

# AAA CHEF EXAM – NOVEMBER 2011

Dishes may be prepared and presented in any order

Schedule: Briefing 5 minutes; Familiarisation 10 minutes

Preparation & Cooking 3 hrs 30 minutes

Fresh Spinach Gnocchi

Cheese Soufflé

Indian Madras Beef Curry  
with Brown Rice Pilaff

Steamed Halibut  
with Béarnaise Sauce

Tarte Bourdaloue

Crème Anglaise

- NB
1. Marks will be awarded for each of the 8 items above
  2. All cooking times in the accompanying recipes are indicative and are secondary to your professional judgement.
  3. Recipes are for four portions.

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## **Fresh Spinach Gnocchi**

Skills being assessed – seasoning, understanding of basic poaching, neatness of gnocchis (even size etc), basic glazing (salamander).

## **Cheese Soufflé**

Understanding of aeration, seasoning, cooking skills – baking.

Accurate measuring of ingredients.

## **Indian Madras Beef Curry with Brown Rice Pilaff**

Basic principles of braising, accurate spicing and seasoning, neat trimming and cutting of meat, wastage.

## **Steamed Halibut with Béarnaise Sauce**

Basic fish preparation, trimming, wastage, knowledge of emulsion sauces, seasoning, basic principles of steaming.

## **Tarte Bourdaloue (made with pears and almond pastry)**

Skills being assessed – pastry making skills, lining flan ring, baking skills, neatness of presentation and glazing.

## **Crème Anglaise**

Understanding of egg-thickened sauce, degree of cooking, level of sweetness, tasting. Presentation: level of cooking, sweetness, thickness, flavour.