



402 CULINARY – FOUNDATION TECHNIQUES

7 modules

Resume course →

Overview



To enable students to plan, prepare, produce, and present a range of food items to set standards for commercial kitchen or café environments.

What you will learn

- Health and Safety, Food Safety and Hygiene
- Literacy and Numeracy
- Egg dishes
- Basic soups
- Service related topics such as security, communication, barista
- Basic pasta preparation, cooking and finishing methods
- Deli/Café preparation and production
- Basic stocks and sauces
- Bakery pastry; cakes, biscuits and slices

Course content

1. NMIT Recipes	100%
2. Prepare Stocks, Sauces and Soups	0%
3. Prepare Stocks, Sauces and Soups Quiz	0%
4. Prepare and Present Simple Dishes	0%
5. Prepare and Present Simple Dishes Quiz	0%
6. Prepare Vegetable, Fruit, Egg and Farinaceous Dishes	0%
7. Prepare Vegetable, Fruit, Egg and Farinaceous Dishes Quiz	0%

Practical / Theory Outline – Week 1

Nelson Marlborough Institute of Technology

Hospitality and Service Sector	Level 4	402 CULINARY – TRAINEE ESSENTIALS		
Kitchen Practical / Theory Mon 2 May	Kitchen Practical / Theory Tue 3 May	Kitchen Practical / SDL Theory Wed 4 May	Kitchen Practical / Theory Thu 5 May	Self-Directed Learning Fri 6 May
<p style="text-align: center;"><u>Practical</u></p> <p>Brown Beef Stock White & Brown Chicken Stock Whole Chicken into Sauté Chicken Sauté Chasseur</p> <p style="background-color: #90EE90; padding: 2px;">Culinary Arts & Lens-Based Media Collaboration</p> <p style="text-align: center;"><u>Theory</u></p> <p>REVIEW 402 ASSESSMENTS</p>	<p style="text-align: center;"><u>Rata service</u></p> <p>Mātāwaka Tahī <u>8 am to 3</u></p> <p>Mātāwaka Rua <u>2 pm 9 pm</u></p>	<p style="text-align: center;"><u>Practical</u></p> <p>Thai Fish Cakes with Sweet Cucumber Sauce Tom Kha Gai Soup Thai Style Stir-fried Vegetables</p> <p style="text-align: center;"><u>Theory</u></p> <p style="background-color: #90EE90; padding: 2px;">SELF – DIRECTED LEARNING</p>	<p style="text-align: center;"><u>Practical</u></p> <p>Filleting Fish Fish Stock Vegetable Stock Seafood Chowder** Steamed Pudding with Caramel Sauce **</p> <p style="text-align: center;"><u>Theory</u></p> <p style="background-color: #90EE90; padding: 2px;">FOOD COSTING 101</p> <p>PREPARE STOCKS, SAUCES AND SOUPS Coassemble</p>	<p style="text-align: center;"><u>Self Directed Learning</u></p> <p style="background-color: #FFFF00; padding: 2px;">PREPARE STOCKS, SAUCES AND SOUPS</p> <p>Coassemble Checkpoint 1,2,3,4</p>

Practical / Theory Outline – Week 2

Kitchen Practical / Theory Mon 9 May	Kitchen Practical / Theory Tue 10 May	Kitchen Practical / SDL Theory Wed 11 May	Kitchen Practical / Theory Thur 12 May	Self-Directed Learning Fri 13 May
<p style="text-align: center;"><u>Practical</u></p> <p>Lamb Brochettes ** Greek Salad ** Cucumber Raita ** Steamed Pudding with Caramel Sauce **</p> <p style="text-align: center;"><u>Theory</u></p> <p style="background-color: #90EE90; padding: 2px;">FOOD COSTING 101</p> <p>Culinary Arts & Lens-Based Media Collaboration Final Shoot</p>	<p style="text-align: center;"><u>Rata service</u></p> <p>Mātāwaka Tahī <u>8 am to 3</u></p> <p>Mātāwaka Rua <u>2 pm 9 pm</u></p>	<p style="text-align: center;"><u>Practical</u></p> <p>Filo Parcels with Ratatouille and Haloumi Herb Sauce Italian meatballs in Red wine Tomato sauce Whole Meal pasta</p> <p style="text-align: center;"><u>Theory</u></p> <p style="background-color: #90EE90; padding: 2px;">SELF – DIRECTED LEARNING</p>	<p style="text-align: center;"><u>Practical</u></p> <p>Minestrone Beef Goulash Fondant Potatoes Broccoli Hollandaise Bearnaise Sauce</p> <p style="text-align: center;"><u>Theory</u></p> <p style="background-color: #90EE90; padding: 2px;">FOOD COSTING 102</p>	<p style="text-align: center;"><u>Self Directed Learning</u></p> <p style="background-color: #FFFF00; padding: 2px;">PREPARE STOCKS, SAUCES AND SOUPS</p> <p>Coassemble Checkpoint 5,6,7,8,9</p>

Practical / Theory Outline – Week 3

Nelson Marlborough Institute of Technology

Hospitality and Service Sector		Level 4		402 CULINARY – TRAINEE ESSENTIALS	
Kitchen Practical / Theory Mon 16 May	Kitchen Practical / Theory Tue 17 May	Kitchen Practical / SDL Theory Wed 18 May	Kitchen Practical / theory Thu 19 May	Self-Directed Learning Fri 20 May	
<u>Practical</u>	<u>Rata service</u>	<u>Practical</u>	<u>Practical</u>	<u>Self-Directed Learning</u>	
Chicken Papillote Beans with Beurre Noisette Dressing Rice Pilaf Poached Pear ** Crème anglaise **	Mātāwaka Tahī <u>8 am to 3</u> Mātāwaka Rua <u>2 pm 9 pm</u>	<u>Practice Assessment 1&2</u> _Seafood Chowder ** Lamb Brochettes ** Greek Salad ** Cucumber Raita ** Steamed Pudding with Caramel Sauce **	Kai with Love Butter Project Community Food Bank Mise en Place	PREPARE AND PRESENT SIMPLE DISHES Coassemble Checkpoint 1,2,3,4,5	
<u>Theory</u> PREPARE AND PRESENT SIMPLE DISHES		<u>Theory</u> SELF – DIRECTED LEARNING			

Practical / Theory Outline – Week 4

Kitchen Practical / Theory Mon 23 May		Kitchen Practical / Theory Tue 24 May		Kitchen Practical / SDL Theory Wed 25 May		Kitchen Practical / Theory Thu 26 May		Self-Directed Learning Fri 27 May	
<u>Practical</u>	<u>Rata service</u>	<u>Practical</u>	<u>Practical</u>	<u>Self-Directed Learning</u>		<u>Self-Directed Learning</u>			
Lasagna Bolognese Sauce Bechamel Sauce Apple Turnover	Mātāwaka Tahī <u>8 am to 3</u> Mātāwaka Rua <u>2 pm 9 pm</u>	<u>Final Assessment 1&2</u> Seafood Chowder ** Lamb Brochettes ** Greek Salad ** Cucumber Raita ** Steamed Pudding with Caramel Sauce **	Fried Rice Ox Tail Braised in Asian Flavors Crepes Souffle with Grand Marnier	PREPARE AND PRESENT SIMPLE DISHES Coassemble Checkpoint 6,7,8		PREPARE AND PRESENT SIMPLE DISHES Coassemble Checkpoint 6,7,8			
<u>Theory</u> PREPARE AND PRESENT SIMPLE DISHES		<u>Theory</u> SELF – DIRECTED LEARNING	<u>Theory</u> PREPARE AND PRESENT SIMPLE DISHES						

Practical / Theory Outline – Week 5

Nelson Marlborough Institute of Technology

Hospitality and Service Sector	Level 4	402 CULINARY – TRAINEE ESSENTIALS		
Kitchen Practical / Theory Mon 30 May	Kitchen Practical / Theory Tue 31 May	Kitchen Practical / SDL Theory Wed 1 June	Kitchen Practical / Theory Thu 2 June	Self-Directed Learning Fri 3 June
<p style="text-align: center;"><u>Practical</u></p> <p style="text-align: center;">Stir Fried Calamari with Broccoli</p> <p style="text-align: center;">Lorette Potatoes</p> <p style="text-align: center;">Coffee Brulee</p> <p style="text-align: center;">Sesame Seed Wafer</p> <p style="text-align: center;"><u>Theory</u></p> <p style="text-align: center;">PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p>	<p style="text-align: center;"><u>Rata service</u></p> <p style="text-align: center;">Mātāwaka Tahi</p> <p style="text-align: center;"><u>8 am to 3</u></p> <p style="text-align: center;">Mātāwaka Rua</p> <p style="text-align: center;"><u>2 pm 9 pm</u></p>	<p style="text-align: center;"><u>Practical</u></p> <p style="text-align: center;">Gnocchi Romaine Gnocchi Parisienne Mushroom Sauce Napolitana Sauce</p> <p style="text-align: center;">Chocolate Pasta & Mascarpone</p> <p style="text-align: center;"><u>Theory</u></p> <p style="text-align: center;">SELF – DIRECTED LEARNING</p>	<p style="text-align: center;"><u>Practical</u></p> <p style="text-align: center;">Chicken in red wine sauce</p> <p style="text-align: center;">Grilled Polenta</p> <p style="text-align: center;">Seasonal Vegetable Panache</p> <p style="text-align: center;">Palmier</p> <p style="text-align: center;"><u>Theory</u></p> <p style="text-align: center;">PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p>	<p style="text-align: center;"><u>Self-Directed Learning</u></p> <p style="text-align: center;">PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p> <p style="text-align: center;">Coassemble</p> <p style="text-align: center;">Checkpoint 1,2,3,4</p>

Practical / Theory Outline – Week 6

Kitchen Practical / Theory Mon 6 June	Kitchen Practical / Theory Tue 7th June	Kitchen Practical / SDL Theory Wed 8 June	Kitchen Practical / Theory Thur 9 June	Self-Directed Learning Fri 10 June
<p style="text-align: center;">QUEENS BIRTHDAY</p> <p style="text-align: center;">Public Holiday</p>	<p style="text-align: center;"><u>Rata service</u></p> <p style="text-align: center;">Mātāwaka Tahi</p> <p style="text-align: center;"><u>8 am to 3</u></p> <p style="text-align: center;">Mātāwaka Rua</p> <p style="text-align: center;"><u>2 pm 9 pm</u></p>	<p style="text-align: center;"><u>8 am Practical</u></p> <p style="text-align: center;"><u>Practice Assessment 3</u> Sicilian Basil and Salami Frittata with Dill and Lemon Vinaigrette **</p> <p style="text-align: center;">Chicken Napolitana with Vol au vent and Sautéed Spinach**</p> <p style="text-align: center;">Poached pear with crème Anglaise **</p> <p style="text-align: center;"><u>Theory</u></p> <p style="text-align: center;">SELF – DIRECTED LEARNING</p>	<p style="text-align: center;"><u>8 am Practical</u></p> <p style="text-align: center;"><u>Practice Pop up</u> <u>Kitchen Assessment 4</u> Using Products from Freezer including Quiche Florentine Quiche Lorraine Seafood Chowder Steamed Puddings Profiteroles Spring rolls</p> <p style="text-align: center;"><u>Theory</u></p> <p style="text-align: center;">SELF – DIRECTED LEARNING</p>	<p style="text-align: center;"><u>Self-Directed Learning</u></p> <p style="text-align: center;">PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p> <p style="text-align: center;">Coassemble</p> <p style="text-align: center;">Checkpoint 5,6,7,8,9</p>

Practical / Theory Outline – Week 7

Nelson Marlborough Institute of Technology

Hospitality and Service Sector		Level 4			402 CULINARY – TRAINEE ESSENTIALS					
Kitchen Practical / Theory Mon 13 June		Kitchen Practical / Theory Tue 14 June		Kitchen Practical / SDL Theory Wed 15 June		Kitchen Practical / Theory Thu 16 June		Self-Directed Learning Fri 17 June		
<p><u>8 am Practical</u></p> <p>Vegetable Curry</p> <p>Grilled Pork Cutlets with apple</p> <p>Banana Chutney</p> <p>Red Rice</p> <p>Coconut Tart</p> <p><u>Theory</u> Pop up Kitchens</p>		<p><u>Rata service</u></p> <p>Mātāwaka Tahī</p> <p><u>8 am to 3</u></p> <p>Mātāwaka Rua</p> <p><u>2 pm 9 pm</u></p>		<p><u>8 am Practical</u></p> <p>Filleting Flat Fish</p> <p>FOD Fillet on Beurre Blanc and Turned potatoes</p> <p>Citrus Tart</p> <p><u>Theory</u> SELF – DIRECTED LEARNING</p>		<p><u>8 am Practical</u></p> <p>Class Field Trip</p> <p><u>Theory</u> Pop up Kitchens</p>		<p><u>Self-Directed Learning</u></p> <p>Review</p> <p>PREPARE STOCKS, SAUCES & SOUPS</p> <p>PREPARE AND PRESENT SIMPLE DISHES</p> <p>PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p>		

Practical / Theory Outline – Week 8

Kitchen Practical / Theory Mon 20 June		Kitchen Practical / Theory Tue 21 June		Kitchen Practical / SDL Theory Wed 22 June		Kitchen Practical / Theory Thur 23 June		Self-Directed Learning Fri 24 June		
<p><u>Practical</u></p> <p>Prep for Assessment 4</p> <p>Practice Pop Up Kitchen</p> <p>Student Menus</p> <p><u>Theory</u> Review 402</p>		<p><u>Practical</u></p> <p>Practice Pop up Kitchen</p> <p>Assessment 4</p> <p>Student Menus</p> <p><u>Theory</u> Review 402</p>		<p><u>Practical</u></p> <p><u>Assessment 3</u></p> <p>Sicilian Basil and Salami Frittata with Dill and Lemon Vinaigrette **</p> <p>Chicken Napolitana with Vol au vent and Sautéed Spinach**</p> <p>Poached pear with crème Anglaise **</p> <p><u>Theory</u> SELF – DIRECTED LEARNING</p>		<p><u>Practical</u></p> <p>Chicken Satay</p> <p>Homemade Fettuccine with Parmesan & Pesto</p> <p>Apple Tart</p> <p><u>Theory</u> Review 402</p>		<p><u>Self-Directed Learning</u></p> <p>Review</p> <p>PREPARE STOCKS, SAUCES & SOUPS</p> <p>PREPARE AND PRESENT SIMPLE DISHES</p> <p>PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p>		

Practical / Theory Outline – Week 9

Nelson Marlborough Institute of Technology

Hospitality and Service Sector		Level 4		402 CULINARY – TRAINEE ESSENTIALS	
Kitchen Practical / Theory	Kitchen Practical /Theory Tue 28 June	Kitchen Practical /SDL Theory Wed 29 June	Kitchen Practical / Theory Thu 30 June	Self-Directed Learning Fri 1 July	
<p><u>8 am Practical</u></p> <p>Prepare for final Assessment 4 Pop Up kitchen</p> <p><u>Theory</u> Review and revise 402 Modules Coassemble</p>	<p><u>8 am Practical</u></p> <p>Final Assessment 4 Pop up kitchen</p> <p><u>Theory</u> Review and revise 402 Modules Coassemble</p>	<p><u>8 am Practical</u></p> <p>Moroccan Spiced Pumpkin, Chickpea and Tomato</p> <p>Veal Schnitzel Devil Sauce</p> <p>Potato Puree</p> <p>Doughnut Dough</p> <p><u>Theory</u> 402 Portfolios' Due</p>	<p><u>8 am Practical</u></p> <p>Shared Class Lunch</p> <p>Smoked Salmon Pizza</p> <p>Calzone Pizza</p> <p>Doughnuts</p> <p><u>Theory</u> Final Test 402</p>	<p><u>Self-Directed Learning</u></p> <p>PREPARE STOCKS, SAUCES & SOUPS</p> <p>PREPARE AND PRESENT SIMPLE DISHES</p> <p>PREPARE VEGETABLE, FRUIT, EGG AND FARINACEOUS DISHES</p> <p>Review 403 Complex Skills</p> <p>Enjoy Mid Term Holidays</p>	

This timetable is subject to change

**NMIT Holidays Mid Term
4 - 15 July NMIT
Starts 18 th July 8 am - 403 Complex**

- Use Coassemble to work through each learning module
- Use Moodle to access tutors PowerPoints and fixed learning
- Use OneNote to find links, support material and tips and tricks
- Use Kahoots and Quizzes to test your knowledge base
- Use Flash Cards to help you retain key points
- Find your learning style and place

Brown beef stock

Key ingredient: Beef bones, mirepoix

Key skill: Stock production

Equipment needed: Chef's knife, pot, roasting tray, chinois

Difficulty: ***

Beef bones	2 kg
Beef shanks	1 kg
Carrots	150 g
Onion	150 g
Leek	100 g
Celery	100 g
Water	5 L
Bouquet garni	1



Preparation (-)

1. WPRW the carrots. Peel the onions. Wash the leek and celery. Cut the vegetables into mirepoix

Cooking (4-8 hours)

1. Brown the bones and shanks in a roasting tray in the oven at 180°C for ~30 minutes
2. Add the mirepoix to the roasting tray and roast for a further ~10 minutes. Strain the fat off. Add some water to the tray to release the sediment. Pour the liquids, bones and meat into a pot and add the remaining water
3. Bring to the boil and skim off any fat and impurities. Reduce to a simmer and cook for 4-8 hours. Add the bouquet garni an hour before the finish
4. Strain through a chinois, label and store appropriately

Notes:

- Use veal or lamb bones for distinct flavours.

