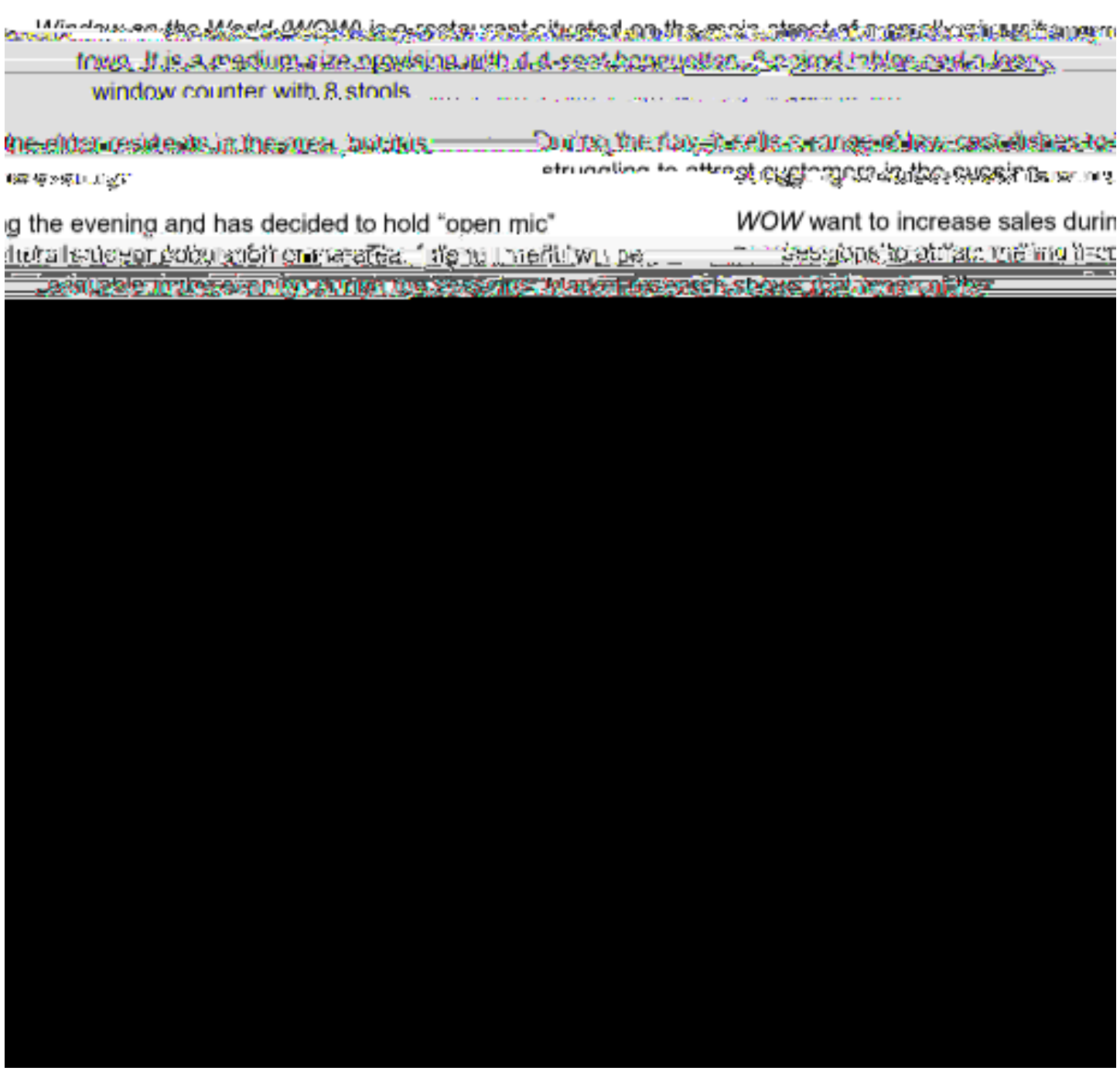
Unit 2

120 Marks

The total time allocated for assessed tasks is **12 hours**.

