

1. Complete the following table by giving cooking times and base ingredients for the following stocks.(refer to the recipes in your text book)

Stock	Description	Cooking time	Uses
White			
Brown			
Chicken			
Fish			

(12)

2. Describe how a brown stock is made

3. List six different vegetables, which could be used to prepare a vegetable stock. (6)

4. What is meant by the term *de-glazing* when preparing brown stock? (1)

5. What is the kitchen name of the equipment used for straining stock. (1)

6. List 4 quality characteristics for a good stock: (4)

7. Describe the correct storage and chilling methods for stock (3)

1. Describe the characteristics of the following types of soups:

Soup	Description
Broth	
Consommé	
Puree	
Cream	
Bisque	

2. Describe the method of clarifying consommé

3. Name two Types dried pulses that are used in making purée soups

4. How could you finish (garnish the following soups

French onion soup	
-------------------	--

Vichyssoise	
Minestrone	
Cream of tomato soup	

5. What are the variations for cold soups? Provide 3 examples for cold soups.

6. Describe the correct storage methods for prepared soups

1. Name the 5 mother sauces (5)

2. Provide 2 examples for ingredients for each component typically used in the production for sauces:

Liquid	
Thickening agent	
Flavour	
Fat	

3. What is a jus?

4. What is the difference between a Bechamel and a Veloute the sauce ?

5. What is the difference between a White roux and a Blond roux?

6. Why must roux based sauces be cooked for the correct length of time?

7. .

a) In cooking terms, what is meant by the word "Emulsion"?

b) List three possible reasons for faults which can occur in the preparation of hollandaise sauce

c) Why should you prepare hollandaise sauce as close as possible to the time you are going to serve it?

d) When making a beurre blanc, why is it important not to boil the sauce when adding the soft butter.

e) Béarnaise sauce is made very similar to Hollandaise sauce with the addition of two herbs. Name them.

1. Describe the key types of animals produced into meat found under the following groupings:

Groupings	Descriptions
White meat	
Red meat	
Furred game	

2. Describe the quality points of the following

Meat	Quality points
Fresh poultry	
Frozen poultry	
Fresh Red meat	
Fresh Lamb	

Fresh Pork	

3. Which parts of the animal are referred to as offal?

4. Provide 6 examples for different cuts which can be used for poultry:

5. Suggest suitable cooking methods for the following cuts of meat (Grilling, boiling, braising, poaching, frying, poaching, deep fat frying, stewing, pot roast)

Cut	Cooking method
Fillet	
Bolo	
Shin	
Topside	
Leg of lamb	
Lambs liver	
Lambs neck	
Rump	
Brisket	
Neck	
Tongue	

6. Describe the following poultry dishes

Dish	Description	Cooking method
Chicken a la King		
Chicken Supreme		
Coq au Vin		
Chicken escalope		
Confit duck leg		

Chicken Kiev		
Chicken Chasseur		

7. Describe the following meat dishes

Dish	Description	Cooking method
Goulash		
Beef stroganoff		
Tournedos		
Hot pot of lamb		
Boeuf bourguignonne		
Sweet and sour pork		

8. Provide examples of flavourings which can be used for meat, poultry and offal to impart flavour in cooking processes:

Type of meat	Flavouring that complement the meat
Beef	
Lamb	
Pork	
Poultry	

9. Explain how you would store the following types of meat or poultry

Meat/poultry	Storage
Fresh poultry	

Frozen poultry	
Fresh meat and offal	

10. Describe 5 preservation methods for poultry, meat and offal

1. List 3 functions of eggs in the preparation processes of pastries, cakes and yeast goods:

2. List 4 different types of fats used in baking and provide the key properties for each type

3. What are the characteristics of the following types of milk?

4.

Pasteurized milk	
UHT Milk	
Sterilized milk	

4. What are the properties of the following types of cream?

Cream	
Double cream	
Thickened cream	

5. What are the uses and production methods of short paste made by the following methods?

Method	Production	Use
Rub-in method		
Creaming method		
Hot water method		

6. Describe the following types of pastry

Type of short paste	Explanation
Pâte Brisée	
Pâte Sucrée	
Pâte à Foncer	
Pâte Sablée	

Explain the following techniques

Folding	
Rolling	
Relaxing	
Shaping	
Docking	

1. What are the production steps for preparing and baking choux paste products?

2. Describe the choux pastry items in the table below:

Profiteroles	Eclairs	Gâteau St. Honoré

3. Give reasons for the following faults in choux pastry

Finished puffs have an oily texture	
Puffs not risen enough	

4. What are the differences in production when making puff pastry

French Method	
English method	
Scotch method	

5. Describe the puff pastry items in the table below:

Gâteau Pithiviers	Mille-feuille	Arlettes

6. What are the causes and remedies for the following faults in puff paste?

FAULTS	CAUSES	REMEDIES
Product doesn't rise		
Fat has run out of the paste		
Uneven rise		
Wrong colour/unevenly cooked		
Texture too firm/pastry not flaky		

1. Desserts can be divided into different types . Give an example of a desserts of each type.

Types	Example
Pastry-based Desserts	
Cakes and Tortes	
Yeast – based Desserts	
Batter and Egg-based Desserts	
Custards and Cream Desserts	
Fruit-based Desserts	
Frozen Desserts	
Rice and Farinaceous Desserts and Puddings	
Chocolate-based Desserts	

2. .Why should desserts and dessert products be stored in a separate fridge?

3. What are the key characteristics of the following yeast pastry desserts?

Brioche Bread and Butter	
Pudding:	
Savarin with Fruit	

Baba au Rhum:	

4. Provide 3 menu examples for desserts based on short crust pastry:

5. What are the characteristics of the following desserts based on puff paste? How would these be traditionally served?

Desserts	Characteristics
Tarte Tatin	
Gâteau Pithiviers	

6. What is the difference between custards and crèmes?

7. What are the key features of the following desserts based on fruit? How could these be served?

Peach Melba:	
Almond Tuile with Strawberries:	
Poached Pears in Red Wine:	

8. What are key preparation steps for ice cream? Which hygiene aspects are of importance when preparing ice cream and frozen preparations?

9. What is ganache? How is it produced?

10. What are the characteristics of the following types of desserts based on batters and eggs?

Dessert	Description
Crepes Suzette	
Clafoutis Limousin	
Apple Soufflé	

11. Describe the following cream based desserts?

Panna cotta	
Chocolate Mousse:	
Bavarian Cream (Crème Bavaoais):	
Crème Caramel:	

1. Define and explain gelatine by completing the table below:

Type:	Define:	Example of use:
1. Granular		
2. Purverised		
3. Isinglass/sheet		

2. Explain the difference between animal and plant based gelatines.

3. Explain the process of using agar-agar to make plant based jellies.

4. When preparing Panna cotta, explain how to demould the dessert before service.

5. Name three fruits that should not be used raw in gelatine set items and explain why not.

1. Provide an example of each dispersion system listed below:

Dispersion	Food example
True solution	
Colloidal dispersion	
Emulsion	
Suspension	

2. Explain each of the following terms:

A) Homogenous: _____

B) Solute: _____

C) Solvent : _____

D) Saturated : _____

E) Crystallisation : _____