White chicken stock

Key Skill: Stock production

Equipment needed: Chef's knife, peeler, pots

Difficulty: ***

Chicken bones	2 kg
Chicken necks	1 kg
Water	5 L
Carrots	200 g
Onion	400 g
Leek	100 g
Celery	100 g
Bouquet garni	1



Cooking (2-4 hours)

1. Place the bones and necks into a pot. Add the water and bring to the boil. Skim off any fat and impurities. Reduce the heat and simmer
2. WPRW the carrots. Peel the onions. Wash the leek and celery
3. Cut the vegetables into mirepoix and add to the pot. Add the bouquet garni an hour before the finish
4. Simmer for 2-4 hours
5. Strain through a chinois, label and store appropriately

Notes:

- The cooking time depends on the size of the bones. The larger the pieces the longer the cooking time required to extract the flavours.

Brown chicken stock

Key Ingredient: Chicken bones, mirepoix

Key Skill: Stock production

Equipment needed: Chef's knife, pan, pot, roasting tray, chinois

Difficulty: ***

Chicken bones	2 kg
Chicken necks	1 kg
Carrots	150 g
Onion	150 g
Leek	100 g
Celery	100 g
Water	5 L
Bouquet garni	1



Preparation (-)

1. Wash the chicken bones and necks under cold running water
2. WPRW the carrots. Peel the onions. Wash the leek and celery. Cut the vegetables into mirepoix

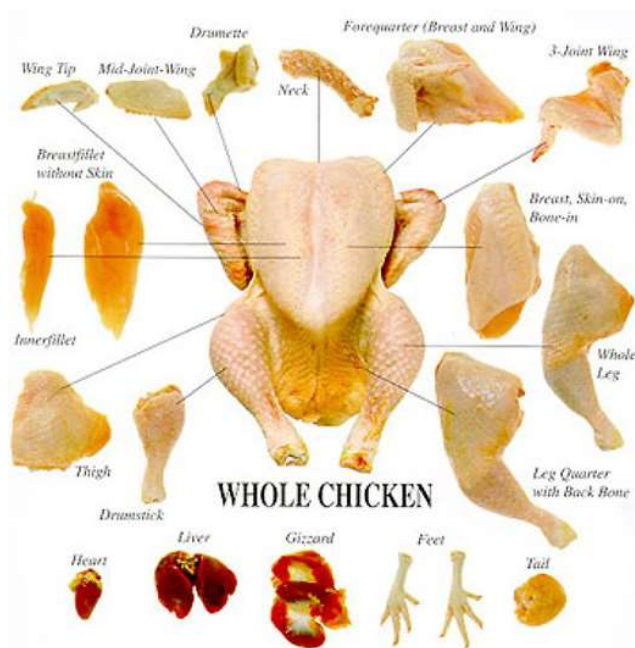
Cooking (2-4 hours)

1. Brown the bones and necks in a roasting tray in the oven at 180°C for ~20 minutes
2. Add the mirepoix to the roasting tray and roast for a further ~10 minutes. Add some water to the tray to release the sediment. Pour the liquids, bones and meat into a pot and add the remaining water
3. Bring to the boil and skim off any fat and impurities. Reduce to a simmer and cook for 2-4 hours. Add the bouquet garni an hour before the finish
4. Strain through a chinois, label and store appropriately

Whole chicken into sauté

Portion Cuts of Poultry

Term	Description
Whole	Remove the wishbone and truss for roasting or poaching
Grilled	De-bone the spatchcock from the back. Season and grill under the salamander
Suprême	Literally translated as “the best”. Remove the breast with only the wing bone attached. French the wing bone
Leg	Separate the leg from the carcass through the natural joint. Ensure removal of the oyster to ensure eating quality and minimise waste
Thigh	Separate the thigh by cutting through the line of fat between thigh and drumstick. Trim the knuckle ends
Drumstick	The drumstick is frenched and the top knuckle trimmed for presentation
Sauté cuts	Preparation of a whole chicken into ten pieces. Although trimmed, there are some bones left in, which allow for more flavour and moisture. The carcass is used for stocks and jus
Ballotine	This method of presentation has a couple of approaches resulting in a boned and stuffed leg and thigh of poultry. It can be used for buffets or as a hot dish
Galantine	A fully boned bird filled with stuffing or seasoning. The wing bones and drumstick bones may be left in. Alternatively the bird can be opened from the back or de-boned from the vent to remove all of the bones, whilst leaving all of the skin intact



Chicken Sauté Chasseur

Key ingredient: Chicken
Key skill: Boning, braising, pan-frying
Equipment needed: Boning knife, chef's knife, pan with lid
Difficulty: ***

Chicken	1.3 g
Tomato	150 G
Mushrooms	50 g
Onions	100 g
Butter	40 g
Tarragon	5 g
White wine	30 mL
Jus	150 mL
Parsley	5 g



Preparation (15 minutes)

1. Prepare the chicken into sauté cuts. French and/or trim each piece as required
2. Prepare the tomato concassée
3. Slice the mushrooms
4. Peel and dice the onion
5. Pick the herbs and chop the parsley

Cooking (45 minutes)

1. Heat half the butter in a pan. Season the chicken and place in the pan skin side down until browned, then turn over and brown the other side. Place in the oven at 180°C for ~15 minutes, until cooked through. Remove the chicken from the pan and put aside
2. Add the remaining butter and the onion to the pan and sweat until glassy. Add the mushrooms and sweat. Deglaze with the wine, then add the jus and bring to the boil. Add the tomato and herbs and toss through
3. Return the chicken to the pan and warm through. Adjust the seasoning

Plating

1. Place the chicken pieces into a pre-warmed dish and spoon the sauce over the top

Garnishes: Pasta, potatoes, rice

Thai Fish Cakes With Sweet Cucumber Sauce

Key ingredient: Fish, Asian spices
Key skill: Fish cookery, sauce production
Equipment needed: Blender, bowls, chef's knife
Difficulty: ***

Fish fillets	200 g
Fish sauce	15 mL
Red curry paste	5 g
Cornflour	8 g
Spanish onion	20 g
Red capsicum	20 g
Coriander	10 g
Green beans	25 g
Peanut oil	20 mL
Sesame seeds	15 G



CUCUMBER SAUCE

Lebanese cucumber	100 g
Water	50 mL
White vinegar	30 mL
Sugar	20 g
Unsalted peanuts	50 g
Fish sauce	15 mL

Preparation (15 minutes)

1. Dice the onion and capsicum. Pick the coriander leaves
2. Top and tail the beans and slice into small pieces. Blanch and refresh
3. Remove the bones from the fish and place in a blender with the fish sauce, curry paste and cornflour and blend until smooth. Add the onion, capsicum, coriander leaves and sliced beans, and blend slightly. Adjust the seasoning and form into small patties and sprinkle the patties with sesame seeds
4. For the cucumber sauce, wash, deseed and finely chop the cucumber. Combine the vinegar, water and sugar. Add the fish sauce to taste and add the cucumber
5. Grind the peanuts with a mortar and pestle and add to the cucumber mix. Add the fish sauce to taste

Cooking (5 minutes)

1. Heat the oil in a pan and fry the patties on both sides, until brown and cooked through.

Plating

1. Place the patties onto a plate or platter and serve the cucumber sauce on the side. Garnish as desired

Garnishes: Coriander

Tom Kha Gai soup

Key ingredient: Chicken stock, chicken meat, Asian spices and herbs

Key skill: Soup production

Equipment needed: Chef's knife, pot

Difficulty: ***

Red chillies	5 g
Galangal	12 g
Ginger	12 g
Coriander	10 g
Chicken thigh	150 g
Enoki mushrooms	50 g
Tomatoes	75 g
Lemongrass	20 g
Kaffir lime leaves	5 g
Coconut cream	200 mL
Chicken Stock	185 mL
Lime juice	37 mL
Fish sauce	15 mL
Light palm sugar	7 g
Basil	7 g



Preparation (20 minutes)

1. Slice the chillies finely, then grate the galangal and ginger
2. Pick the coriander leaves and chop the roots very finely
3. Finely slice the chicken
4. Cut the roots off the enoki and separate the stalks
5. Cut the tomatoes into quarters, remove the seeds and dice
6. Finely slice the lemongrass and Kaffir lime leaves

Cooking (45 minutes)

1. Heat the coconut cream, chicken stock, lime juice, fish sauce, palm sugar, chilli, galangal, ginger and coriander roots in a pan
2. Add the chicken and simmer gently for 30 minutes. Add the tomatoes and enoki mushrooms and cook for 15 minutes
3. Stir in the coriander and basil leaves

Plating

1. Ladle the soup into pre-warmed bowls, dividing the chicken and vegetables evenly

Thai-style Stir-fried Vegetables

Key ingredient:

Coconut milk, curry paste, vegetables

Key skill:

Boiling, stir-frying

Equipment needed:

Bowl, chef's knife, wok

Difficulty:

Rice noodles	100 g
Carrots	50 g
Beans	30 g
Zucchini	30 g
Garlic	5 g
Spring onion	25 g
Tofu FIRM	50 g
Lemon	1 each
Coriander	20 g
Red chilli	0.5 each
Olive oil	15 mL
Green curry paste	10 g
Fish sauce	10 mL
Coconut Cream	50 mL
Palm sugar	10 g



Preparation (20 minutes)

1. Soak the rice noodles in warm water until soft, then drain
2. WPRW the carrots and cut into batons
3. Top and tail the beans and cut in half. Cut the broccoli into flowerets
4. Peel and slice the garlic. Slice the spring onion, keeping the white and green parts separate
5. Cut the tofu into batons. Juice the lime
6. Pick the coriander leaves. Chop the chilli

Cooking (15 minutes)

1. Add the carrots to boiling water then add the beans and cook for 1 minute. Add the broccoli and cook for another minute. Drain and refresh
2. Heat some of the oil in a wok, add the tofu and fry until lightly browned, remove from the wok
3. Heat the remaining oil in the wok and add the garlic and the white part of the spring onion and fry. Add the vegetables and stir-fry
4. Add the lime juice and curry paste and fry for 1 minute. Add the fish sauce, coconut milk and palm sugar and cook for 1 minute
5. Add 1/2 the coriander leaves, remaining spring onions and noodles and mix through
6. Add the tofu and mix through

Plating

1. Place into a pre-warmed bowl and garnish with the chilli and remaining coriander

Fish stock

Key ingredient: Fish bones/heads
Key skill: Stock production
Equipment needed: Chef's knife, chinois, pot
Difficulty: ***

Fish bones/heads	500 g
Onion	200 g
Leek	40 g
Celery	50 g
Bouquet garni	1
Water	1 L



Preparation (5 minutes)

1. Wash the bones under cold running water, place in a pot
2. Peel the onion. Wash the leek and celery. Slice the vegetables

Cooking (20-30 minutes)

1. Add the cold water to the bones and bring to the boil
2. Skim the impurities off the stock. Reduce to a simmer and add the shredded vegetables and bouquet garni. Cook for a maximum of 30 minutes to prevent the stock from becoming bitter
3. Strain through a chinois, label and store appropriately

Notes:

- It is important to use the bones of a white fish or the stock will be cloudy. Instead of simmering the stock, you can remove it from the heat and allow to steep for a more subtle flavour. Make sure you cover the pot to retain the heat.

Vegetable Stock

Key ingredient: Vegetables
Key skill: Stock production
Equipment needed: Chef's knife, chinois, pot
Difficulty: ***

Carrots	400 g
Leek	200 g
Celery	400 g
Onion	400 g
Thyme	10 g
Parsley	10 g
Peppercorns	5 g
Bay leaves	2
Water	4 L



Preparation (10 minutes)

1. WPRW the carrots. Wash the celery and leek, peel the onion
2. Cut the vegetables into mirepoix and place in a pot

Cooking (2 hours)

1. Fill the pot with the water and add the remaining ingredients
2. Bring to the boil and simmer gently for 2 hours
3. Strain through a chinois, label and store appropriately

Seafood Chowder **

- Key ingredient:** Mixed seafood
Key skill: Roux, soup production
Equipment needed: Chef's knife, ladle, pot, wooden spoon
Difficulty: *****

Ingredients for 2 serve

Bacon	50 g
Mixed seafood	250 g
Mussels Live	4 each
Potatoes	250 g
Onion	50 g
Celery	50 g
Parsley	10 g
Butter	50 g
Flour	40 g
Milk	500 mL



Preparation (15 minutes)

1. Cut the bacon and the mixed seafood into even dice. Clean the Mussels. WPRW and dice the potatoes, onion and celery
2. Chop the parsley
3. Wash the mussels and scrub the outside of the shell

Cooking (30 minutes)

1. Heat the butter in a pot, add the bacon and fry lightly. Add the onion and celery and sweat, taking care not to brown them
2. Add the flour and make a white roux. Add the milk gradually while stirring, to avoid any lumps
3. Add the potatoes and bring the soup to the boil. Simmer gently until the potatoes are almost cooked
4. Steam the Mussels and remove any hair
5. Add the seafood and simmer gently until cooked
6. Adjust the seasoning to taste

Plating

1. Use a ladle to spoon the soup into pre-warmed bowls, Add the hot mussels
2. Sprinkle with the chopped parsley

Garnishes: Crackers

Steamed Pudding **

Wednesday, 20 May 2020 10:22 PM

Key ingredient: Butter, flour, dried fruit

Key skill: Steaming

Equipment needed: Bowl, spatula, whisk

Difficulty: ***

Ingredients for 2 serve

Butter	50 g
Sugar	50 g
Vanilla essence	1 mL
Salt	1 g
Egg	1
Self Raising Flour	75 g
Milk	20 mL
Mixed dried fruit	30 g



Preparation (5 minutes)

1. Cream the butter, sugar, salt and vanilla essence. Once it is light and aerated, add the egg,
2. Fold in the sifted flour, adding the milk a bit at a time
3. Wash the dried fruit and combine with a bit of flour before working it into the mixture. This makes the fruit sit evenly within the mixture
4. Spoon into 3* greased and sugared moulds until half full

Cooking (20 minutes)

1. Place the moulds onto a wet chux cloth in the oven at 160°C
2. Steam/bake for ~20 minutes. Check with a skewer to ensure the pudding is cooked through

Plating

1. Turn the mould upside down onto a plate to remove the pudding
2. Garnish as desired and serve immediately

Garnishes: Anglaise sauce, caramel sauce, fresh mint, fruit, icing sugar

Caramel Sauce **

Key ingredient: Sugar, cream

Key skill: Sauce production

Equipment needed: Pan, sieve, wooden spoon

Difficulty: ***

Ingredients for 2 serve

Caster sugar	50 g
Water	10 mL
Cream	125 mL
Vanilla essence	2 mL



Cooking (10 minutes)

1. Heat the sugar with the water in a pan and take to caramel stage. Brush down sides with water to prevent crystallisation of the sugar
2. Remove from the heat, add some cream and mix in carefully
3. Add the remaining cream and vanilla essence and stir
4. Strain into a container and refrigerate to thicken further

Lamb brochettes **

Key ingredient: Capsicum, lamb fillet, zucchini

Key skill: Grilling or pan-frying

Equipment needed: Chef's knife, pan, wooden skewers

Difficulty: ***

Ingredients for 2 serve

Button onions	60 g
Lamb fillets	100 g
Capsicum	40 g
Zucchini	40 g
Mushrooms	40 g
Olive oil	30 mL



Preparation (15 minutes)

1. Peel and blanch the onions. Cut the lamb into 2cm dice
2. Cut the capsicum and zucchini into 1.5cm squares
3. Remove the stems from the mushrooms
4. Cut the skewers in half. Thread the ingredients onto the skewers, alternating between the different ingredients. Season

Cooking (10 minutes)

1. Grill or pan-fry the skewers in olive oil

Plating

1. Place the skewers onto a pre-warmed plate and garnish as desired

Garnishes: Cucumber raita, Indian bread, pilaf rice

Notes:

- You could also draw the brochettes through tempura batter and deep-fry. Tandoori spices can also be used as seasoning

From <<https://nmit.coassemble.com/supportmaterial/recipe/1555/print/2>>

Greek Salad **

Key ingredient: Cucumber, feta, olives

Key skill: Salad & dressing production

Equipment needed: Bowls, chef's knife, paring knife, whisk

Difficulty: ***

Ingredients needed for 2 serve

Lebanese cucumber	50 g
Feta	50 g
Green capsicum	50 g
Red capsicum	50 g
Tomatoes	50 g
Oregano	1 g
Parsley	1 g
Onion	25 g
Garlic chives	1 g
Kalamata olives	6
Red wine vinegar	20 mL
Olive oil	45 mL
Basil	1 g



Preparation (20 minutes)

1. Dice the cucumber, feta and capsicums. Cut the tomatoes into wedges
2. Pick the oregano and parsley leaves and slice into chiffonnade
3. Peel and slice the onion. Finely slice the garlic chives
4. Remove the seeds from the olives and slice
5. Prepare a vinaigrette by whisking the vinegar, oil, salt and pepper together
6. Combine with the olives, cucumber, feta, capsicum, chives, onion and chiffonnade
7. Pour the vinaigrette over the salad and toss through

Plating

1. Assemble on a plate and garnish with basil leaves

Cucumber Raita **

Key ingredient: Cucumber, yoghurt

Key skill: Dip preparation

Equipment needed: Grater, mortar and pestle

Difficulty: ***

Ingredients for 2 serve

Lemon juice	5 mls
Telegraph cucumber	30 g
Salt	0.5 g
Yoghurt	20 mL
Cumin seeds	0.5 g



Preparation (5 minutes)

1. Juice the lemon
2. Wash and grate the cucumber and sprinkle with salt to draw out the surplus moisture. Squeeze dry and add the yoghurt and lemon juice

Cooking (2 minutes)

1. Dry roast the cumin seeds and grind in a mortar and pestle. Add to the cucumber mixture and season to taste

Notes:

- Raita is served with curries to cool the palate.