Scenario (EXAMPLE)



Customer 1: Mind map of possible dishes

Customer 2: Mind map of possible dishes

Chosen dishes including accompaniments

Customer 1: Assess how the dish meets the nutritional needs of the customer *(Resources: NOT permitted)*

Customer 1: Explain the impact of cooking methods on the nutritional value of the chosen dish *(Resources: NOT permitted)*

Customer 2: Explain the impact of cooking methods on the nutritional value of the chosen dish *(Resources: NOT permitted)*

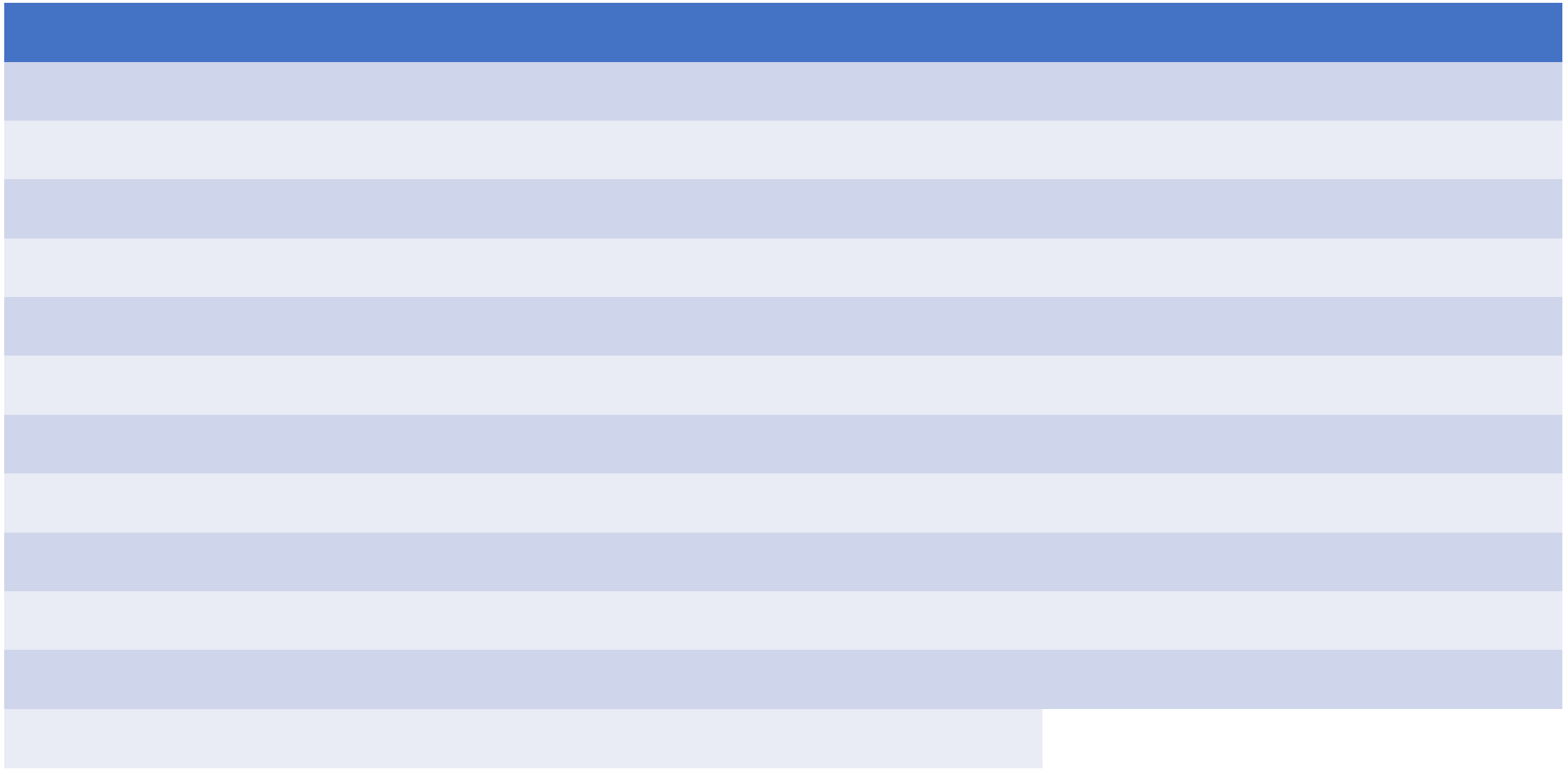
Task 2: Menu Planning

Task 2

Unit content	Tasks					
2.2	Menu p					
	2.					18
2.2.1	(a)	Discuss your **choice** of dish You should demonstrate your knowledge of the fo your dishes. Answers may include: • cost • portion control • [illegible] diets • t[illegible] day • clien[illegible] • equi[illegible]ent available • techniques of the chef • time available • environmental issues • time of year • organol[illegible]			Guidance: Direct Resources: Permitted Not permitted		
2.2.2	(b)	Plan to produce your **two** dishes. You should show evidence of: • commodity list with quantities • equipment list • health, safety, and hygiene • contingencies • quality points • sequencing/dovetailing • timings • mise en place • cooking • cooling • hot holding • serving • storage.	Production plan	2 hours	Supervision: Guidance: Direct Resources: Permitted Collaboration:	AO2	[10]

