

# AAA FOUNDATION CHEF EXAM – 12<sup>th</sup> March 2010

Schedule: Briefing 5 mins – Familiarisation 10 mins – Prep & Cooking 3 hrs 30 minutes

## Summary of Tasks and Dishes

- A Irish Stew – A1, A2
- B Vegetable Stir Fry
- C Egg Mayonnaise
- D Cheese & Tomato Pizza
- E Plain and Fruit Scones
- F Hot Rice Pudding
- G Peas French Style

## Instructions: Required Work & Presentation Order

- A1 Prepare and cook the Irish stew
- C Prepare and cook the vegetable stir-fry – **present**
- D Make the egg mayonnaise – **present**
- E Make the pizza – **present**
- F Make the scones – **present**
- G Prepare and cook the rice pudding – **when ready present**
- H Prepare and cook the peas – **present**
- A2 **Present** the Irish stew

## **SKILLS TO BE DEMONSTRATED**

All Recipes from 'Practical Cookery' (Edition 10) – page number in brackets

### **VEGETABLE CUTS**

PREPARE AND PRESENT MOOLI (JARDINIÈRE AND JULIENNE) RAW: SWEDE (PAYSANNE AND JARDINIÈRE) RAW: CARROT (PAYSANNE AND BRUNOISE) RAW, (Show waste and trimmings)

Knife skills, even cuts, even size, no excessive wastage

### **IRISH STEW (230)**

Combining ingredients, correct degree of cooking (simmering) seasoning and presentation

### **VEGETABLE STIR FRY (399)**

PREPARE THE VEGETABLE STIR FRY

Weighing of ingredients, knife skills, (no excessive wastage) seasoning

COOK AND PRESENT THE VEGETABLE STIR FRY

Correct degree of cooking (stir fry), seasoning and presentation

### **EGG MAYONNAISE (93)**

Correct degree of cooking (boiling the eggs), timing

Weighing and combining of ingredients (egg liaison) correct consistency

PRESENT EGG MAYONNAISE

Correct coating of eggs, consistency, seasoning and presentation

### **CHEESE AND TOMATO PIZZA (625)**

PREPARE THE PIZZA DOUGH

Knife skills, no excessive wastage

MAKE THE TOMATO SAUCE

Weighing/measuring of ingredients, correct degree of cooking

ASSEMBLE THE PIZZA, COOK AND PRESENT

Correct degree of cooking (baking) seasoning and presentation

## **PLAIN AND FRUIT SCONES (600)**

MAKE THE SCONES, BAKE AND PRESENT

Weighing and combining of ingredients, degree of cooking (baking) presentation

## **HOT RICE PUDDING (515)**

Weighing/measuring of ingredients, correct degree of cooking, correct consistency, flavour and presentation

## **PEAS FRENCH STYLE (452)**

Combining of ingredients, knife skills, degree of cooking, seasoning and presentation