Filo Parcels with Ratatouille and Haloumi

Key ingredient: Haloumi, herbs, nightshade vegetables

Key skill: Baking, stewing

Equipment needed: Baking tray, chef's knife, pan, pastry brush

Difficulty: ***

Filo Parcels with Ratatouille and Haloumi

RATATOUILLE

Red capsicum	60 g
Green capsicum	60 g
Zucchini	100 g
Eggplant	100 g
Tomatoes	100 g
Onion	50 g
Garlic	5 g
Basil	10 g
Olive oil	20 mL
Tomato paste	5 g
Haloumi	100 g



PASTRY

Filo pastry sheets	8
Olive oil	15 mL
Sesame seeds	1 g

Preparation (15 minutes)

1. Pre-heat the oven to 180°C
2. Wash the vegetables and cut them into 1cm dice
3. Peel and finely dice the onion and garlic
4. Pick and shred the basil leaves
5. Dice the haloumi

Cooking (20 minutes)

1. Heat the oil in a pan and sauté the onion and garlic
2. Add the tomato paste, vegetables and seasoning, then sweat. Add the basil and stew for 3-5 minutes until just cooked
3. Grill the haloumi and mix through with the ratatouille. Cool
4. Cut the filo sheets into halves. Brush one sheet with melted butter, layer another sheet on top and brush with melted butter again
5. Place the mixture on and envelop by folding over repeatedly to form triangles. Repeat until the mixture is used up
6. Place on a greased tray, then brush with butter and sprinkle with sesame seeds and bake at 180°C for 10-15 minutes until golden

Plating

1. Place the parcels onto plates and garnish as desired

Garnishes: Rocket, herb oil, vinaigrette

Note: Feta cheese can be used as an alternative to the haloumi.

Herb Sauce

Key ingredient: Herbs, yoghurt
Key skill: Sauce production
Equipment needed: Chef's knife, colander, pot
Difficulty: ***

Parsley	10 g
Basil	10 g
Spinach	20 g
Yoghurt	150 mL
Lemon	40 g



Preparation (5 minutes)

1. Chop the parsley and finely slice the basil
2. Wash the spinach, remove the leaves. Blanch and refresh
3. Place the spinach and herbs into a blender with the yoghurt, lemon juice and seasoning. Mix until smooth, then adjust the seasoning

Notes:

- For a richer version part of the yoghurt can be replaced with mayonnaise.

Italian Meatballs in Red Wine Tomato Sauce

Key ingredient:

Beef, pepitas, pork, spices

Key skill:

Mince and sauce production

Equipment needed:

Bowl, chef's knife, mincer, pan, pot

Difficulty:

Beef	250 g
Pork	250 g
Breadcrumbs	40 g
Eggs	2
Mustard	5 g
Garlic	10 g
Onion	100 g
Olive oil	20 mL
Dried basil	2 g
Paprika	5 g
Pepitas	60 g
Parmesan	20 g



TOMATO SAUCE

Onion	100 g
Garlic	10 g
Olive oil	50 mL
Tomato paste	150 g
Red wine	100 mL
Diced tomatoes	375 g
Tomato puree	375 mL
Thyme	10 g
Bay leaf	1

Preparation (20 minutes)

1. For the meatballs: trim the meat and put through the mincer. Add the breadcrumbs, eggs and mustard and combine
2. Chop the garlic and onion and fry in the oil, add the basil and paprika and mix through
3. Add to the mince along with the Parmesan, 1/3 of the pepitas and seasoning. Roll into ~ 3cm balls and coat with the remaining pepitas
4. For the sauce: peel and dice the onion and chop the garlic

Cooking (45 minutes)

1. Heat the oil and fry the onion and garlic, add the tomato paste and roast lightly
2. Deglaze with the wine then add the tomatoes and the purée
3. Add the thyme and bay leaf, season and simmer on low heat for 30 minutes
4. Deep-fry the meatballs at 180°C until golden brown, drain on absorbent paper and then sit in the sauce halfway up the meatballs and braise for 15 minutes

Plating

1. Spoon the sauce onto a plate and sit the meatballs on top, or serve on top of pasta

Garnishes: Fresh herbs, avocado pesto, pasta

Wholemeal Pasta

Key ingredient: Wholemeal flour
Key skill: Dough production
Equipment needed: Pasta machine, pot
Difficulty: ***

Plain wholemeal flour	100 g
Plain bakers flour	100 g
Eggs	2
Oil	10 mL



Preparation (30 minutes + resting)

1. Sift the flours, return the husks to the flour and stir to combine
2. Make a well in the centre, add the oil and whisked eggs
3. Work into a dough and rest for 30 minutes
4. Divide the dough into 4 and push through a pasta machine set on the thickest setting
5. Fold in the sides and push through again, repeat the process one more time
6. Gradually decrease the setting until the right thickness is achieved at a no. 1 or 2 setting. Air dry until the surface is dry, turn over and let the other side dry
7. Push through the fettuccine cutter and spread onto a tray or roll into individual portions

Cooking (10 minutes)

1. Place the pasta into boiling water and cook until al dente, which should take 3-5 minutes. Drain and refresh
2. Add the oil and toss through to prevent sticking

Plating

Garnishes: Osso buco

Minestrone

- Key ingredient:** Vegetables
Key skill: Soup production
Equipment needed: Chef's knife, ladle, pot, wooden spoon
Difficulty: ***

Ingredients for 4 - 6 serves

Potato	40 g
Carrot	40 g
Turnip	15 g
Cabbage	40 g
Celery	15 g
Leek	15 g
Beans	20 g
Cauliflower	40 g
Fresh peas	40 g
Tomato	50 g
Bouquet garni	1
Onion	30 g
Garlic	5 g
Bacon	25 g
Spaghetti	20 g
Butter	25 g
Tomato paste	25 g
Mixed herbs	2 g
Vegetable Stock	500 mL



Preparation (20 minutes)

1. WPRW potatoes, carrots and turnips. Wash the cabbage, celery, leek, beans and cauliflower
2. Cut potatoes, carrots, turnips, cabbage, celery and leek into paysanne. Cut the beans diagonally. Cut the cauliflower into small rosettes
3. Shell the peas
4. Prepare the tomato concassée and bouquet garni
5. Peel and dice the onion. Peel and chop the garlic. Remove the rind and then dice the bacon
6. Break the spaghetti into small pieces. Boil and refresh

Cooking (45 minutes)

1. Heat the butter in a pot. Add the onions and sweat without adding colour. Add the bacon and paysanne vegetables and sweat. Season, place a lid on top and continue to sweat
2. Add the garlic and tomato paste and sweat. Add the mixed herbs
3. Add the stock and bring to the boil. Skim as required, then reduce to a simmer. Place a lid on top and simmer for 10 minutes. Add the bouquet garni and simmer for a further 10 minutes
4. Add the cauliflower, beans, peas and tomato. Simmer for a further 10 minutes
5. Add the spaghetti pieces and heat through. Remove the bouquet garni and adjust the seasoning

Plating

1. Use a ladle to spoon the soup into pre-warmed bowls. Garnish as desired

Garnishes: Fresh herbs, grissini, Parmesan

Notes:

- Pancetta or prosciutto offcuts may be used instead of bacon.

Beef Goulash

Key ingredient: Beef, onions, paprika

Key skill: Stewing

Equipment needed: Chef's knife, pot, turning knife, wooden spoon

Difficulty: ***

Onion	100 g
Garlic	5 g
Lemon	37.5 g
Marjoram	0.5 g
Caraway seeds	1 g
Butter	25 g
Parsley	1 g
Potatoes	400 g
Diced beef	200 g
Tomato paste	15 g
Paprika	5 g
Beef stock	375 mL



Preparation (10 minutes)

1. Peel and dice the onion and garlic
2. Zest the lemon
3. Pick the marjoram leaves. Mix with the caraway seeds, lemon zest and some of the butter, then chop finely
4. Pick and slice the parsley leaves
5. Peel and turn the potatoes

Cooking (60-90 minutes)

1. Sweat the onion and garlic in the remaining butter until glassy
2. Add the seasoned meat and seal. Add the tomato paste and sweat, then add the paprika
3. Spoon in the herb mixture and sweat for 2-3 minutes
4. Cover with stock (1cm above the meat) and stew slowly. Once the meat is tender, adjust the seasoning and sprinkle the chopped parsley over the top. Skim if required
5. Steam the potatoes

Plating

1. Spoon the goulash onto a pre-warmed plate and garnish with the potatoes

Garnishes: The potatoes can be added to the goulash for the last 20 minutes, to thicken the stew. If you keep the potatoes separate you may have to thicken the stew with potato starch or cornflour.

Notes:

- This stew has many uses. It can be made with beef, veal, pork or chicken. Veal and chicken goulash is often finished with cream, while pork goulash is traditionally served on sauerkraut.

Fondants Potato

Key skill: Boiling
Equipment needed: Bowl, pot
Difficulty: ***

Fondant Potatoes

Potatoes	600 g
Parsley	5 g
Butter	10 g
Vegetable oil	15 mL
Chicken Stock	250 mL



Preparation (10 minutes)

1. Pre-heat the oven to 180°C
2. WPRW the potatoes. Turn the potatoes so they are approximately the length of your thumb
3. Chop the parsley
4. Melt the butter

Cooking (30 minutes)

1. Place the potatoes into a greased baking dish. Pour in the stock until it is halfway up the potatoes. Brush the top of the potatoes with the butter
2. Bake in the oven at 180°C for 20-30 minutes until tender

Plating

1. Place the potatoes onto a pre-warmed plate or serving dish and sprinkle with the parsley

Garnishes: Fresh herbs

Broccoli Hollandaise

Key ingredient:

Broccoli, Hollandaise sauce

Key skill:

Blanching, emulsion sauce

Equipment needed:

Bowl, paring knife, pot with lid, whisk

Difficulty:

Broccoli	200 g
Hollandaise sauce	60 mL



Preparation (15 minutes)

1. Wash and trim the broccoli. Cut into rosettes, blanch and refresh
2. Prepare the Hollandaise sauce

Cooking (2 minutes)

1. Reheat the broccoli in hot salted water or the microwave

Plating

1. Place onto a pre-warmed vegetable dish and spoon the Hollandaise sauce over the top

Notes:

- The final dish can be gratinated as an alternative presentation.

Hollandaise Sauce

Key ingredient: Butter, egg yolks
Key skill: Emulsion sauce production
Equipment needed: Bowl, muslin cloth, pan, pot, whisk
Difficulty: *****

Butter	250 g
Eggs	2
Vinegar	20 mL
Water	20 mL
Lemon Juice	10 mls



Preparation (10 minutes)

1. Clarify the butter and keep at blood temperature
2. Crush the peppercorns
3. Separate the eggs and put the whites aside

Cooking (10 minutes)

1. Boil the pepper in the vinegar and water until almost dry, then add an additional 10ml of water and strain the reduction
2. Combine the reduction with the egg yolks and whip over a bain-marie to sabayon stage. Stir in the butter gradually until the correct consistency is achieved this will depend on your sabayon. Adjust the seasoning, add lemon juice, whisk to combine
3. Keep warm

Plating

Note: Store this sauce for short periods only, as it is highly susceptible to bacteria growth due to the storage temperature and ingredients.

Bearnaise Sauce

Key ingredient: Butter, egg yolks
Key skill: Emulsion sauce production
Equipment needed: Bowl, chef's knife, pan, pot, whisk
Difficulty: *****

Butter	250 g
Peppercorns	5 g
Button onion	30 g
Eggs	3
Tarragon	5 g
Parsley	5 g
Lemon	75 g
Tarragon vinegar	20 mL
Water	20 mL



Preparation (15 minutes)

1. Clarify the butter and keep at blood temperature
2. Crush the peppercorns and dice the onion
3. Separate the eggs and put aside the whites
4. Chop the tarragon and parsley leaves. Put aside the stems to use in the reduction
5. Juice the lemon

Cooking (15 minutes)

1. Boil the pepper, onion and herb stems with the vinegar and water until almost dry
2. Add additional water to obtain 10-15mL of liquid per egg yolk, then cool
3. Combine the reduction with the egg yolks and whip over a bain-marie to sabayon stage
4. Stir in the butter gradually until the correct consistency is achieved. This will depend on your sabayon
5. Season and stir in the lemon juice and cayenne pepper
6. Strain through a muslin cloth. Add the tarragon and parsley and keep warm

Plating

Note: Store this sauce for short periods only, as it is highly susceptible to bacteria growth due to the storage temperature and ingredients.

Notes:

- Do not store too hot as the sauce will split. You can also strain the reduction before you add it to the egg yolks.

Chicken en Papillote

Key ingredient:	Chicken breast
Key skill:	En papillote
Equipment needed:	Chef's knife, pan
Difficulty:	***

Chicken breast	300 g
Mushrooms	50 g
Lemon	150 g
Parsley	5 g
Butter	10 g



Preparation (15 minutes)

1. Pre-heat the oven to 180°C
2. Slice the breast into 2cm thick strips
3. Slice the mushrooms
4. Juice the lemon
5. Chop the parsley

Cooking (15 minutes)

1. Heat a pan. Season and seal the chicken for 30 seconds on each side. Chill
2. Melt the butter in the pan. Add the mushrooms and sauté for 2-3 minutes. Add the juice then remove from the heat and chill
3. Place the chicken, mushrooms and parsley onto greaseproof paper or foil and wrap up to form a bag. Bake in the oven at 180°C for 10-15 minutes until the bag puffs up and the chicken is cooked through

Plating

1. Place the hot bag onto a pre-warmed plate and garnish. Open up the bag in front of the customer to release the aroma. Alternatively, remove the chicken from the bag and place onto a pre-warmed plate

Garnishes: Fried herbs, lemon wedge, potatoes

Beans with Beurre Noisette Dressing

Key skill: Salad and dressing production

Equipment needed: Bowl, chef's knife, pan

Difficulty: ***

Lemon	75 g
French shallots	15 g
Beans	200 g
Parsley	20 g
Garlic	2.5 g
Butter	50 g
Sherry vinegar	20 mL



Preparation (5 minutes)

1. Juice the lemon
2. Peel and dice the French shallots and garlic
3. Top and tail the beans. Pick the parsley leaves

Cooking (10 minutes)

1. Heat the butter in a pan for ~5 minutes, until the butter browns and stops foaming
2. Add the French shallots and garlic and cook briefly
3. Pour in the vinegar and lemon juice. Season and keep warm
4. Steam the beans until just tender
5. Place the beans into a bowl. Add the parsley and dressing and mix through

Plating

1. Place the beans onto a plate and garnish as desired
2. Cherry tomatoes, fresh herbs

Rice pilaf

Key ingredient: Long grain rice

Key skill: Braising

Equipment needed: Chef's knife, measuring jug, pot, wooden spoon

Difficulty: **

Onion	40 g
Butter	20 g
Long grain rice	100 g
Chicken Stock	150 mL



Preparation (5 minutes)

1. Peel and dice the onion

Cooking (20 minutes)

1. Heat a pot and melt the butter. Add the onion and sweat
2. Add the rice. Stir until the rice grains are coated with butter and glossy
3. Add the stock and stir. Once the rice starts to boil cover with a cartouche and lid and place in the oven at 150°C for ~15 minutes, until the rice is done and the liquid is absorbed
4. Stir through with a fork to loosen the grains

Plating

1. Spoon the rice into a mould and turn onto a pre-warmed plate

Notes:

- For large amounts, heat the stock to speed up the process. Ratio of rice to liquid is 1:1.5

Poached pear **

Key ingredient: Pears, red wine

Key skill: Poaching

Equipment needed: Chef's knife, parisienne cutter, peeler, pot

Difficulty: ***

Poached Pears in Red Wine

Ingredients for 2 serve

Pears Small	2
Red wine	200 mL
Sugar	150 g
Cloves	1
Lemon	75 g
Cinnamon quill	1/4
Water	200 mL



Preparation (10 minutes)

1. Peel the pears and remove the core. This can be done easily with a parisienne cutter on the whole pear or pear halves
2. Juice the lemon

Cooking (20 minutes)

1. Produce a stock syrup with the red wine, sugar, cloves, lemon juice, cinnamon and water
2. Submerge the pears in the stock syrup and cover with a cartouche. Bring to the boil and poach gently for 15-20 minutes until tender
3. Cool the pears in the syrup

Plating

1. Place each pear on a chilled plate and garnish as desired

Garnishes: Ice cream, mint

Notes:

- Remember that pears ripen from the inside! Adjust the cooking time to suit the ripeness of the pear

Crème Anglaise **

Key ingredient: Egg yolks, milk
Key skill: Thickening agent, sauce production
Equipment needed: Bowl, pot, whisk
Difficulty: *****

Ingredients for 2 serve

Egg	1
Caster sugar	15 g
Milk	125 mL
Vanilla paste	1 g



Preparation (5 minutes)

1. Separate the egg and put aside the white
2. Cream the yolk with the sugar

Cooking (15 minutes)

1. Bring the milk and vanilla to the boiling point and add gradually to the egg and sugar mixture
2. Return to the heat and thicken until it coats the back of the spoon. Do not boil the sauce or the egg yolks will coagulate and solidify!
3. Strain and cool. Store appropriately

Notes:

- For a richer sauce use 10 egg yolks per litre of milk.

