

# AAA FOUNDATION CHEF EXAM – 11th May 2009

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

## Summary of Tasks and Dishes

- A Quiche Lorraine - A1 to A4
- B Fish Stock
- C Chicken Chasseur - C1 to C5
- D Boiled Rice (Refreshed)
- E Bookmaker Sandwich
- F Prepare and Cook Vegetables - F1, F2, F3

## Instructions: Required Work & Presentation Order

- A1 Make shortcrust pastry. Put in fridge to rest
- B Make fish stock – **present when ready**
- A2 Line a flan ring with shortcrust pastry. Put in fridge to rest
- C1 Joint chicken for sauté – **present**
- A3 Bake pastry case blind – **present**
- A4 Make quiche filling – **present when cooked and finished**
- C2 Prepare tomato concassé for chasseur
- C3 Peel and finely dice shallots for chasseur
- C4 Chop tarragon and parsley for chasseur
- C5 Make chicken chasseur – **present when ready**
- D Cook and refresh rice – **present when ready**
- E Prepare and make Bookmaker sandwich - **present**
- F1 Peel and/or prepare French beans, turnips, spinach
- F2 Cut turnip into batons
- F3 Cook French beans, turnips and spinach – **present**

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Tasks must be tackled and presented in the order given

## **SKILLS TO BE DEMONSTRATED**

### **QUICHE LORRAINE**

#### **PASTRY MAKING**

Cold water, not too much handling, chilling, resting, lining the flan ring, trimming, correct method of baking blind

#### **EGG COOKERY**

Correct cooking time so as not to overcook the quiche burning it and drying it out, seasoning, correct handling of hot pastry dish

### **FISH STOCK**

USE OF CORRECT EQUIPMENT I.E. STAINLESS STEEL PAN, KNOWLEDGE OF SHORT COOKING TIME, SWEATING OF VEGETABLES, USE OF CARTOUCHE, CORRECT SKIMMING OF STOCK AND SEASONING

### **CHICKEN CHASSEUR**

CORRECT PREPARATION AND PORTIONING OF CHICKEN FOR SAUTÉ, WASTAGE CONTROL, SHALLOW FRYING TECHNIQUES, DEGLAZING PAN, REDUCTION SAUCE, CORRECT VEGETABLE PREPARATION FOR THE DISH, SEASONING AND FLAVOURING BALANCE

### **BOILED RICE**

RINSING RICE, CORRECT SEASONING, COOKING TECHNIQUE AND COOKING POINT, KNOWLEDGE OF HOW TO REFRESH RICE AND DRAIN PROPERLY

### **BOOKMAKER SANDWICH**

CORRECT DEGREE OF COOKING (GRILLING), SEASONING, NEATNESS OF PRESENTATION

### **VEGETABLE PREPARATION**

CORRECT USE OF KNIFE, KNOWLEDGE OF VEGETABLE CUTS AND TERMINOLOGY, CORRECT COOKING POINT OF VEGETABLES AND SEASONING, WASTAGE CONTROL