

## **AAA CHEF EXAM – 7th May 2010**

Dishes may be prepared and presented in any order

Schedule: Briefing 5 minutes; Familiarisation 10 minutes

Preparation & Cooking 3hrs 30 minutes

Tortilla Guacamole

Carrot and Cheese Soufflé

Moussaka

Sole Duglere

Braised Leeks

Apple Fritters with Apricot Sauce

### **Notes**

1. All cooking times in the recipes below, which are arranged in the order above, are indicative and secondary to your professional judgment.
2. Recipes are for four portions unless otherwise stated.

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**SKILLS TO BE DEMONSTRATED**

Recipes from 'Practical Cookery 10<sup>th</sup> Edition' unless indicated otherwise

**Tortilla Guacamole\***

Blending of ingredients, seasoning, correct degree of cooking (shallow frying), compilation and presentation of dish.

**Carrot and Cheese Soufflé**

Blending of ingredients, seasoning, correct degree of cooking (baking) and presentation

**Moussaka**

Weighing/mixing of ingredients, consistency of sauce, seasoning, assembly, correct degree of cooking (sautéing, simmering & baking), presentation.

**Sole Duglere**

Knife skills (filleting), wastage, correct degree of cooking (oven), consistency of sauce, seasoning, presentation

**Braised Leeks**

Preparation of ingredients, seasoning, correct degree of cooking (braising), presentation

**Apple Fritters**

Weighing, mixing/blending of ingredients, correct degree of cooking (deep frying), presentation.

**Apricot Sauce**

Blending of ingredients, understanding of thickened sauce, correct consistency.

\* Taken from Practical Professional Cookery 3rd edition - H.L.Cracknell & R.J.Kaufmann.