Lasagne

- Key ingredient:** Bolognese sauce, béchamel sauce, pasta
Key skill: Sauce preparation, baking
Equipment needed: Baking dish, chef's knife, pans, wooden spoon
Difficulty: *****

BOLOGNESE SAUCE

Onion	100 g
Garlic	10 g
Butter	30 g
Beef mince	400 g
Tomato paste	50 g
Dried oregano	5 g
White wine	100 mL
Tomato puree	300 mL
Basil	10 g

BÉCHAMEL SAUCE

Milk	500 mL
Onion	75 g
Cloves	3
Bay leaf	1
Butter	30 g
Flour	30 g



LASAGNE

Lasagne sheets	250 g
Grated Parmesan	50 g
Grated mozzarella	150 g

Cooking (40 minutes)

1. For the bolognese: peel and dice the onion, peel and crush the garlic. Heat the butter in a pan and sweat the onion and garlic
2. Season the mince, add to the pan and fry until browned. Add the tomato paste and roast briefly. Add the oregano, deglaze with the wine and reduce by half
3. Add the tomato puree and basil and simmer for 20-30 minutes
4. For the béchamel: peel the onion and push the cloves into the onion. Cut a slit and insert the bay leaf. Heat the milk and the studded onion
5. Clarify the butter, then add the flour. Stir with a wooden spoon or whisk until it reaches a sandy texture (white roux). Take off the heat and gradually add the milk in stages, stirring in between. Bring back to the boil each time ensuring that the mixture is smooth, without lumps
6. When all the milk is incorporated return the studded onion to the sauce, cover with a buttered cartouche and either simmer slowly on the hotplate (stirring regularly until thickened) or in the oven at 140°C for ~30 minutes. Stir occasionally to make sure it doesn't burn on the base. Strain through a sieve and place little bits of butter on top to prevent skin forming
7. Pre-heat the oven to 180°C. Layer a baking dish alternately with bolognese sauce and lasagne sheets. You can add some béchamel to each layer to achieve a firmer consistency if desired. Finish with the béchamel, sprinkle with the cheese and bake in the oven at 180°C for 30-40 minutes

Plating

1. Place onto a pre-warmed plate and garnish as desired

Garnishes: Salad, tomatoes, fresh herbs

Notes:

- The lasagne sheets can be pre-cooked for a shorter cooking time. Different types or combinations of mince can be used to obtain a different flavour.

Apple Turnover

Key ingredient: Apples, puff pastry

Key skill: Baking, pastry production

Equipment needed: Baking tray, chef's knife, pastry brush, rolling pin, pot

Difficulty: *****

Puff paste	225 g
Apples	200 g
Apple juice	100 ml
Sultanas/currants	10 g
White wine	25 mL
Sugar	15 g
Cinnamon	0.5 g
Egg yolk	9 mL
Cream	10 mL
Stock syrup	10 mL



Preparation (50 minutes + 3 hours resting)

1. Pre-heat the oven to 200°C
2. Roll out the puff paste to 2-3mm thickness and rest in the fridge
3. Peel and dice the apples. Stew with the apple juice, sultanas, white wine, sugar and cinnamon until just soft. Cool down
4. Cut the puff paste into circles then roll into elliptic shape
5. Mix the egg yolk and cream together, then brush the edges of one half of each paste disc
6. Place a heaped spoonful of the apple stew on to the paste. Fold the other half of the paste over and press down gently. Brush the top of the turnover with the egg wash. Use the back of the knife to decorate the edges of the pastries

Cooking (~15-20 minutes)

1. Bake at 200°C for ~15 minutes
2. Remove from the oven and glaze with the stock syrup

Fried Rice

Key ingredient:

Rice, vegetables

Key skill:

Stir-frying

Equipment needed:

Chan, chef's knife, wok

Difficulty:

Button onion	30 g
Carrot	40 g
Celery	30 g
Leek	30 g
Shallots	20 g
Ginger	5 g
Garlic	5 g
Red chilli	5 g
Bacon	30 g
Cooked prawns	50 g
Boiled rice	350 g
Sesame oil	10 mL
Vegetable oil	30 mL
Frozen peas	20 g
Soy sauce	20 mL
Egg	1



Preparation (15 minutes)

1. Peel and finely dice the onion
2. WPRW the carrots. Wash the celery and leek. Cut into paysanne
3. Slice the shallots on an angle
4. Peel and crush the garlic. Peel and grate the ginger
5. Deseed and slice the chilli
6. Cut the bacon into paysanne
7. Peel and slice the prawns
8. Prepare the boiled rice

Cooking (10 minutes)

1. Heat the oil in a wok. Add the onion and sweat
2. Add the garlic and ginger and toss through. Add the bacon and toss through. Add the paysanne vegetables and sweat
3. Add the peas, rice and chilli and stir-fry. Add the soy sauce, prawns and some of the shallots and stir-fry. Place onto a plate and keep warm
4. Clean the wok. Heat oil in the wok. Whisk the eggs and pour into the wok. Swirl to achieve a thin layer. Toss to set the egg. Remove and slice thinly

Plating

1. Place the egg onto the rice and garnish with the remaining shallots

Garnishes: Chilli, coriander, fried noodles

Ox Tail Braised in Asian Flavours

Key ingredient: Ox tail
Key skill: Braising
Equipment needed: Chef's knife, pot, strainer, wooden spoon
Difficulty: *****

Ox tail	1.6 kg
Lemongrass	100 g
Onion	100 g
Ginger	50 g
Garlic	20 g
Red chilli	10 g
Green chilli	10 g
Shiitake mushrooms	100 g
Vegetable oil	40 mL
Shaoxing rice wine	150 mL
Beef stock	500 mL
Dark soy sauce	100 mL
Palm sugar	40 g
Star anise	2 g
Chinese five spice	2 g
Kaffir lime leaves	4
Coriander	20 g



Preparation (15 minutes)

1. Remove surplus fat from the ox tail, then cut into segments
2. Shred the lemongrass, onions and ginger. Crush the garlic and cut the chillies into large pieces
3. Wash and dry the mushrooms or soak if using dried mushrooms
4. Pick the coriander leaves and chop the stalks

Cooking (2 hours 30 minutes)

1. Season the ox tail and fry it in the oil until browned. Remove from the pot and rest in a bowl
2. Fry the cut vegetables until lightly coloured
3. Add the rice wine, stock, soy sauce, palm sugar and spices and bring to the boil
4. Add the mushrooms, kaffir lime leaves, coriander stalks and ox tail to the sauce. Cover with a lid and braise slowly for ~2 hours until the ox tail is completely tender
5. Remove the ox tail and mushrooms. Strain the sauce and refrigerate so the fat can set
6. Remove the fat from the top of the sauce. Reheat the ox tail and sauce to order

Plating

1. Place the ox tail onto a pre-warmed plate and garnish with the mushrooms and coriander leaves

Garnishes: Asian noodles, chilli, rice

Sweet Crêpes

Key ingredient: Eggs, flour, milk, sugar
Key skill: Batter and crêpe production
Equipment needed: 25cm crêpe pan
Difficulty: ***

Butter	30 g
Oranges	50 g
Eggs	2
Oil	10 mL
Flour	85 g
Sugar	15 g
Milk	250 mL



Preparation (10 minutes + resting time)

1. Sift the flour. Zest the orange. Beat the eggs
2. Melt the butter to noisette stage, then add the oil
3. Add the orange zest to the sifted flour then the sugar, noisette butter and eggs. Gradually add the milk and combine
4. Let the mixture rest for 1 hour

Cooking (10 minutes)

1. Heat butter in a crêpe pan and pour an even thin layer of mixture into the pan by tilting it
2. Cook briefly on each side, until lightly browned

Plating

Note: Crêpes should be thin and lightly coloured.

Notes:

- If using a non-stick fry pan a little bit of oil can be added, discard any excess. Extra butter or oil will be needed for frying.

Crêpes Soufflé with Grand Marnier

Key ingredient: Crêpes, pastry cream, oranges
Key skill: Crêpes production, pastry cream
Equipment needed: Bowl, pan, whisk
Difficulty: ***

Eggs	2
Sugar	40 g
Cornflour	20 g
Milk	250 mL
Vanilla essence	1 mL
Grand Marnier	15 mL

TO FINISH

Crêpes	10
Oranges	400 g
Sugar	25 g
Icing sugar	25 g



Preparation (20 minutes)

1. Prepare the crêpes
2. Heat the milk and bring to the boil
3. Separate the eggs
4. Mix the egg yolks with the 3/4 of the sugar. Add the Grand Marnier, vanilla essence and sifted cornflour
5. Add the boiling milk and return to the heat until it thickens (pâtissière). Remove from heat and cool slightly
6. Whisk the egg whites with remaining sugar to a meringue
7. Fold the meringue under the pâtissière and fill the cold crêpes. Place on a tray lined with silicon paper and dust with icing sugar

Cooking (10 minutes)

1. Bake in the oven at 180°C for ~8 minutes
2. Segment or slice the oranges and boil the juice with the sugar to a sauce consistency. Add the orange segments (slices)

Plating

1. Pour the sauce onto plates. Place the crêpes onto the plate and garnish with the orange segments. Dust with icing sugar

Stir-fried Calamari With Broccoli

Key ingredient: Calamari, vegetables

Key skill: Stir-frying

Equipment needed: Chef's knife, pan, wok

Difficulty: ***

Calamari	125 g
Broccoli	50 g
Garlic	5 g
Chilli	1.5 g
Onion	25 g
Almond flakes	5 g
Peanut oil	15 mL
Fish sauce	10 mL
Soy sauce	10 mL
Cornflour	5 g



Preparation (15 minutes)

1. Clean and prepare the calamari. Cut into even pieces and score a lattice pattern on the inside
2. Cut the broccoli into flowerets. Blanch and refresh
3. Peel and chop the garlic. Chop the chilli
4. Peel the onion and cut into 2 cm squares
5. Toast the almonds

Cooking (3-5 minutes)

1. Heat the oil in a wok. Add the garlic, chilli and onion and fry. Add the calamari and fry until it has curled up. Remove and keep warm
2. Add the broccoli and sauces and warm through
3. Return the calamari to the wok and thicken with the diluted cornflour. Adjust the seasoning

Plating

1. Place onto a pre-warmed plate and sprinkle the almonds on top

Lorette Potatoes

Key ingredient:

Key skill:

Equipment needed:

Difficulty:

Potatoes

Boiling, deep-frying, piping

Piping bag and nozzle, pots, wooden spoon

Duchess potato mixture	300 g
Choux paste	150 g
Grated Parmesan	15 g



Preparation (30 minutes)

1. Prepare the duchess potato mixture
2. Prepare the choux paste
3. Pre-heat the deep fryer to 180°C
4. Combine the potato, choux paste and Parmesan thoroughly. Place into a piping bag and pipe into the desired shape e.g. rings, crescents, cigar shapes

Cooking (5 minutes)

1. Deep-fry the potatoes at 180°C for ~5 minutes, until golden brown

Plating

1. Place the potatoes onto a pre-warmed plate or serving dish and garnish as desired

Garnishes: Fresh herbs

Duchess Potatoes

Key ingredient: Potatoes

Key skill: Boiling, piping, baking

Equipment needed: Piping bag and nozzle, pots, ricer, wooden spoon

Difficulty: ***

Potatoes 300 g

Egg yolk 1

Butter 20 g



Preparation (5 minutes)

1. WPRW the potatoes and cut into even pieces
2. Separate the eggs and put the white aside

Cooking (45 minutes + resting)

1. Boil the potatoes in salted water for ~20 minutes, until tender. Strain off the water
2. Place the potatoes in a pot over low heat to dry out. Break the potatoes apart a bit using the wooden spoon
3. Push the potatoes through a ricer into a pot. Add the butter, and seasoning and combine over low heat
4. Take off the heat, add the egg yolk and combine

Basic Choux Paste

Key ingredient:

Butter, eggs, flour, water

Key skill:

Paste production

Equipment needed:

Baking tray, piping bag, wooden spoon

Difficulty:

Water	250 mL
Butter	100 g
Salt	2 g
Sugar	5 g
Flour	150 g
Eggs	4



Cooking (-)

1. Boil the water, butter, salt and sugar. Remove from the heat
2. Sift the flour into the liquid. Ensure the flour is added all at once or it will form lumps. Mix thoroughly with a wooden spoon
3. Return to the heat and stir until a white layer is formed on the bottom of the pot. Take off the heat and cool to room temperature
4. Add the eggs one at a time, mixing in between until a dropping consistency is achieved
5. Put the paste into a piping bag and pipe into the desired shapes. Brush with egg wash
6. Bake at 210°C for 10 minutes with steam, then for another 20 minutes with dry heat. The cooking time depends on the size of the item

Notes:

- Choux paste is used for profiteroles, éclairs and choux buns.

Coffee Brûlée

Key ingredient: Cream, egg yolks, milk
Key skill: Brûlée production
Equipment needed: Bowl, pan, whisk, wooden spoon
Difficulty: *****



Milk	100 mL
Cream	150 mL
Coffee beans	7 g
Vanilla bean Paste	1 g
Sugar	35 g
Egg yolks	60 g

Preparation & Cooking

1. Preheat the oven to 120°C
 2. Simmer the milk and cream with the coffee beans and vanilla bean. Remove from the heat and steep for 30 minutes. Whisk in half of the sugar
 3. Whisk the rest of the sugar and egg yolks until pale and creamy
 4. Add the milk mixture to the egg mixture gradually while stirring, then strain
 5. Place brûlée moulds into a tray and fill them with the mixture. Pour water into the tray so it is 1/3 of the way up the mould. Cover with foil or cling wrap and bake in oven at 120°C for 35-45 minutes until set
-
1. Serve with complementary items such as chocolate cookie crumble and rum and raisin ice cream

Sesame Seed Wafers

Butter	160 g
Caster sugar	250 g
Glucose	90 g
Plain flour	100 g
Sesame seeds	50 g



Preparation (10 minutes)

1. Preheat the oven to 150°C
2. Melt the butter, sugar and glucose and stir to combine
3. Stir in the flour and sesame seeds. Cool
4. Pour the mixture onto baking paper. Top with another piece of baking paper and roll out thinly

Cooking (10 minutes)

1. Remove the top piece of paper and trim the mixture. Bake in the oven at 150°C for ~10 minutes, until golden
2. Remove from the oven and cool slightly before cutting into the desired shape
3. Store in airtight containers

Gnocchi Parisienne

Key ingredient: Butter, eggs, flour
Key skill: Gnocchi production
Equipment needed: Pot, piping bag, wooden spoon
Difficulty: ***

Water	250 mL
Salt	2 g
Nutmeg	2 g
Butter	100 g
Flour	150
Eggs	4
Grated Parmesan	20 g



Preparation (5 minutes)

1. Sift the flour

Cooking (15 minutes)

1. Boil the water, salt, nutmeg and the butter, then add the flour all at once and mix through with a wooden spoon
2. Cook the panada over medium heat until the mixture comes off the bottom of the pot
3. Remove from the heat and stir in the cheese
4. Cool to room temperature, and eggs, mixing until a dropping consistency is achieved
5. Put the mixture into a piping bag with a 1cm plain nozzle. Pipe 2cm long pieces into boiling salted water. Bring to the boil again for 1 minute and refresh in cold water
6. Drain in a colander and add oil to prevent the gnocchi from sticking

Plating

1. Reheat for service and serve immediately

Garnishes: Mushrooms, tomato, parsley

Notes:

- Usually served with a cream sauce

Gnocchi Romaine

Key ingredient: Milk, semolina, Parmesan

Key skill: Gnocchi production

Equipment needed: Pot, tray, wooden spoon

Difficulty: ***

Egg	2
Milk	500 mL
Nutmeg	2 g
Salt	2 g
Semolina	100 g
Butter	20 g
Grated Parmesan	20 g



Preparation (1 minutes)

1. Separate the egg

Cooking (15 minutes + setting time)

1. Heat the milk and add the nutmeg and salt
2. Rain in the semolina (this means to add it in a slow continuous stream to absorb it evenly without lumps). Mix through with a wooden spoon
3. Cook for 5-10 minutes until the mixture thickens, then add 1/2 the butter, 1/2 the Parmesan and the egg yolk
4. Transfer the mixture to a greased tray lined with cling wrap so that it is ~2cm thick and then cover with cling wrap. Set in the fridge for ~1 hour
5. Cut into the desired shape, brush with butter and sprinkle with Parmesan. Glaze in the oven or under a salamander

Plating

1. Reheat for service and serve immediately

Garnishes: Pesto, fresh tomato sauce

Notes:

- Another option is to cut it into diamonds and pan-fry in butter for a different presentation and taste.

