

AAA FOUNDATION CHEF EXAM – June 2010

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

Summary of Tasks and Dishes

- A Coq au Vin – A1, A2
- B White Chicken Stock – B1, B2
- C Victoria Sandwich
- D Vegetable Preparation and Cooking – D1, D2
- E Quiche Lorraine
- F Prawn Stir Fry

Instructions: Required Work & Presentation Order

- A1 Cut chicken for sauté – **present with wastage & trimmings**
- B1 Prepare white chicken stock
- C Make and bake sponge for Victoria sandwich, cook – **present when cool**
- D1 Prepare turned potatoes, brunoise of red pepper and julienne carrots – **present**
- A2 Prepare and cook coq au vin – **present when ready**
- E Make quiche Lorraine – **present when ready**
- D2 Steamed turned potatoes – **present when ready**
- F Prepare and cook prawn stir fry – **present**
- B2 **Present** chicken stock

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SKILLS TO BE DEMONSTRATED

Page numbers of recipes from 'Practical Cookery' (Ed. 10) given in brackets except that marked * which is from Leith's p.245

A. CUT CHICKEN FOR SAUTE (320) (show wastage & trimmings)

Skills assessed – basic butchery, neatness of cutting and trimming, wastage, neatness of presentation, evenness of portioning

PREPARE AND COOK COQ AU VIN

Neatness of veg prep, browning, pan frying, braising, seasoning degree of cooking, beurre manie thickened sauce, cooking with alcohol

PRESENT COQ AU VIN

Neatness of presentation, correct degree of cooking, correctly garnished, portion control, seasoning, tasting

B. *PREPARE & PRESENT FRESH WHITE CHICKEN STOCK*

Basic stock making skills, clarity, tasting, skimming

C. MAKE AND BAKE SPONGE FOR VICTORIA SANDWICH (605)

Understanding of aeration, measuring skills, correct degree of cooking

FINISH AND PRESENT VICTORIA SANDWICH (1 slice cut)

Correct degree of cooking, good aeration, correct degree of jam, neatness of presentation.

D. PREPARE AND PRESENT TURNED POTATOES, BRUNOISE OF RED PEPPER AND JULIENNE CARROTS (show wastage & trimmings)

Knife skills, neatness and evenness of cuts, presentation, understanding difference between trimming and waste

PRESENT STEAMED POTATOES

Correct degree of cooking, neatness of presentation

E. QUICHE LORRAINE (232)

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 by burning it and drying it out. Seasoning, correct handling of hot pastry dish

F. PREPARE, COOK AND PRESENT PRAWN STIR FRY (195)

Knife skills for correct cutting and preparation of vegetables. Blanching of asparagus. Correct stir fry techniques. Clean presentation