and form into a smooth rectangle. Roll the dough in one direction only, and 7 times the width, about 10 x 50 cm. Make ridges straight and even. Don't overwork the dough or you will form a cracked effect. 4. Fold the top third down to the centre, then the bottom third up and over that. Use the dough a square 10cm by 10cm or 15cm by 15cm and roll again to three times the length. Pinch the bottom corner with your thumb and index finger to form a pointed end. 5. Wash and chop carrots. 6. Grate red from orange and that juice 7. Mix Hobart, sugar and orange juice to give coat all layers.	Breadcrumbs Soft not sticky dough At 20 mins fridge 5°C	✓
9:40	1. Heating a small frying pan and fry cooking the chorizo, onion and pepper seeds - this is to heat them and draw out their flavour.	Approx 10 mins Low heat lid on 2-3 mins Change colour	✓

This shows how a candidate planned out how to allocate the times.

They printed the methods on different coloured pieces of paper, cut them up and then arranged them in order on a piece of paper for the 3-hour practical. This was then used to write the final plan.

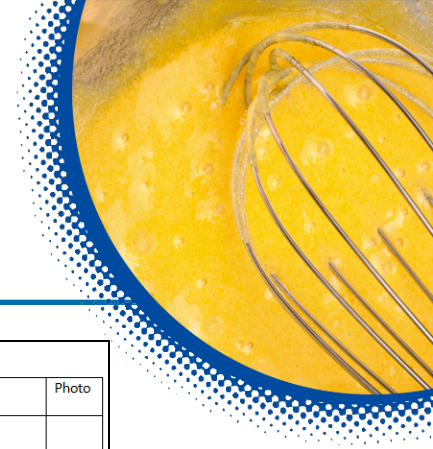
9:50	2. Add oil and water. Roll out orange and sugar into a ball. Roll out from the pan and about 20cm wide with a paddle and roller.	Brushup 2cm Olive Soft - remove from roller - dish to cool 5 mins in fridge	✓
10:00	3. Prepare veg for soup onions chop a parsnip. Dark chocolate coating	cook 1hr (110)	✓
10:10	4. Heat the butter and oil in a saucepan and the water to boil, then add the orange and gently simmer for about 5 minutes before adding the garlic. Let this cook, along with the onions, for about 10 minutes. Drain off the excess liquid, along with the butter and garlic, and add it to the pan to coat the pasta for a few more minutes while you...	Coating consistency put in bowl to cool oven on 180°C	✓
10:20	5. Heat the butter and oil in a saucepan and the water to boil, then add the orange and gently simmer for about 5 minutes before adding the garlic. Let this cook, along with the onions, for about 10 minutes. Drain off the excess liquid, along with the butter and garlic, and add it to the pan to coat the pasta for a few more minutes while you...		✓
10:30	6. Wash up - while checking on bransley snaps		✓

# Final plan

Using colours will make it easier to know which dish is being worked on at a specific time.

Allow time to arrange the food on plates and to do your washing up.

Remember, you need to include at least two photos of techniques as well as your final dishes.



Planning for making - 3 hours... 9.00 - 12.00			
Time	Method	Special points	Photo
9.00	Personal organisation - hair tied back, apron on Washed hands		
9.05	Organise all ingredients. All high risk foods in fridge - milk, cheese, Butter, cream. Other ingredients on separate trays for each course <b>Soup</b> - parsnips, apple, onion spices, garlic stock cube <b>Bread</b> - strong plain flour, dried yeast <b>Mushroom Wellington</b> - strong plain flour, butter, mushrooms, milk, Vegetables - potatoes, cauliflower, broccoli, flour. <b>Rhubarb fool and brandy snap biscuits</b> - flour, sugar, rhubarb, custard powder, almonds	Fridge 5°C  Oven on 150 °C	
9.10	Wipe down work surface	Use <u>sanitiser</u> .	
9.10	<b>Make bread dough</b> - strong plain flour, salt and yeast mixed together. <b>Add 125 warm water.</b> Mix together Knead for 5 mins on floured board Put bread in bowl, cover with cling film. Place in warm area to prove.	38 °C Soft consistency. Till smooth  Till double in size - 20 mins.	✓
9.20	Wash up and wipe table down		
9.25	<b>Make rough puff pastry.</b> Rub 1/4 fat into flour  Chop remaining butter into small pieces and add to flour mix. Stir in. Add <b>cold</b> water and mix with knife.  Roll to oblong - fold in thirds - quarter turn and repeat.	Looks like bread crumbs.  Soft but not sticky consistency. Floured table. Wrap in cling film and chill - fridge	✓  ✓

# Method of working

---



There are 25 marks for this section. Your teacher will assess how you work when you are completing the practical session.

To achieve high marks you need to do the following:

- Have high standards of personal and food hygiene
- Work in an organised manner
- Follow the time plan
- Work independently
- Complete all the dishes within the 3 hours
- Complete successful dishes.

# Skills and cooking

---



There are 25 marks for this section. Your teacher will assess this when you are carrying out your practical work. However, you do need to have thought about the marking of this section when you make your choice of dishes to cook.

You will gain marks in this section if you:

- Successfully prepare and cook dishes that require a high skill level
- Use a range of tools and equipment safely and correctly
- Use correct cooking methods and show good cooker management.



# Presentation

---



There are 25 marks for the presentation of your dishes. This includes how your dishes taste. This will be assessed by your teacher.

When you present your food it should be:

- Served at the correct temperature
- Plated as one portion in a suitable way for the context
- Garnished/finished so that the dishes look attractive.

Lemon meringue pie

# Photographic evidence



Quiche Lorraine and a dressed salad



Lemon meringue pie



Sweet and sour pork