Sauce Napoletana

Key ingredient: Tomatoes, herbs
Key skill: Sauce production
Equipment needed: Chef's knife, pan, wooden spoon
Difficulty: ***

Onion	240 g
Celery	40 g
Leek	40 g
Garlic	30 g
Extra virgin olive oil	30 mL
Bay leaves	2
Thyme	10 g
Red wine vinegar	15 mL
Brown sugar	20 g
Whole Peeled tomatoes	1 kg



Preparation (5 minutes)

1. Finely dice the onion, celery, leek and garlic

Cooking (40 minutes)

1. Heat the oil in a pan. Sauté the onion, celery and leek for 5 minutes, until softened
2. Add the garlic, bay leaves and thyme and cook for 5 minutes, stirring often
3. Season to taste, then stir in the vinegar and sugar
4. Drain the canned tomatoes and crush slightly and add to the pan. Simmer for 30 minutes, then lightly puree with a stick blender. Adjust the seasoning

Mushroom Sauce

Key ingredient: Mushrooms, cream

Key skill: Sauce production

Equipment needed: Chef's knife, pan

Difficulty: ***

Onion	80 g
Parsley	10 g
Mushrooms	300 g
Butter	100 g
Madeira	160 mL
Cream	200 mL



Preparation (5 minutes)

1. Peel and dice the onion
2. Chop the parsley and slice the mushrooms

Cooking (15 minutes)

1. Heat butter in a pan and sweat the onions
2. Add the mushrooms and seasoning. Toss them through for ~3-5 minutes, until they are beginning to brown
3. Deglaze the pan with the Madeira and reduce for 1 minute
4. Add the cream and cook for another minute, then adjust the seasoning. The consistency can also be adjusted with diluted cornflour, arrowroot or beurre manie
5. Add the chopped parsley at the last minute to retain maximum colour

Notes:

- Beurre manie is a cold mixture of flour and butter which is kneaded with a fork.

Chocolate Noodle Paste

Key ingredient:

Flour, eggs

Key skill:

Pasta preparation

Equipment needed:

Bowl, pasta machine

Difficulty:

Strong flour	250 G
Cocoa Powder	100 G
Eggs	4
Olive oil	10 mL
Icing Sugar	30 G
Salt	Pinch



Preparation (10 minutes + resting time)

1. Sift the flour, icing sugar, cocoa and form a well in the middle. Whisk the eggs and add into the well
2. Add and a pinch of salt and the oil. Incorporate the eggs into the flour gradually
3. Work the mixture with the palm of your hand until it does not stick to your skin
4. Wrap in cling film and rest for 30 minutes
5. Cut the dough into quarters and roll out with a pasta machine. The dough should be refolded and passed through the machine numerous times to improve the texture. Dust with flour to prevent it sticking
6. Place the desired cutter onto the pasta machine and roll the dough through. Separate into individual portions and store

Chicken in red wine sauce

Key ingredient: Bacon, chicken, mushrooms, red wine

Key skill: Sauce production, sauté cuts

Equipment needed: Chef's knife, pan

Difficulty: ***

Chicken	250g
Onion	100 g
Bacon eye pieces	2
Oil	20 mL
Button mushrooms	175 g
Red wine	125 mL
Chicken jus	125 mL
Cornflour	2 g



Preparation (30 minutes)

1. Divide the chicken into sauté cuts and season
2. Peel and dice the onion. Cut the bacon into strips
3. Trim the stems of the mushrooms and cut into halves

Cooking (40 minutes)

1. Seal the chicken pieces in a hot pot then set aside
2. Fry the bacon and the onion in oil. Add the button mushrooms and sauté, then remove excess fat
3. Add the wine and reduce by 1/3 and then add the jus
4. Bring to the boil and place the chicken pieces on top. Place a lid on the pot and cook slowly for ~30 minutes
5. Thicken the sauce with diluted cornflour and pour over the chicken

Plating

1. Serve the chicken on pre-warmed plates and top with the sauce

Garnishes: Green vegetables, pasta

Grilled polenta

Key ingredient: Polenta
Key skill: Boiling
Equipment needed: Pot, whisk, wooden spoon
Difficulty: ***

Water	500 mL
Nutmeg	2 g
Polenta	150 g
Butter	40 g
Grated Parmesan	40 g
Egg	1



Preparation (2 minutes)

1. Separate the egg and put the white aside

Cooking (15 minutes)

1. Boil water in a pot. Add the nutmeg and seasoning
2. Rain in the polenta. Whisk through and bring to the boil. Mix with a wooden spoon, reduce the heat and place a lid on. Cook for 5-10 minutes until the grains swell up and absorb the liquid. Stir occasionally
3. Add the butter and stir. Add the Parmesan and stir. Add the egg yolk and stir
4. Place into a mould lined with greaseproof paper. Cover and refrigerate

Plating

1. Cut the polenta mixture into the desired shape. It can be glazed under a salamander, pan-fried or grilled
2. Place the polenta onto a pre-warmed plate. Traditionally it is served with a tomato sauce or pesto

Garnishes: Fresh herbs, Parmesan

Seasonal Vegetable Panaché

- Key Ingredient:** Vegetables, butter
Key Skill: Vegetable preparation
Equipment needed: Chef's knife, peeler, pan, colander
Difficulty: ***

Vegetable Panaché (Note - Adjust vegetables to season)

Broccoli	75 g
Carrots	80 g
Button squash	100 g
English spinach	150 g
Red capsicum	100 g
Zucchini	80 g
Snow peas	30 g
Baby bok choy	100 g
Butter	30 g

Preparation (10 minutes)

1. Cut the broccoli into flowerets
2. WPRW the carrots and cut into jardinière
3. Top and tail the squash, then mark grooves with a channel tool and cut them into quarters
4. Cut the capsicum into 2cm x 2cm pieces
5. Turn the zucchini
6. Top and tail the snow peas and shred them finely
7. Cut the bok choy in half and remove the core, then cut in half again to separate the stalks and leaves

Cooking (10 minutes)

1. Blanch the vegetables in salted water in order of cooking time, starting with the firmer vegetables and finishing with the green vegetables
2. Drain and toss through with butter, salt and pepper

Plating

1. Place into an appropriate serving dish

Garnishes: Fresh herbs



From <<https://nmit.coassemble.com/supportmaterial/recipe/1397/print/4>>

Palmier

Key Ingredient Puff paste
Key Skill: Shaping
Equipment needed: Dough scraper, rolling pin, baking tray, knife
Difficulty: ***



Puff paste 500 g
Sugar 100 g

Preparation (10 minutes + resting)

1. Roll out the dough into a ~3 mm thick rectangle and dust with sugar
2. Trim the paste and brush with water. Dust again with sugar
3. Fold in 1/4 from both sides towards the middle, do the same thing again, brush with water and then fold the 2 halves on top of each other, squeezing slightly. Wrap in cling wrap and rest in the fridge/freezer for 30 minutes
4. Cut the firm paste into 5mm slices and place onto a sheet of baking paper

Cooking (20 minutes)

1. Turn the ends slightly outwards to form angled tips and bake at 200°C for 20 minutes
2. Turn over after 10 minutes. Remove from the oven and cool down on a rack
3. Dust with icing sugar before serving

Notes:

- Do not press the puff paste too hard as it needs to have some room to expand. Sweet or savoury fillings can be spread onto it once baked. Leave out the sugar in the first step if using a savoury filling

From <<https://nmit.coassemble.com/supportmaterial/recipe/1775/print/10>>

Sicilian Basil and Salami Frittata **

Key ingredient:

Eggs, salami, olives

Key skill:

Egg cookery

Equipment needed:

Bowl, chef's knife, pan, whisk

Difficulty:

Salami	25 g
Spinach or Spinach	10 g
Capsicum	25 g
Pitted olives	20 g
Vinaigrette	20 mL
Eggs	2
Italian bread slices	2
Mesclun	15 g



Preparation (10 minutes)

1. Dice the salami. Pick the basil/spinach leaves and tear into smaller pieces
2. Dice the capsicum. Dice the olives
3. Prepare the vinaigrette
4. Whisk the eggs and the seasoning

Cooking (10 minutes)

1. Heat some olive oil in a seasoned pan and add the salami. Fry quickly, then pour in the egg mixture and sprinkle the spinach / basil, capsicum and olives on top
2. Put the pan under the salamander or in the oven at 160°C until the egg is set
3. Turn the frittata out and cut into portions

Plating

1. Serve with the bread and mesclun dressed in vinaigrette

Dill and Lemon Vinaigrette**

Key ingredient: Dill, vinegar, olive oil

Key skill: Dressing production

Equipment needed: Chef's knife, pot, sieve, whisk

Difficulty: ***

Lemons	30 g
Dill	5 g
White wine vinegar	15 mL
Extra virgin olive oil	30 mL



Preparation (10 minutes)

1. Zest and juice the lemons
2. Chop half the dill and put aside

Cooking (10 minutes)

1. Place the vinegar, lemon zest and remaining dill in a pot and simmer until reduced by half.
Strain through a sieve
2. Whisk in the lemon juice, olive oil and chopped dill and season to taste

Chicken Napolitana **

Key Ingredient: Chicken
Key Skill: Boning, braising
Equipment needed: Boning knife, chef's knife, pan with lid
Difficulty: ***

Ingredients for 2 serve

Chicken maryland	400 g
Onion	100 g
Garlic	10 g
Oregano	2 g
Basil	5 g
Olive oil	30 mL
Tomato puree	250 mL



Preparation (15 minutes)

1. Separate the thigh from the drumstick and trim the drumstick bone
2. Peel and dice the onion. Peel and crush the garlic. Pick the herbs and slice finely

Cooking (45 minutes)

1. Heat a pan and add the oil. Season the chicken
2. Fry the chicken skin side down first, then turn over and seal the other side. Remove the chicken from the pan and put aside
3. Add the onion to the pan and sweat off until glassy. Add the garlic and fry lightly. Add the herbs (reserving some for garnish) and the tomato puree. Bring to the boil, then reduce the heat
4. Return the chicken to the pan and partially cover with a lid. Braise slowly for ~30 minutes, until the chicken is cooked through

Plating

1. Place the chicken onto a pre-warmed plate and spoon the sauce over the top
2. Sprinkle the remaining herbs over the top and garnish as desired

Garnishes: Asparagus, fresh herbs, pasta, rice

Vol au vent ** and Sauteed Spinach

Key ingredient: Puff paste
Key skill: Cutting
Equipment needed: Dough scraper, rolling pin, baking tray, cutters
Difficulty: *****

Puff paste 120 g
Egg wash 10 mL



Preparation (20 minutes + resting)

1. Roll out the paste to ~3 mm thickness and rest for 30 minutes
2. Cut out 7-10cm discs with a cutter and place them on baking paper. Cut out a smaller disk from the centre of half of them
3. Brush the whole discs with egg wash and set the puff paste rings on top, brushing them with egg wash when finished. Dock the middle section of the vol-au-vent. Use a fork to mark the centre pieces with a criss-cross pattern

Cooking (40 minutes)

1. Bake at 200°C for 30 minutes, ensuring that the pastry is well baked through
2. Before cooling down the vol-au-vents, use a small knife to remove the top part of the inside section of the base

Plating

Note: Use up puff paste trimmings for other items like pies, sausage rolls, twists, etc., or freeze straight away.

Notes:

- Use as a casing for entrées with creamy sauces or if produced in smaller sizes (bouchées) as finger food.

Key ingredient: Butter, spinach
Key skill: Sautéing
Equipment needed: Chef's knife, pan
Difficulty: ***

Spinach Outdoor grown 75 g
Button onion 15 g
Garlic 2 g
Bacon 10 g
Butter 10 g



Preparation (15 minutes)

1. Wash, blanch and refresh the spinach
2. Peel and chop the onion and garlic. Dice the bacon

Cooking (5 minutes)

1. Heat the butter in a pan and add the bacon, onion and garlic and fry until the bacon is lightly crisp
2. Squeeze out any surplus moisture from the spinach and add to the pan. Season and toss through until heated

Vegetable Curry

Key ingredient:

Vegetables, spices, vegetable stock

Key skill:

Stewing

Equipment needed:

Chef's knife, pots

Difficulty:

Potatoes	180 g
Carrots	150 g
Parsnip	60 g
Pumpkin	150 g
Capsicum	80 g
Cabbage	90 g
Shelled peas	50 g
Onion	100 g
Garlic	10 g
Ginger	10 g
Chilli	5 g
Vegetable stock	750 mL
Oil	30 mL
Mustard seeds	2 g
Coriander seeds	3 g
Cumin	2 g
Curry powder	10 g
Coconut milk	150 mL
Shredded coconut	10 g



Preparation (20 minutes)

1. WPRW the potato, carrot, parsnip, pumpkin. Wash the capsicum. Remove the stalk from the cabbage. Cut all of these vegetables into 3cm pieces. Use the off cuts in the stock
2. Clean the peas
3. Peel and slice the onion, garlic and ginger. De-seed and slice the chilli

Cooking (30 minutes)

1. Simmer the vegetable off-cuts in the stock for ~15 minutes, until tender. Strain
2. Heat the oil in a pot and add the mustard and coriander seeds. When they start to pop, add the cumin, onion, garlic, ginger and curry powder
3. Add the chillies, chopped vegetables and seasoning and sweat. Pour in the coconut milk and vegetable stock to barely cover the vegetables. This will achieve a strong flavour in your curry
4. Stew the curry slowly until the vegetables are almost cooked, then add the peas and adjust the seasoning
5. Toast the coconut

Plating

1. Spoon the curry into a serving dish, sprinkle with the toasted coconut and garnish as desired

Garnishes: Dhal, banana chutney, rice

Grilled Pork Cutlet with Baked Apple

Key Ingredient: Pork cutlet, apples
Key Skill: Grilling, baking, stewing
Equipment needed: Apple corer, chef's knife, pans, paring knife
Difficulty: ***

Pork cutlets	500 g
Apples	2
Caster sugar	40 g
Cinnamon	2 g
Butter	20 g
Lemon	75 g
White breadcrumbs	20 g
White wine	60 mL
Red currant jelly	10 g
Jus	100 mL



Preparation (15 minutes)

1. Trim the cutlets and french the bones
2. Pre-heat the oven to 180°C
3. Cut the top and bottom off half the apples. Cut the apple in half and remove the core. Combine the breadcrumbs and half of the sugar and cinnamon; spoon into the hollow. Top with the red currant jelly and half of the butter. Place in a pan with half of the wine and cover with a lid. The breadcrumbs can be browned prior to adding for extra flavour if desired
4. Peel the remaining apples, remove the core and cut into wedges. Place into a pan with the remaining wine, butter, sugar and cinnamon and cover with a lid

Cooking (30 minutes)

1. Bring both pans of apples to the boil. Simmer the apple wedges for 15-20 minutes, tossing in between to coat the wedges. Blend the apple wedges into a puree. Place the apple halves into the oven at 180°C for ~10 minutes
2. Heat a griddle pan. Add the pork and grill for 6-10 minutes, turning halfway through the cooking time. Rest for 3-5 minutes
3. Bring the jus to the boil

Plating

1. Place the apple puree onto a pre-warmed plate. Top with the pork and place the apple halves beside. Spoon the jus over the top

From <<https://nmit.coassemble.com/supportmaterial/recipe/1832/print/2>>

Banana Chutney

Key ingredient:

Banana, lemon juice

Key skill:

Chutney preparation

Equipment needed:

Chef's knife, juicer

Difficulty:

Lemon	75 g
Banana	120 g
Desiccated coconut	3 g
Sultanas	5 g
Ground cinnamon	1 g



Preparation (5 minutes)

1. Juice the lemon
2. Dice the banana and place in a bowl. Add the lemon juice and mix through
3. Add the coconut, sultanas and cinnamon and mix through. Place into a serving dish

Notes:

- This chutney is served with curries.

