

# AAA FOUNDATION CHEF EXAM – MARCH 2008

Schedule: Briefing 5 minutes; Familiarisation 10 minutes

Preparation & Cooking Time: 3 hours 30 minutes

Instructions and Recipes (attached) are for 4 portions except the Fish (B), which is for 2 portions - all portions must be presented

## Summary of Tasks & Dishes

- A Pork Vienna Schnitzel
- B Roast Round Fish with Beurre Noisette
- C Sticky Toffee Pudding & Sauce
- D Green Beans in Sauce Provençale

## Work Plan

Each item to be tackled in the order given and presented as instructed

- A Prepare and cook Pork Vienna Schnitzel - present
- B1 Prepare Fish - present prepared raw fish, together with waste
- C1 Prepare and cook Sticky Toffee Pudding
- B2 Cook the Fish
- B3 Make the Beurre Noisette - present with B2
- D1 Prepare Provençale Sauce
- D2 Prepare and cook Green Beans
- D3 Serve Green Beans in the Provençale Sauce - present
- C2 Prepare and cook Sticky Toffee Sauce - present with the Pudding (C1)

# Skills Sets for AAA Foundation Exam March 08

## Pork Vienna Schnitzel

### Roast Round Fish with Beurre Noisette

### Sticky Toffee Pudding with Sticky Toffee Sauce

### Green Beans in Sauce Provençale

#### Pork Vienna Schnitzel

Batting out meat

Applying pane

Frying meat in breadcrumbs

Getting point when meat is cooked properly correct

Presentation

#### Roast Round Fish

Cleaning, de-scaling, filleting 2 whole round fish

Grilling and Roasting fish

Seasoning

Presentation

#### Beurre Noisette

Heating of butter to specific colour point

#### Green Beans in Sauce Provençale

Topping and tailing of beans

Getting cooking point of beans correct

Vegetable preparation: onion, garlic, tomato, peppers

Correct seasoning

Presentation

#### Sticky Toffee Pudding

##### **Pudding**

Preparing a cake tin

Creaming method of cake making

Adding eggs correctly to avoid curdling

Cooking of sponge

Presentation and Portioning cooked product

##### **Sauce**

Making a hot sweet sauce

Presentation