

Level 2

Professional Cookery

Transition Pack



Name:

Task One

During the induction day you made 2 practical dishes (if you did not attend the induction complete the task based on how you would cook the 2 dishes). Your task is to create a detailed dove tail (tasks for both dishes are weaved amongst each other) time plan of the 2 dishes; decorated focaccia and strawberry tart. Recipes are at the end of this document.

Your time plan should be with the following headings and include the relevant health and safety/ quality points detail.

Timings	Task	Health and safety/ Quality points
Start with 0-5mins etc...	Detail the task here	List any specific health and safety/ quality points for the step here

Task Two

Research the different types of food commodities. Write a paragraph on each including; what they are, why they are important in a healthy diet and examples of different dishes they can be used to make.

Choose 2 of the commodities, research recipes and cook one dish for each of your chosen 2 commodities.

Record your recipes and take photos of your work.

Complete a written evaluation of each dish on how well you think the dishes turned out and describe each dish's organoleptic properties (flavour, texture, aroma, appearance)

Task Three

Research 5 different herbs and 5 different spices. Come up with a format to display the following information:

- Their organoleptic properties
- What dishes they would be used in
- A picture of each one

Recipes

Decorated Focaccia

Ingredients

- 100ml olive oil
- 2 garlic cloves, finely minced
- 1 tablespoon chopped fresh rosemary or 1 teaspoon of dried
- 210 ml warm water
- 7g (one sachet) of active dry yeast
- 1/2 teaspoon sugar
- 315g bread flour
- 1/2 teaspoon salt
- A variety of colourful vegetables and herbs for the artwork!



Method:

1. Collect together all of the ingredients and equipment you will need
2. Ensure you have weighed and measured the correct quantities of your ingredients
3. Preheat oven to 210 degrees c
4. Gently heat the olive oil in a frying pan.
5. Add the finely chopped garlic and rosemary and stir. Gently cook for 3 -5 minutes to infuse the oil with flavour (low heat)
6. Add the salt to your bread flour and stir through.
7. In a mixing bowl add the luke warm water, the yeast and the sugar.
8. Stir well and allow the yeast to activate for a few minutes.
9. Add the bread flour and HALF of the infused oil (allow the oil to cool off a little before adding it.
10. Stir well so that it is fully mixed and then turn dough out onto a floured work surface.
11. Knead the dough for 5-10minutes to allow the gluten to develop.
12. Place the dough in a clean bowl, cover with cling film and allow the dough to prove for 40minutes until it has doubled in size.

13. Whilst the dough is proving, carefully slice, and chop your vegetables and herbs that you will use to top your bread.
14. Turn the dough out onto a lined baking tray and flatten the bread out evenly.
15. Prick the top of the dough all over with a fork, carefully drizzle a little of the remaining oil over the top too and arrange your vegetables and herbs into a unique and eye-catching design.
16. Cook in your preheated oven for 15- 20 minutes
17. Clear away and wash and dry equipment.
18. Present your Focaccia bread on your work surface, ready for photographing.

Strawberry Tart

Ingredients

Sweet shortcrust pastry

250g plain flour

50g icing sugar

125g butter

1 egg

25ml (splash) milk

2tbsp apricot jam

Strawberries to decorate

Crème patissiere

300ml full fat milk

1tsp vanilla

2 egg yolks

50g sugar

2tbsp cornflour

30g butter

Method

Pastry:

1. In a large mixing bowl sieve flour and icing sugar
2. Rub in fat until it resembles fine breadcrumbs.
3. In a jug crack egg add milk and beat together with a fork - pour into large mixing bowl, stirring with metal spoon.
4. Using hands make a dough and knead on work surface with a little flour for a minute- don't over work it
5. Place in bowl and leave to chill in fridge for 30mins
6. Turn oven on 180C/ gas 6
7. Using a flour dredger and rolling pin, roll out pastry until 1cm thick, carefully lift up and place in greased cake tin, push in the edges. Prick round the edge and bottom of a dish with a fork and place in oven for 15minutes until slightly golden
8. Remove pastry case from oven and leave to cool

Crème Patissiere:

1. Put the milk, vanilla and a pinch of salt in a large saucepan, put on a medium heat to warm through
2. Separate the eggs and put the yolks in a small bowl, whisk with the corn flour and sugar for a minute until thick
3. Take the pan of hot milk mixture and slowly pour half over the egg mixture whilst whisking
4. Put the pan down, whisk the egg mixture and pour back into the pan (you've just activated the thickening powers of the egg/ corn flour and sugar)
5. Put the pan on the heat and stir until it thickens
6. Once thick put the butter in the mixture and stir until it has melted.

7. Leave in a safe place to cool with cling film on the top to prevent a skin forming.

Combining:

9. Spread pastry case with a thin layer of apricot jam
10. Add crème patissiere and decorate with strawberries