Red Rice

Key ingredient: Red rice, water

Key skill: Boiling

Equipment needed: Pot with lid

Difficulty: ***

Red rice 100 g
Water 300 mL



Preparation (2 minutes)

1. Rinse the rice. Place the rice in a pot, cover with the water and add salt

Cooking (15 minutes + steeping)

1. Bring the rice and water to the boil. Reduce to a simmer and cover with a lid
2. Cook on low heat for ~15 minutes until the water is absorbed. Remove from the heat and steep for 5 minutes. Mix through with a fork

Plating

1. Pack the rice into a dariole mould and plate

Coconut Tart

Key ingredient:

Coconut, short paste

Key skill:

Baking

Equipment needed:

Bowl, flan tin, pan, pastry brush, rolling pin

Difficulty:

Sweet paste -
Pâte à foncer

Strawberry jam 80 g

Sugar 300 g

Coconut 150 g

Egg whites 160 mL

Flour 60 g



Preparation (15 minutes + cooling)

1. Prepare the sweet paste. Roll the paste out thinly and line a 24cm flan tin
2. Purée the strawberry jam and brush onto the pastry shell. Rest for 15 minutes
3. Mix the sugar, coconut and egg whites over a bain-marie until it reaches 65°C
4. Remove from the heat. Sift the flour and work in. Cool the mixture in the fridge or over ice to 4°C, then mix for 2 minutes
5. Place the coconut mixture into the pastry shell and spread out evenly

Cooking (20 minutes)

1. Bake the tart at 180°C for 20 minutes until the pastry is golden brown

Notes:

- Individual tartlet cases can be used. Garnish with fresh fruit.

Fish Fillet on Beurre Blanc and Turned Potatoes

Key ingredient: Fish, wine, cream

Key skill: Sauce production

Equipment needed: Chef's knife, filleting knife, pan

Difficulty: *****

Desiree potatoes	200 g
Fish fillet	120 g
Carrots	15 g
Leek	10 g
Celery	10 g
Button onion	10 g
Lemon	37.5 g
Butter	30 g
White wine	25 mL
Cream	25 mL
Baby spinach	15 g



Preparation (20 minutes)

1. Pre-heat the oven to 180°C. Turn the potatoes and blanch
2. Trim the fish fillet and season
3. WPRW the carrots; wash the leek and celery. Cut the carrots, leek and celery into julienne
4. Finely dice the button onion. Juice the lemon

Cooking (15 minutes)

1. Sauté the potatoes in half the butter and keep warm
2. Place the wine and onion in a pan and heat. Place the fish fillet and vegetable julienne on top and cover with a cartouche. Finish in the oven at 180°C for ~5 minutes, then remove the fish and keep warm
3. Add the cream and reduce the liquid. Add the lemon juice and mount the sauce with the remaining butter

Plating

1. Wilt the spinach and place onto a pre-warmed plate. Place the fillet on top and surround with the potatoes and sauce

Citrus Tart

Key ingredient: Eggs, lemon, short paste
Key skill: Baking, short pastry goods
Equipment needed: Bowl, flan ring, whisk, palette knife
Difficulty: *****

Main

Flour	250 g
Butter	120 g
Icing sugar	80 g
Lemon	75 g
Vanilla bean	0.5
Egg	1

FILLING

Eggs	4
Caster sugar	200 g
Lemon	225 g
Cream	125 mL

GLAZE

Icing sugar	30 g
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Preparation (20 minutes)

1. Pre-heat the oven to 180°C
2. Cut the vanilla bean in half lengthwise and scrape out the seeds. Zest and juice all the lemons and strain the juice
3. Sift the flour. Rub the flour and butter together, then work in the icing sugar, half the lemon zest and the vanilla seeds. Combine with the egg to make a short paste. Wrap and cool for 30 minutes in the fridge
4. Roll out 2-3mm thick and line the flan ring (18cm x 3.5cm). You may have some surplus paste
5. For the filling, whisk the eggs and sugar with the remaining zest. Mix in the lemon juice (110 mL for 4 eggs) and fold in the cream

Cooking (30-35 minutes)

1. Blind bake the pastry at 180°C for 10-15 minutes. Remove the rice/filling and bake to a sandy colour
2. Pour a small amount of the cold filling into the hot flan and bake for 2 minutes to seal the base and prevent leaks
3. Pour in the rest of the filling and bake in the oven at 150°C for 30-45 minutes. Remove and allow to cool
4. Sift the icing sugar on top and caramelize under a salamander or with a gas gun

Plating

1. Place a slice of tart onto a chilled plate and garnish as desired

Garnishes: Cream, fresh berries

Chicken Satay

Key Ingredient: Chicken breast, peanut sauce

Key Skill: Grilling or pan-frying

Equipment needed: Chef's knife, pan

Difficulty: ***

Chicken breast	600 g
Shallots	100 g
Kaffir lime leaves	4
Soy sauce	40 mL
Sweet chilli sauce	40 mL
Satay sauce	200 mL
Thai basil	30 g



Preparation (20 minutes)

1. Trim and slice the chicken into strips
2. Cut the shallot stalks into even pieces
3. Thread the chicken onto skewers, alternating with shallot pieces
4. Finely slice the lime leaves and sprinkle half on a tray. Pour half of the soy and chilli sauce over the top of the lime leaves and mix together
5. Place the skewers onto the tray and sprinkle the remaining lime leaves, soy and chilli sauce over the top, wrap in cling film and marinate for 10 minutes
6. Prepare the satay sauce

Cooking (10 minutes)

1. Pan-fry or grill the skewers on one side for colour, then turn over. Finish on low heat as the marinade will burn easily

Plating

1. Place 2 skewers on each plate and pour the satay sauce over the top. Garnish with Thai basil leaves

Garnishes: Rice

From <<https://nmit.coassemble.com/supportmaterial/recipe/1504/print/4>>

Satay sauce

Key Ingredient: Peanut butter, coconut milk

Key Skill: Sauce production

Equipment needed: Chef's knife, pan

Difficulty: ***

Onion	50 g
Garlic	10 g
Chilli	2 g
Oil	20 mL
Chicken Stock	200 mL
Soy sauce	100 mL
Coconut milk	150 mL
Peanut butter	100 g

Preparation (5 minutes)

1. Peel and chop the onion and garlic
2. De-seed and chop the chilli

Cooking (10 minutes)

1. Sauté the onion and garlic in the oil. Add the chilli, stock, soy sauce and coconut milk
2. Season and cook slowly for 5 minutes
3. Add the peanut butter and dissolve until a sauce consistency is achieved

Plating

Garnishes: Satay chicken, rice



From <<https://nmit.coassemble.com/supportmaterial/recipe/1505/print/8>>

Homemade Fettuccine with Parmesan and Pesto

Key ingredient:

Flour, pesto, Parmesan

Key skill:

Pasta preparation, sauce production

Equipment needed:

Sieve, pasta machine, food processor

Difficulty:

PASTA

Flour	240 g
Egg	2
Olive oil	10 mL
Tomato paste	20 g
Shaved Parmesan	10 g



PESTO

Pine nuts	12 g
Spinach	75 g
Garlic	5 g
Parsley	5 g
Grated Parmesan	25 g
Olive oil	20 mL

Preparation (45 minutes)

1. Sift the flour and form a well. Add the egg, oil and tomato paste and work into a dough. If the dough is very moist, you may have to add more flour. Wrap and rest in the fridge for 30 minutes
2. Roll the pasta through a pasta machine until you achieve the desired thickness. Let it dry slightly, then put the fettuccine cutter onto the machine and push the pasta sheets through to form fettuccine
3. For the pesto: toast the pine nuts and allow to cool. Blend the Spinach and parsley leaves with the garlic, pine nuts and grated Parmesan. Slowly add the oil, while blending. Season to taste

Cooking (5 minutes)

1. Boil the fettuccine in salted water for 2-3 minutes, then drain and refresh briefly with cold water
2. Drain and stir through with butter or olive oil to stop the pasta sticking together
3. Briefly heat the pesto and fettuccine in a pan and stir to combine

Plating

1. Place the fettuccine into a pre-heated bowl and garnish with shaved Parmesan

Garnishes: Basil

Sweet Paste

Key ingredient:

Butter, eggs, flour, sugar

Key skill:

Paste production

Equipment needed:

Sieve

Difficulty:

Flour	200 g
Unsalted butter	100 g
Caster sugar	50 g
Lemon	37.5 g
Vanilla essence	1 mL
Egg	0.5



Preparation (10 minutes)

1. Zest the lemon
2. Sift the flour and rub it together with the butter until it goes crumbly
3. Add the sugar and lemon zest and work through lightly
4. Add the vanilla essence and egg and work together quickly
5. Wrap in greaseproof paper or cling wrap. Rest for 30 minutes before use

Notes:

- Lemon zest is optional. For a softer dough a small amount of water can be added.

Apple Tart

Key ingredient: Apples, sweet paste

Key skill: Baking, blind baking

Equipment needed: Chef's knife, corer, flan tin, mandoline, pastry brush, peeler

Difficulty: ***

Ingredients for 4-6 serve

Sweet paste - Pâte à foncer	375 g
Apple compote	400 g
Apples Granny Smith	2
Lemon	75 g
Egg	0.5
Butter	20 g
Caster sugar	10 g
Apricot jam	40 g



Preparation (15 minutes)

1. Prepare the sweet paste. Roll the paste out thinly and line a 24cm flan tin
2. Prepare the apple compote. Mash to a coarse consistency
3. Peel and core the apples and slice on a mandoline
4. Sprinkle with lemon juice to prevent oxidation

Cooking (30 minutes)

1. Blind bake the paste at 180°C for 10 minutes. Remove the filling and brush the pastry shell with egg wash. Bake for another minute
2. Spread the apple compote onto the pastry shell. Neatly arrange the apple slices in a circle until the whole surface is covered
3. Brush with melted butter and sprinkle with sugar
4. Bake at 180°C for 20 minutes, until golden brown. Brush with hot jam while the tart is still hot

From <<https://nmit.coassemble.com/supportmaterial/recipe/1761/print/4>>

Apple Compote

Key ingredient: Apples

Key skill: Stewing

Equipment needed: Chef's knife, corer, peeler, pot

Difficulty: ***

Apples	500 g
Sugar	50 g
White wine	50 mL
Lemon juice	15 mL
Cinnamon quill	0.5
Cloves	2



Preparation (10 minutes)

1. Peel and core the apples and cut into wedges

Cooking (5 minutes)

1. Place apples and remaining ingredients into a pot and bring to the boil
2. Cover with a cartouche and simmer over low heat until tender. Toss occasionally to ensure even cooking.

Notes:

- If the apples are overcooked they will break apart, if they are undercooked the raw centre will turn brown and discolour the compote.

Moroccan Spiced Pumpkin, Chickpea and Tomato Stew

Key ingredient:

Pumpkin, spices, tomatoes

Key skill:

Stewing

Equipment needed:

Chef's knife, pan

Difficulty:

Leek	100 g
Pumpkin	500 g
Carrots	300 g
Coriander	20 g
Olive oil	40 mL
Ground cumin	5 g
Ground ginger	2 g
Sweet paprika	2 g
Sumac	5 g
Vegetable stock	200 mL
Crushed tomatoes	800 g
Canned chickpeas	300 g
Harissa	20 g



Preparation (20 minutes)

1. Wash and cut only the white part of the leek into thin slices
2. Peel and cut the pumpkin into small cubes
3. WPRW the carrots and cut into cubes
4. Pick and chop the coriander leaves

Cooking (30 minutes)

1. Sauté the spices in oil for 3 minutes
2. Add the carrots, leek and pumpkin and cook for 3-4 minutes
3. Add the vegetable stock and cover with a lid
4. Add the crushed tomatoes, bring to the boil and simmer for 5 minutes with the lid on
5. Add the chickpeas and cook for 5 minutes. Season to taste

Plating

1. Serve with harissa and chopped coriander

Veal Schnitzel

- Key Ingredient:** Veal, breadcrumbs, potatoes
Key Skill: Meat preparation, crumbing, pan-frying
Equipment needed: Bowls, boning knife, chef's knife, pan, steamer
Difficulty: ***

Veal topside	150 g
Flour	50 g
Egg	1
Breadcrumbs	50 g
Lemon	30 g
Butter	30 g
Oil	30 mL



Preparation (30 minutes)

1. Trim the topside and remove all fat and sinews. Cut into 70g schnitzels and flatten with a meat mallet
2. Season and draw through the flour, egg wash and breadcrumbs
3. Turn and steam the potatoes
4. Slice the lemon

Cooking (15 minutes)

1. Heat the oil in a pan and shallow-fry the schnitzel
2. Add half the butter and take to the noisette stage
3. Remove the schnitzel and drain on absorbent paper
4. Degrease the pan and add the remaining butter and take to noisette stage

Plating

1. Serve the schnitzel on a pre-warmed plate and pour the butter over the top. Garnish with the potatoes and a lemon slice

Garnishes: Parsley

Notes:

- You can use oil and butter mixed to achieve a more stable melting point and prevent burning.

Devil sauce

Key Ingredient: Demi-glace, cayenne pepper

Key Skill: Derivative sauce production

Equipment needed: Chef's knife, pan, whisk

Difficulty: ***

Demi-glace	100 mL
French shallots	15 g
White wine	30 mL
White wine vinegar	10 mL
Peppercorns	2 g
Butter	20 g
Parsley	2 g

Preparation (5 minutes)

1. Prepare the demi-glace
2. Peel and dice the French shallots
3. Chop the parsley

Cooking (10 minutes)

1. Simmer the wine, vinegar, peppercorns and French shallots until almost dry
2. Add the demi-glace and cayenne pepper and simmer for 5 minutes
3. Strain and mount with the butter. Add the parsley

Notes:

- Derivative sauces add variety to the menu. A large batch of the base sauce is produced with the mise en place. The derivative sauce is then created to order.

Potato Puree

Key Ingredient: Potatoes
Key Skill: Boiling
Equipment needed: Chef's knife, peeler, pot
Difficulty: ***

Potatoes 400 g
Cream 80 mL
Milk 60 mL
Butter 15 g



Preparation (5 minutes)

1. WPRW the potatoes and cut into even-sized pieces

Cooking (30 minutes)

1. Place the potatoes into a pot of cold, salted water and bring to the boil. Reduce the heat and simmer for ~20 minutes until tender. Heat the milk and cream in a pot
2. Drain and mash the potatoes. For very fine puree, push the potatoes through a sieve
3. Season to taste and add the milk and cream. Whisk rapidly to ensure aeration. Add the butter and combine

Plating

1. Place the potatoes onto a pre-warmed plate or serving dish and garnish as desired

Garnishes: Fresh herbs

Doughnuts

Key Ingredient: Flour, water, yeast

Key Skill: Dough production

Equipment needed: Bowl, cooling rack, deep fryer, pastry cutters, sieve

Difficulty: ***

Doughnuts

Ingredients for 10

Bakers flour	500 g
Caster sugar	50 g
Salt	10 g
Milk powder	50 g
Water	270 mL
Dried yeast	12 g
Butter	50 g
Caster sugar	50 g
Fondant	100 g



Preparation (15 minutes + proving)

1. Sift the flour and form a well. Add the sugar, salt, milk powder, a small amount of tepid water and mix. Add the yeast and remaining water and work together
2. Add the butter and combine until the gluten is well developed. The dough should come off the bench and your fingers
3. Place in a bowl, cover with a damp cloth and prove until doubled in size
4. Knock back and roll out the dough to 1.5cm thickness. Cut into 8cm rings and take out the centre with a 3cm cutter. Place onto a lined tray and prove until doubled in size

Cooking (8 minutes)

1. Deep-fry the doughnuts at 175°C. Test the temperature first by frying a small piece of dough. Keep turning with a spider until golden brown in colour. Remove and place on a rack to cool and drain
2. Decorate with the sugar and cinnamon mix while still warm. Allow the doughnuts to cool down before using fondant, otherwise it will run off
3. Warm the fondant with some water to a slightly runny, sticky texture. Dunk the doughnuts halfway into the fondant and set on the tray again. Once the fondant is set repeat the process for better coating. Garnish with sprinkles if required

Notes:

- Doughnuts are eaten for breakfast or afternoon tea. They are usually presented buffet style or in a basket at the table. The doughnuts can also be cut into a rectangular shape, cut a pocket and fill with jam and cream.