Plan to produce your two dishes *(Resources: permitted)*

Plan to produce your two dishes *(Resources: permitted)*

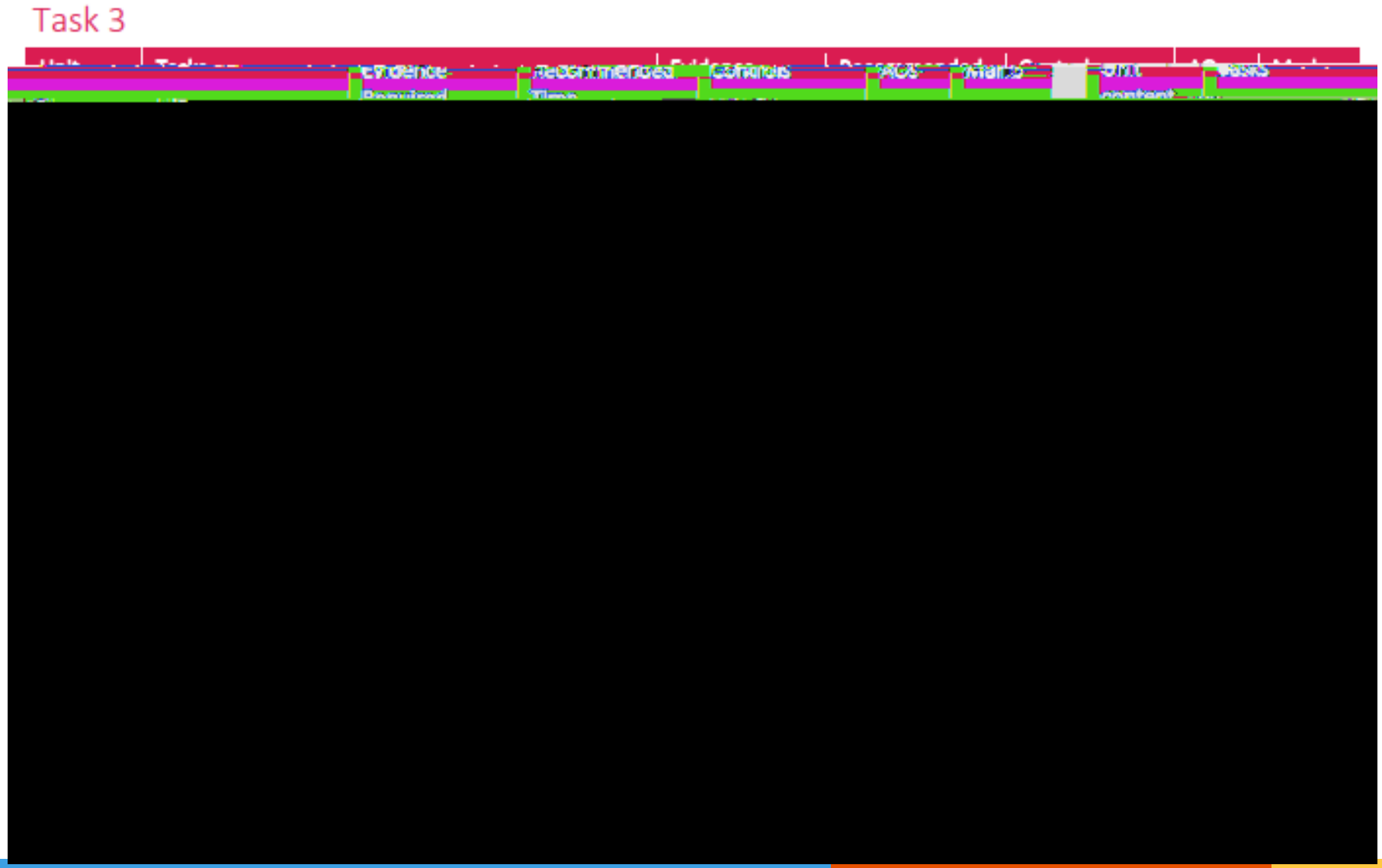


Plan to produce your two dishes *(Resources: permitted)*

Plan to produce your two dishes *(Resources: permitted)*

Plan to produce your chosen dishes *(Resources: permitted)*

Task 3: The techniques of preparation, cooking and presentation of dishes



Colour photographs of completed dishes

Skills: highlight all skills demonstrated in practical session

***Basic **Medium ***Complex**

Preparation techniques:

blending* beating* grating* hydrating* juicing* mashing* melting* marinating * proving* puréeing* shredding * sieving * tenderising * zesting * creaming** dehydrating** folding** kneading** measuring** mixing** rub-in** rolling ** skinning** toasting(nuts/seeds) ** weighing** crimping*** laminating (pastry)*** melting using bain-marie*** piping*** shaping*** unmoulding*** whisking(aeration)***

Knife techniques:

chopping* peeling* trimming* bâton** chiffonade** dicing** slicing** deseeding** spatchcock** brunoise*** julienne*** mincing*** deboning*** filleting*** segmenting***

[redacted]

basting* boiling* chilling* cooling* dehydrating* freezing* grilling* skimming* toasting* baking** blanching** braising** deglazing** frying** griddling** pickling** reduction** roasting** sautéing** setting** steaming** water-bath (sous-vide) ** baking blind*** caramelising*** deep fat frying*** emulsifying*** poaching*** tempering***

Colour photographs of evidence of complex and medium skills

Task 4: Evaluating cooking techniques

Task 4

Unit content	Tasks	Evidence Required	Recommended Time	Controls	AOs	Marks
2.4	Evaluating di[illegible] techniques					
	4.					24
2.4.1	(a) Assess the production of the presented dishes. You should provide a review of your planning, preparation and cooking, highlighting areas of success and of potential further development. Answers should refer to: • dish production and selection • organoleptic including qualities. • improvements • presentation • health, safety, and hygiene • food waste.	Typed/written report/voice recording	1 3/4 hour	Resources: Permitted Collaboration: Not permitted		
2.4.2	(b) Review your own performance. You should provide a review of your own performance, identifying strengths and weaknesses and answers should refer to: • decision making • organisation • planning, including the advantages and disadvantages of your chosen dishes and how they meet the needs of the customer as in the brief. • time management.	Typed/written report	1 3/4 hours	Resources: Permitted Collaboration: Not permitted		[12]
					Total	[120]

Customer 1: Assess the production of the presented dishes *(Resources: permitted)*

Customer 2: Assess the production of the presented dishes *(Resources: permitted)*

Review your own performance *(Resources: permitted)*

Review your own performance *(Resources: permitted)*