

AAA CHEF EXAM – MARCH 2008

Dishes may be prepared and presented in any order

Schedule: Briefing 5 minutes; Familiarisation 10 minutes;

Preparation & Cooking 3 hrs 30 minutes

Support Dish	Fish Quenelles
Support Dish	Béarnaise Sauce
Main Dish	Osso Bucco
Support Dish	Deep Fried Aubergines
Support Dish	Saffron Risotto
Main Dish	Poached Salmon
Main Dish	Hot Chocolate Soufflé

Notes

1. Marks will be awarded for each of the 7 items above.
2. All cooking times in the accompanying recipes, arranged in order as above, are indicative and are secondary to your professional judgement.
3. All recipes are for four portions, all of which should be presented.
4. Recipes are from 'Practical Cookery' (10th edition) or 'Leith's Cookery Bible'.

Skill Sets for AAA Chef Exam March 08

Fish Quenelles And Bernaise Sauce

Osso Buco

Deep Fried Aubergine

Saffron Risotto

Poached Salmon

Hot Chocolate Souffle

FISH QUENELLES AND BERNAISE SAUCE

PREPARATION AND COOKING OF FISH

Weighing and measuring

Processing fish to a smooth puree

Passing of fish through fine sieve

Incorporating cream.

Checking consistency and seasoning

Moulding and shaping of quenelles

Poaching and draining of quenelles

PREPARATION AND COOKING OF BERNAISE SAUCE

Weighing and measuring

Preparing and chopping of shallots, tarragon and chervil

Vinegar reduction

Incorporation of egg yolks

Addition of melted butter

Passing of sauce

Seasoning, temperature and consistency of sauce

PRESENTATION OF FINISHED DISH

Weighing and measuring

Size and shape of quenelles

Properly drained to exclude excess poaching liquid

Consistency of sauce

Cleanliness of serving dish

SAFFRON RISOTTO

Weighing and measuring

Preparation and chopping of onions

Sweating the onion and rice without colour

Addition of saffron (colour)

Cooking of risotto

Seasoning, consistency and creaminess of risotto

Service presentation

DEEP FRIED AUBERGINE

Weighing and measuring
Preparation and slicing of aubergine (Thickness)
Passing through milk and seasoned flour, removing excess
Temperature of hot fat
Cooking and draining of aubergines
Service of aubergines in a suitable presentation dish or plate

OSSO BUCCO

Weighing and measuring
Preparation of knuckle of veal
Size of pieces
Sealing of veal slices
Preparation and chopping of vegetables (brunoise)
Sweating of vegetables
Deglazing of pan
Concassé of tomato
Cooking of Osso Bucco
Correct season, temperature and consistency
Presentation of finished dish

POACHED SALMON

Preparation of court bouillon
Cleaning and skinning and portioning of piece of salmon
Poaching of fish
Serving of cooked fish in suitable dish (hot)

HOT CHOCOLATE SOUFFLE

Weighing and measuring
Preparation of soufflé dishes (butter and castor sugar)
Preparation of soufflé mixture
Addition of whipped egg whites
Filling of moulds
Baking of soufflé
Presentation of soufflé