Smoked Salmon Pizza

Key ingredient:

Pizza base, salmon

Key skill:

Pizza dough preparation, baking

Equipment needed:

Baking tray, bowl, chef's knife, palette knife, rolling pin

Difficulty:

PIZZA BASE

Flour	250 g
Yeast	4 g
Water	125 mL
Olive oil	10 mL
Salt	1 g

FILLING

Tomato paste	30 g
Rocket	30 g
Smoked salmon	100 g
Feta	60 g



Preparation (20 minutes + resting time)

1. Sift the flour and make a well. Add the yeast and 50mL of the warm water, cover and prove. Add the remaining water, olive oil and salt and work for 15 minutes (use a bread machine or mix master)
2. Prove for 30 minutes then knock back and roll out to ~5mm thickness. Shape as desired and dock for even baking
3. Spread the tomato paste on top and evenly distribute the rocket, smoked salmon slices and crumbled feta

Cooking (15 minutes)

1. Bake at 180°C for 12-15 minutes. Serve immediately

Calzone Pizza

Key ingredient: Ham, tomatoes, pizza base

Key skill: Pizza dough preparation, baking

Equipment needed: Baking tray, bowl, chef's knife, rolling pin

Difficulty: ***

PIZZA BASE

Flour	250 g
Salt	5 g
Yeast	5 g
Water	125 mL
Olive oil	10 mL

FILLING

Ham	50 g
Tomatoes	100 g
Mushrooms	50 g
Capsicum	100 g
Ricotta cheese	30 g
Oregano	1 g



Preparation (20 minutes + resting time)

1. Sift the flour and form a well, then add the yeast into the well. Sprinkle the salt around the perimeter, pour the oil onto the side of the bowl, add a small amount of water to the yeast, stir through and prove
2. Add the remaining water and combine, cover and prove
3. Roughly chop the ham. Wash the vegetables and slice. Mix with the ricotta, seasoning and herbs
4. Divide the dough in half, roll out onto baking paper to 5mm thickness and rest
5. Place half the mixture on one half of the pizza bases. Brush the edges with water, fold the bases over to form a half moon shape and cut a hole in the top to allow steam to escape. Trim the edges using a cake ring and remove the excess
6. Repeat the process for the remaining dough

Cooking (15 minutes)

1. Decorate with excess dough as desired. Place on a lined baking tray and bake at 200°C for 15 minutes until crispy
2. Remove from the oven, brush with oil and garnish as desired



TRAINEE CHEF

New Zealand Certificate in Cookery (Level 4)

COO402 Culinary Foundation Techniques

Portfolio and Practical Assessment Pack

Student's Full Name:		Student ID Number	
Portfolio Due Date:		Date Submitted	

All of the evidence submitted in this portfolio is my own work

Signature:	Date:

Course: C00402 – Culinary Trainee Essentials
Assessment Type: Portfolio

Your portfolio is a collection of evidence of the work you have undertaken; it can be used simply as a record or it may also be used to assess mastery of a specific set of skills. The aim is for students to provide additional evidence to demonstrate their own learning progression and to demonstrate theoretical and practical knowledge which includes, but not limited to: commercial kitchen work roles, interaction in workplace environment, standard operating procedures, food safety, health and nutrition as well as cookery skills and techniques.

This portfolio represents 30% of your final mark for this course, made up as follows:

Evidence Task 1:	Coassemble online learning progression	10%
Evidence Task 2:	Practical skills-based evidence	10%
Evidence Task 3:	Scenario/Assignment/Project	10%

Instructions:

Your portfolio must be presented in a word document and emailed to your tutor by the due date. To ensure your Portfolio can be clearly identified, it must have a cover page, student name, student ID number and course code. You will have the ability to check in with your tutor at various stages during your learning to ensure that your portfolio is on track.

Use the tick boxes to check that you have met all requirements before submitting your portfolio for assessment by the due date.

PORTFOLIO MARKING SCALE:

/100	Excellent	Very good	Satisfactory Pass	Unsatisfactory	Unacceptable
Completion 10%	Assigned work is handed in on correct date and time, format	Assigned work has been handed in on the correct date and time, in the correct format but has untidy presentation	Handed in on time but has untidy presentation	Handed in late, incorrect format, untidy presentation	Handed in very late, incorrect format, very untidy
/ 10	10 - 9	8 - 7	6 - 5	4 - 3	2 - 0
Content 60%	All assigned work has been completed correctly to the highest standard	Some minor assigned work areas/ subject matter has not been completed correctly	Some assigned work areas / subject matter has not been completed correctly	Most assigned work areas / subject matter has not been completed correctly	All assigned work areas/ subject matter not completed at all and mostly incorrect
/ 60	60 - 48	47 - 36	35 - 24	23 - 12	11 - 0
Complexity 30%	All assigned work areas/subject matter has been completed to an in depth and comprehensive level	All assigned work has been compiled to a very good standard	Most assigned work areas and subject matter has been completed to a basic level	Some assigned work areas/ subject matter has been completed to a basic level	Most assigned work areas/subject matters have not been completed to a sufficient level
/ 30	30 - 24	23 - 18	17 - 12	11 - 6	5 - 0

Portfolio Marking Scale

LEARNING OUTCOMES ASSESSED IN THIS PORTFOLIO:

- Learning Outcome 1: Demonstrate and apply introductory knowledge of food production operations and menu planning.
- Learning Outcome 2: Prepare cook and finish a range of vegetable, fruit and pulse dishes using basic preparation and presentation techniques.
- Learning Outcome 3: Communicate, participate and interact effectively in a commercial kitchen environment.
- Learning Outcome 4: Use foundational techniques to prepare, cook and finish farinaceous foods, rice, grains and eggs utilising foundational skills and techniques.
- Learning Outcome 5: Apply fundamental skills in preparing, cooking and finishing meat, poultry, game and offal applications using set standards.
- Learning Outcome 6: Illustrate and describe fish and shellfish classifications and demonstrate how to prepare, cook and finish using basic skills and techniques.
- Learning Outcome 7: Prepare, cook and finish bakery product, hot and cold desserts suitable for café environments.
- Learning Outcome 8: Demonstrate and apply knowledge of customer service and safety.

EVIDENCE TASK 1: COASSEMBLE ONLINE LEARNING PROGRESSION

10%

Learning outcomes assessed: 1, 2, 3, 4

Brief: Navigate through Coassemble online learning platform relevant to the course, under guidance from your tutor. You will be required to complete all readings, checkpoints and final formative quizzes.

Portfolio requirements:

Your Portfolio contains evidence that

- 85% of the readings, activities and checkpoints in 402 have been completed
- The 402 Culinary Trainee quiz has been completed with a pass rate above 65%

EVIDENCE TASK 2: PRACTICAL SKILLS EVIDENCE

10%

Learning outcomes assessed: 1, 2, 3, 4, 5, 6, 7, 8

Brief: Throughout this course you will be planning menus, carrying out food costings, and cooking dishes. This will include evidence of planning around health and safety, hazard identification and control methods to minimise the risks, safe handling of equipment and nutritional considerations. Your portfolio will capture evidence of your skills progression throughout the course.

Portfolio requirements:

- A daily visual photo diary of all practical dishes (XX) with a short description. This highlights your participation, teamwork and professional interaction with your colleagues in the NMIT kitchens
- Self-reflections of one practical recipe per week using the template provided

EVIDENCE TASK 3: SCENARIO / ASSIGNMENT / PROJECT

10%

Learning outcomes assessed: 1,6,8

Brief: The Food Truck and Pop UP kitchen trend has finally come to Nelson and you have been asked to set up a mobile kitchen on the waterfront by Guyton's Fisheries to highlight and promote Kaimoana. Using the NMIT Mobile Learning Space as your guide you need to be ready to be open for business in 8 weeks' times.

Portfolio requirements:

Using your knowledge from 401 Portfolio in regards to Health and Safety you need to put this into practice on your very own food cart – make sure you provide the following items to ensure your new venture is a success.

- Food Truck or Pop UP kitchen name that represents all things Kaimoana
- Seafood based menu that highlights fish and shellfish, a minimum of 3 dishes and max of 6
- Basic SOPs and FCP that ensures you are serving safe food to your customers
- Fish and Shellfish Identification chart of your menu for customers and staff
- Basic Sale price of each menu item based off a 30% food cost
- Overview of the cooking processes for your menu and the equipment you might need on your food cart, including a floor map
- Overview of your customer service and style of food cart that you are presenting

TUTORS MARKING SCHEDULE:

Portfolio Total:			
Activity	Mark	Weighting	Tutors Comments
Evidence Task 1- Coassemble online learning progression		10%	
Evidence Task 2 - Practical skills-based evidence		10%	
Evidence Task 3 – Scenario/Assignment/Project		10%	

STUDENT FEEDBACK

Student Feedback		
Student Confirmation:	<i>I confirm that I accept the final assessment outcomes for this course as stated in this document.</i>	Circle YES or NO
Student Name and Number:	Date:	Signature:
Tutors Name:	Date:	Signature:

Reconsiderations (Re-marks) Students may seek reconsideration of any assessment by applying in writing to the head of department or delegate, within 10 working days of receiving the results, setting out the grounds for consideration.

Course: COO402 Culinary Foundation Techniques

Assessment (Practical)	:	Assessment 1	Due	:	25/05/2022
		Assessment 2	Due	:	25/05/2022
		Assessment 3	Due	:	8/06/2022
		Assessment 4	Due	:	22/06/2022

Tutor full name

Tutor signature

Student full name & ID no

Assessment 1

Weighting: 15% (of course result) **Maximum Mark:** 40 **Total Mark:** xx / 40 **XX %**

Assessment 2

Weighting: 15% (of course result) **Maximum Mark:** 70 **Total Mark:** xx / 70 **XX %**

Assessment 3

Weighting: 20% (of course result) **Maximum Mark:** 100 **Total Mark:** xx / 100 **XX %**

Assessment 4

Weighting: 20% (of course result) **Maximum Mark:** 60 **Total Mark:** xx / 60 **XX %**

PRATICAL 1&2&3 - MARKING SCALE:

Excellent	Very Good	Satisfactory Pass	Unsatisfactory	Unacceptable
10-9	8-7	6-5	4 - 3	2-0
Required standards and skills are demonstrated with a high level of proficiency and capability.	All factors are clearly met with only small range of minor faults that do impact on the overall impression of very good	Meets the requirement at a industry standard where there are moderate faults or errors but within an acceptable range	Does not meet the required industry standard due to a range of faults and weaknesses that outweigh the strengths	Does not reach the industry standard due to unacceptable cooking practices, actions or omissions which might seriously breach health and safety or SOP's
Required factors are exceeded and/or demonstrated with relative ease with very little improvement	Identifies and demonstrates knowledge of key issues that influence critical factors	Presented product is saleable	Presented product is not saleable	Presented product is not saleable

PRACTICAL 1&2&3 – CRITICAL ASSESSMENT FACTORS

PERSONAL PRESENTATION/FOOD HYGIENE /INDUSTRY STANDARD (10 MARKS)

- Personal Presentation and Hygiene
 - All NMIT commercial uniform standards are met (Clean ironed complete uniform, correct footwear).
 - Personal hygiene standards meet NMIT guidelines, and health and safety/food safety legislative requirements ((Hair contained, clean fingernails, hands washed, no watches or jewellery, blue plasters and gloves on cuts).
- Food hygiene
 - Food mise-en place accurate and stored hygienically.
 - Proteins/ perishables goods are covered, named, dated in fridge or freezer.
 - Appropriate boards used. Foods not required for immediate use are stored correctly.
 - Food safety/storage practised in accordance with health and safety/food safety legislative requirements and NMIT guidelines.
 - Checking of food quality is evident.
- Industry standard
 - Workflow
 - Logical order of tasks and work plan followed.
 - Time management skills demonstrated.
 - Typed practical work plan. The work plan/ time plan must group common tasks and ensure timely presentation. Writing out the recipes is not a work plan.
 - Organised/clean work station.
 - Multi-skilling.
 - Work station/kitchen area is cleaned thoroughly following food production.
 - Professionalism
 - That you have worked independently with no conversing with other students.
 - Your work methods and end product are of a professional standard.

- All assessment criteria has been observed and complies with NMIT safety and hygiene standards, including the team clean at the end of assessment.
- Equipment is used correctly and safely as per SOP's, throughout assessment causing no hazard to yourself or others.
- Correct knives are used, are maintained throughout clean and sharp and are stored safely.
- Participate and interact within a group/tutor to communicate effectively during briefing and while collecting all required ingredients.

PREPARATION (10 MARKS DISH 1, 10 MARKS DISH 2, 10 MARKS DISH 3)

- Correct choice and use of equipment.
- Core method fundamentals adhered to as per recipe, establishment and standard industry requirements, including demonstration of required preparation/cooking methods and techniques.
- Time and temperature control.
- Identification/correction of faults.
- Food safety/food hygiene regulations practised.
- Correct use of knife for each preparation.
- Consistency of cut/preparation/Mise-en-place.

DISH BALANCE/FLAVOUR/SEASONING (10 MARKS DISH 1, 10 MARKS DISH 2, 10 MARKS DISH 3)

- Key flavours are met as per recipe, establishment and standard industry requirements.
- Balance of flavours.
- Balance of dish components (where applicable).
- Appropriate level of seasoning (where applicable).

PRODUCT PRESENTATION OR FINISH (10 MARKS DISH 1, 10 MARKS DISH 2, 10 MARKS DISH 3)

- Appropriate plate temperature.
- Clean plate/platter.
- Presentation of dish is on appropriate plate/bowl.
- Food presented within the rim where appropriate.
- Portion size/uniformity control.
- Correct texture/consistency is achieved.
- Visually appealing and balanced.

ASSESSMENT 1

Course: COO402-Culinary-Foundartion Techniques

Assessment Description: Practical

If you are not admitted into an assessment or fail to present dishes that are suitable for sale, you must apply for a re-sit which may incur a cost. The highest possible mark to obtain is 60%.

Conditions – Students may not be admitted to the assessment, at tutor’s discretion for the following reasons:

1. No work plan provided, it is to be emailed at least one day prior to assessment
2. Incorrect or incomplete uniform according to NMIT guidelines
3. Late approval without previously informing tutor or coordinator

Aim:

The aim of Practical Assessment 1 is to prepare and serve dishes which includes but not limited to a range of vegetables, fruit and pulses using stock, sauces and soups to demonstrate and apply knowledge of food operations and menu planning.

Brief:

In this assessment you are required to prepare and present items according to the production requirements, as described below. For you to be successful in doing this you need to:

- Read through the marking rubric and critical assessments factors associated with this assessment to ensure that you are fully conversant with the requirements
- Read the production requirements to ensure you are fully aware of the menu, timelines, quantities and recipes
- Ensure you are fully conversant with the recipes/dishes required for the assessment. Refer to practical sessions, master recipe
- Ask any questions that you may have related to the assessment
- Type a work plan and print two copies, one for your tutor and one for yourself

Description:

- You have 30 minutes to gather equipment, ingredients and have assessor brief
- You have up to a maximum of 1 hour and 30 minutes to prepare and present all item(s) from the Menu below
- Students to present dish 1, as per preparation and plating guidelines below
- If you do not present your dish in time or 5 minutes from the allocated maximum presentation time, then your dish is deemed late and under time management skills factor, marks will be deducted accordingly
- Your dish can be presented any time, within 1 hour and 30 minutes from the start of assessment 1
- As soon as you have presented your dish, please collect all the ingredients required to start Practical Assessment 2

ASSESSMENT 1 – PRODUCTION REQUIREMENTS

Equipment / Ingredients	Preparation and Plating	
30 minutes to gather equipment and have assessor brief.	Dish 1 to be served within a maximum of 1 hour and 30 minutes from the start of the assessment	
Menu:	Reference:	Note:
<u>Dish 1:</u> <ul style="list-style-type: none"> Seafood Chowder 	As per practical class demo, Master recipe book and Coassemble resources	<ul style="list-style-type: none"> Two portions of chowder to be served 5 min after the allocated time frame of 1 hour and 30min, your dish will be deemed late and under time management skills factor, marks will be deducted

ASSESSMENT 2

Assessment Description: Practical

Learning Outcomes Assessed:

Learning Outcome 1: Demonstrate and apply introductory knowledge of food production operations and menu planning.

Learning Outcome 2: Prepare cook and finish a range of vegetable, fruit and pulse dishes using basic preparation and presentation techniques.

Learning Outcome 3: Communicate, participate and interact effectively in a commercial kitchen environment.

Learning Outcome 4: Use foundational techniques to prepare, cook and finish farinaceous foods, rice, grains and eggs utilising foundational skills and techniques.

Aim:

The aim of Practical Assessment 2 is to utilise foundational skills and techniques to demonstrate and apply knowledge of food operations and menu planning by preparing and serving dishes which include but not limited to a range of vegetables, fruit and pulses, farinaceous foods, rice, grains and eggs enhanced when suitable with stock, sauces and/or soups.

Brief:

In this assessment you are required to prepare and present items according to the production requirements, as described below. For you to be successful in doing this you need to:

- Read through the marking rubric and critical assessments factors associated with this assessment to ensure that you are fully conversant with the requirements
- Read the production requirements to ensure you are fully aware of the menu, timelines, quantities and recipes
- Ensure you are fully conversant with the recipes/dishes required for the assessment. Refer to practical sessions, master recipe
- Ask any questions that you may have related to the assessment
- Type a work plan and print two copies, one for your tutor and one for yourself.

