

# AAA FOUNDATION CHEF EXAM – Nov 19<sup>th</sup> 2011

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

## Summary of Tasks

(Linked tasks share letters and are numbered)

A - Lemon Sole Meunière – A1, A2

B - Bread Rolls – B1, B2, B3

C - Treacle Tart – C1, C2,

D - Fish Stock

E - Chicken Chasseur – E1, E2

F – Plain Omelette

G - Crème Anglaise

H - Vegetables Cuts

## Required Work & Presentation Order

- A1 Skin & fillet 4 fillets from 1 lemon sole - **present with waste and trimmings**
- B1 Make basic bread dough for bread rolls
- A2 Cook Lemon Sole Meunière - **present**
- C1 Make shortcrust pastry. Line flan ring with pastry – **present**, then leave in fridge to rest
- D Prepare and cook fish stock - **present when ready**
- E1 Cut chicken for chasseur - **present joints, wastage and trimmings**
- E2 Make chicken chasseur - **present when ready**
- F Cook a plain 3 egg omelette - **present**
- B2 Form and prove 6 bread rolls
- C2 Make treacle tart and cook - **present whole when ready**
- G Make Crème Anglaise - **present**
- B3 Cook bread rolls - **present when ready**
- H Cut the vegetables as instructed below – **present raw**

## SKILLS - AAA FOUNDATION CHEF EXAM – Nov 2011

### A - Lemon Sole Meunière

Skin, fillet and present 4 fillets from 1 lemon sole – n.b all waste/trimmings to be presented:

Knife skills - filleting and skinning, neatness of presentation, lack of excessive waste

Cook and present lemon sole meuniere :

Accuracy of cooking delicate fish, pan frying, basic butter sauce, seasoning, tasting, neatness of presentation

### B - Bread Rolls

Make basic bread dough for bread rolls using fresh yeast:

Understanding principles of fermentation

Form and prove bread rolls:

Accurate shaping, even weight distribution, understanding principles of proving

Cook & present bread rolls x 6:

Basic baking principles, glazing, neatness

### C - Treacle Tart

Make shortcrust pastry:

Basic pastry making skills, accurate weighing, resting

Line flan ring with sweet pastry and present:

Neatness of lining, trimming, no air pockets or tears in pastry

Make treacle tart and cook:

Blind baking, accurate weighing of ingredients, degree of cooking

Present treacle tart (whole – no garnish):

Neatness of finished tart, flavour, texture, right degree of cooking

### D - Fish Stock

Prepare and cook fish stock:

Basic stock making skills, knife skills, sweating, skimming, simmering, tasting

Present fish stock:

Flavour, degree of cooking (no cloudiness etc)

## **E - Chicken Chasseur**

Cutting chicken for sauté:

Knife skills, portioning skills, minimum wastage produced, awareness of possible cross contamination

Making chasseur:

Cooking chicken to correct point, vegetable preparation and sweating, making a reduction sauce with wine, correcting seasoning, presentation of final dish

## **F - Plain Omelette**

Cook and present plain, 3 egg, omelette:

Neatness of presentation, seasoning, degree of cooking

## **G - Crème Anglaise**

Make sauce anglaise:

Understanding of egg thickened sauce, degree of cooking, level of sweetness, tasting

Present sauce anglaise:

Level of cooking, sweetness, thickness, flavour

## **H - Vegetable Preparation: Carrot and Swede Batons**

Prepare and present carrot and swede batons vegetable cuts (NB all waste and trimmings to be presented):

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