Description:

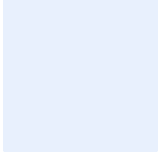
- You have up to a maximum of 3 hours and 30 minutes, from the start of assessment 1, to prepare and present all item(s) from the Menu below
- You are required to present dish 2 and dish 3, as per preparation and plating guidelines below
- If you have not presented your dish(es) in time, 5 minutes later from the allocated maximum presentation time then your dish(es) are deemed late and marks will be deducted accordingly, under time management skills factor.
- Please present only one dish at the time, as per below sequence. Once feedback is given then you may present the following dish

ASSESSMENT 2 – PRODUCTION REQUIREMENTS

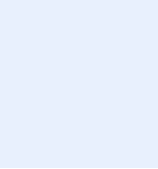
Equipment / Ingredients	Preparation and Plating	
You will have gathered your ingredients and equipment as per Assessment 1	Dish 2 must be served within a maximum of 3 hours from the start of Practical assessment number 1 Dish number 3 must be presented within a maximum of 3 hours and 30 minutes from the start of practical assessment number 1	
Menu:	Reference:	Note:
<u>Dish 2:</u> <ul style="list-style-type: none">• Lamb brochettes with Greek Salad & Cucumber Raita <u>Dish 3:</u> <ul style="list-style-type: none">• Steamed Pudding with Caramel Sauce	As per practical class demo, Master recipe book	<ul style="list-style-type: none">• TWO small plates presented composed of lamb brochettes, Greek salad and Cucumber Raita• 5 min after the allocated time frame for dish 2 and dish 3, your dish(es) will be deemed late and marks will be deducted under time management skills factor

TUTOR'S ASSESSMENT RECORD – ASSESSMENT 1

PERSONAL PRESENTATION / FOOD HYGIENCE / INDUSTRY STANDARD

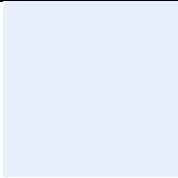
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DISH 1 – SEAFOOD CHOWDER

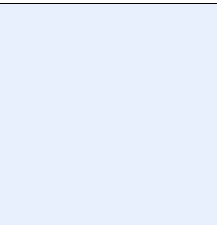
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Preparation										Dish Balance/Flavour/Seasoning					Product Presentation														
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TUTOR'S ASSESSMENT RECORD – ASSESSMENT 2

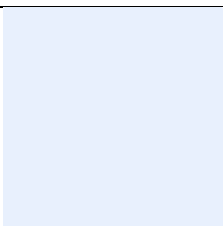
PERSONAL PRESENTATION / FOOD HYGIENCE / INDUSTRY STANDARD

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DISH 2 – LAMB BROCHETTES WITH GREEK SALAD & CUCUMBER RAITA

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Preparation										Dish Balance/Flavour/Seasoning					Product Presentation														
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DISH 3 – STEAMED PUDDING WITH CARAMEL SAUCE

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Preparation										Dish Balance/Flavour/Seasoning										Product Presentation									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Feedback:										Photo Evidence:																			
																													

ASSESSMENT 1 & 2 – STUDENT FEEDBACK

Student Feedback		
Student Confirmation:	<i>I confirm that I accept the final assessment outcomes for this course as stated in this document.</i>	Circle YES or NO
Student Name and Number:	Date:	Signature:

Reconsiderations (Re-marks) Students may seek reconsideration of any assessment by applying in writing to the head of department or delegate, within 10 working days of receiving the results, setting out the grounds for consideration.

ASSESSMENT 3

Course: COO402-Culinary-Foundation Techniques

Assessment Description: Practical

If you are not admitted into an assessment or fail to present dishes that are suitable for sale, you must apply for a re-sit which may incur a cost. The highest possible mark to obtain is 60%. Conditions – Students may not be admitted to the assessment, at tutor’s discretion for the following reasons:

1. No work plan provided, emailed at least one day prior to assessment
2. Incorrect or incomplete uniform according to NMIT guidelines
3. Late approval without previously informing tutor or coordinator

Learning Outcomes Assessed:

- | | |
|---------------------|--|
| Learning Outcome 1: | Demonstrate and apply introductory knowledge of food production operations and menu planning. |
| Learning Outcome 2: | Prepare cook and finish a range of vegetable, fruit and pulse dishes using basic preparation and presentation techniques. |
| Learning Outcome 4: | Use foundational techniques to prepare, cook and finish farinaceous foods, rice, grains and eggs utilising foundational skills and techniques. |
| Learning Outcome 7: | Prepare, cook and finish bakery product, hot and cold desserts suitable for café environments. |

Aim:

The aim of this assessment is to prepare and serve pastries and baked products suitable for café environment which may include but not limited to the use of farinaceous goods, vegetables, fruits and egg products while applying food production operations skills.

Brief:

In this assessment you are required to prepare and serve a range of pastry and baked products as referred to in the production requirements below. For you to be successful in doing this you need to:

- Read through the marking rubric and critical assessments factors associated with this assessment to ensure that you are fully conversant with the requirements
- Read the production requirements to ensure you are fully aware of the menu, timelines, quantities and recipes
- Ensure you are fully conversant with the recipes/dishes required for the assessment. Refer to practical sessions and master recipe
- Ask any questions that you may have related to the assessment
- Type a work plan and print two copies, one for your tutor and one for yourself
- You have 3 hours to complete this assessment, excluding the 15 minutes to gather equipment and ingredients and have your assessor brief

Description:

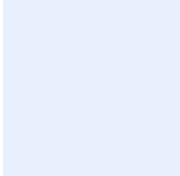
- You have 30 minutes to gather equipment, ingredients and have assessor brief
- You are required to present dish 1, dish 2 and dish 3, according to stated conditions. Please refer to below delivery time and note
- If you have not presented your dish in time (5 minutes or later from the allocated presentation time) then your dish is deemed late and under the time management skills factor marks will be deducted accordingly.

PRACTICAL 3 – DESCRIPTION MENU

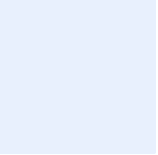
Equipment / Ingredients	Preparation specification	Delivery Time
30 minutes to gather equipment and have assessor brief.	3 hours assessment time.	You have 3 hours to present your dishes as per below schedule Present your dishes as per Menu sequence Within 1 hour , from the start of the assessment present dish 1 Within 2 hours and 30 mins , from the start of the assessment present dish 2 Within 3 hours , from the start of the assessment, present dish 3
Menu:	Reference:	Note:
<p><u>Dish 1:</u></p> <ul style="list-style-type: none"> Sicilian Basil and Salami Frittata with Dill and Lemon Vinaigrette <p><u>Dish 2:</u></p> <ul style="list-style-type: none"> Chicken Napolitana with Vol au vent and Sautéed Spinach <p><u>Dish 3:</u></p> <ul style="list-style-type: none"> Chilled Poached pear w/ crème Anglaise 	As per practical demo; Master recipe book and coassemble	<p>Please note:</p> <ul style="list-style-type: none"> Dish 1 - Present Frittata with salad and dressing Dish 2 - Present Chicken Napolitana with vol au vent, between 5 to 7 cm in diameter, filled with Sautéed Spinach Dish 3 - Present Chilled Poached pear with crème Anglaise

TUTOR’S ASSESSMENT RECORD – ASSESSMENT 3

PERSONAL PRESENTATION / FOOD HYGIENCE / INDUSTRY STANDARD

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Dish 1 – Sicilian Basil and Salami Frittata with Dill and LEMON VINAIGRETTE

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Preparation										Dish Balance/Flavour/Seasoning					Product Presentation														
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DISH 2 – CHICKEN NAPOLITANA WITH VOL AU VENT AND SAUTÉED SPINACH

Mark - Click or tap here to enter text. /30																													
Preparation										Dish Balance/Flavour/Seasoning										Product Presentation									
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
Feedback:										Photo Evidence:																			

DISH 3 – CHILLED POACHED PEAR W/ CRÈME ANGLAISE

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Preparation										Dish Balance/Flavour/Seasoning										Product Presentation									
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Feedback:										Photo Evidence:																			

ASSESSMENT 3 – STUDENT FEEDBACK

Student Feedback		
Student Confirmation:	<i>I confirm that I accept the final assessment outcomes for this course as stated in this document.</i>	Circle YES or NO
Student Name and Number:	Date:	Signature:

Reconsiderations (Re-marks) Students may seek reconsideration of any assessment by applying in writing to the head of department or delegate, within 10 working days of receiving the results, setting out the grounds for consideration.

ASSESSMENT 4 – PRACTICAL

Course: COO402-Culinary-Foundartion Techniques

Assessment Description: Practical

Due:

If you are not admitted into an assessment or fail to present dishes that are suitable for sale, you must apply for a re-sit which may incur a cost. The highest possible mark to obtain is 60%.

Conditions – Students may not be admitted to the assessment, at tutor’s discretion for the following reasons:

1. No work plan provided, it is to be emailed at least one day prior to assessment
2. Incorrect or incomplete uniform according to NMIT guidelines
3. Late approval without previously informing tutor or coordinator

Assessment Description: Practical - Pop up Lunch using Mobile Learning Spaces

Learning Outcome 1: Demonstrate and apply introductory knowledge of food production operations and menu planning.

Learning Outcome 2: Prepare cook and finish a range of vegetable, fruit and pulse dishes using basic preparation and presentation techniques.

Learning Outcome 5: Apply fundamental skills in preparing, cooking and finishing meat, poultry, game and offal applications using set standards.

Learning Outcome 6: Illustrate and describe fish and shellfish classifications and demonstrate how to prepare, cook and finish using basic skills and techniques.

Learning Outcome 7: Prepare, cook and finish bakery product, hot and cold desserts suitable for café environments.

Aim:

The aim of this assessment is to plan and design a menu suitable for a pop-up kitchen environment and to demonstrate knowledge of food production operations to prepare take away style products.

Brief:

Students are required to complete the following tasks as groups:

- As a class you will design a café/deli takeaway style lunch that you can present to your customers on a pop up kitchen.
- Your class will be responsible for the food production, menu planning, organising the recipe, food ordering, mise en place list.
- Your menu must contain four dishes (4): at least one vegetarian dish, one meat or poultry dish, one shellfish or seafood dish, one bakery item
- A breakdown of each dish on your pop up including but not limited to: the FCP and SOPs for your menu, the wholesale cost of each food item, the final food cost of each dish, a customer feedback overview.

Students are required to complete the following task as individuals

- A summary that captures an accurate reflection of your pop up lunch event
- A breakdown of your contribution to this group project

- A overview of what you could do better next time to make your pop up a greater success
- An explanation of the menu, flavours, textures, colour and nutritional value and why you believe they offer good menu balance.

Description:

PART A: MENU DESIGN, PLANNING AND PREPARATION.

- Prepare a work plan showing final presentation ideas.
- Sketch out your ideas of each of the confirmed dishes.
- Work within a team to produce recipes, nutritional overview, mise en place lists and food a order.

PART B: PRODUCTION & POP UP EVENT.

- Work within a team to prepare mise en place for your pop up even.
- Prepare, cook and present your confirmed menu showcasing your practical and team skills.
- Design a menu and or description cards for your customers.

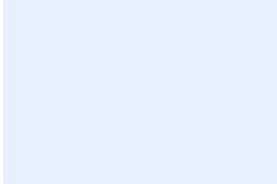
PART C: SUMMARY AND REFLECTION

- Participation, contribution and commitment of members to team objective is demonstrated.
- Constructive and informative communication is evident amongst team members
- Gather customer Feedback of your pop up event.

TUTOR'S ASSESSMENT RECORD – ASSESSMENT 4

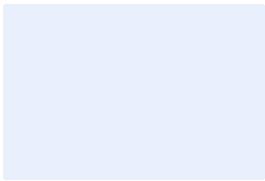
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PART A – FOOD PRODUCTION OPERATION AND MENU PLANNING – GROUP WORK

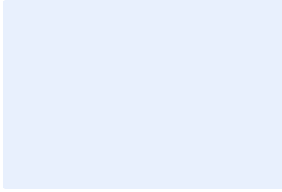
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PART B – PRODUCTION AND POP_UP EVENT – GROUP WORK

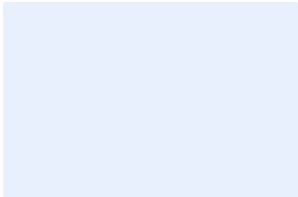
DISH 1 -

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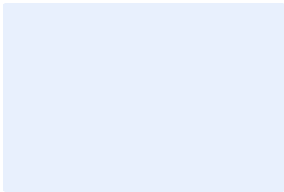
DISH 2 -

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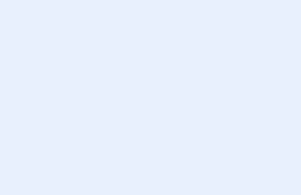
DISH 3 -

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Feedback:					Photo Evidence					
										

DISH 4 -

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Part C – SUMMARY AND REFLECTION – Individual work

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ASSESSMENT 4 – STUDENT FEEDBACK

Student Feedback		
Student Confirmation:	<i>I confirm that I accept the final assessment outcomes for this course as stated in this document.</i>	Circle YES or NO
Student Name and Number:	Date:	Signature:

Reconsiderations (Re-marks) Students may seek reconsideration of any assessment by applying in writing to the head of department or delegate, within 10 working days of receiving the results, setting out the grounds for consideration.

ASSESSMENT 4 – MARKING GUIDELINES

- This assessment requires students to demonstrate knowledge and practical application of knowledge and skills in relation to the relevant learning outcomes for this course.
- The grade achieved for this assessment represents 20% of the overall marks achievable for this course.
- Knowledge and skills will be assessed within the context of practical cookery applications, and the various stages/aspects of food preparation, production and presentation.
- Application of knowledge will be assessed within the context of a group presentation. All members of the group are expected to contribute to the set tasks.
- Judgement of student performance for this project will be in accordance with the achievement indicators and critical factors supplied.
- A copy of the presentation, supporting documents and/or resources must be submitted either by e-mail to the course tutor no later than 5pm on the due date.
- In exceptional circumstances, students may apply for an extension to the assessments due date. Applications for extensions must be negotiated with the Course Co-ordinator at least three (3) days prior to the assessment due date (refer Academic Regulations).

ASSESSMENT 4 – MARKING SCALE

Outline	Excellent	Very good	Satisfactory Pass	Unsatisfactory	Unacceptable
	10-9	8-7	6-5	4-3	2-0
Food production operations and menu planning (Group work/Individual)	All assigned group work has been completed correctly to the highest standard	Some minor group assigned work areas/ subject matter has not been completed correctly	Some assigned group work areas / subject matter has not been completed correctly	Assigned group work areas / subject matter has not been completed correctly	Assigned group work areas/ subject matter not completed at all and mostly incorrect
Practical Assessment Dish Prepare/Cooking Methodology Cooking/Dish Balance/Flavour/Seasoning Finishing/Product Presentation (Group work/Individual)	Required standards and skills are demonstrated with a high level of proficiency and capability Required factors are exceeded and/or demonstrated with relative ease with very little improvement	All factors are clearly met with only small range of minor faults that do impact on the overall impression of very good Identifies and demonstrates knowledge of key issues that influence critical factors	Meets the requirement at a standard where there are moderate faults or errors but within an acceptable range Presented product is saleable	Does not meet the required standard due to a range of faults and weaknesses that outweigh the strengths Presented product is not saleable	Does not reach the industry standard due to unacceptable cooking practices, actions or omissions which might seriously breach health and safety or SOP's Presented product is not saleable
Teamwork/Debrief/Summary (Group work/Individual)	Worked in the team to the highest standard and fully understands key criteria and objectives. Uses initiative to anticipate issues and undertake corrective actions	Worked very well in the team, a high understanding of key criteria and objectives. Uses some initiative to undertake corrective actions	Works well in a team with a reasonable understanding of criteria and objectives – needs occasional direction. Resolves issues as they arise	Attempted to work in the team and has some understanding of the criteria and objectives. Takes corrective action inconsistently. Frequent guidance needed	Limited attempt to work in the team, not understanding objectives. Needs constant guidance

PART A – MENU DESIGN, PLANNING AND PREPARATION (10 MARKS) – GROUP WORK

- Contributed ideas to overall menu design and shows in design of each dish.
- Clear delegation/undertaking of tasks amongst team.
- Individual role/task ownership and completion is demonstrated.
- Clear mise en place lists and food orders
- Participation, contribution and commitment to team objective is demonstrated.
- Group mise en place is complete and of a high standard.
- Work plan provided outlining tasks and plating philosophy.
- Research is evident

PART B – PRODUCTION & POP UP EVENT (40 MARKS, 10 PER DISH) – GROUP WORK

- Logical order of tasks and work plan followed.
- Time management skills, multi-skilling demonstrated.
- FCP and SOP's are followed throughout tasks in accordance with legislative requirements.
- Correct choice and use of equipment.
- Time and temperature control.
- Identification/correction of faults.
- Key flavours are met as per recipe.
- Correct choice of equipment
- Personal presentation and professional conduct was demonstrated.
- Menu design and overview for customers
- Food Costing is accurate for the items provided

PART C – SUMMARY AND REFLECTION (10 MARKS) – INDIVIDUAL WORK

- A breakdown of your contribution to the group that includes a summary of the event
- An explanation of the menu, flavours, textures, colour and nutritional value and why you believe they offer good menu balance.
- Feedback from your customers is collated and used in your summary.

STANDARD COSTING CARD – EXAMPLE

Name of Dish:	Fish & Chips	Portion Numbers:	2
Total Cost:	\$4.80	Portion Size:	
Portion Cost:	\$2.40	Sale Price	\$8.00
		Food Cost	30%

Sales Price:	\$14.50	Food Cost %	16.5%
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Commodities						
Item	Specification	Weight	Unit/Kg/L	Cost	Unit	Actual Cost
Fish	Fillets	0.300	kg	\$9.40	kg	\$2.82
Worcester	Sauce	0.020	ltr	\$6.50	ltr	\$0.13
Flour	Plain	0.060	kg	\$1.60	kg	\$0.10
Egg	Whole	2.000	each	\$0.25	each	\$0.50
Lemon	Wedge/Juice	1.000	each	\$0.40	each	\$0.40
Parsley	Spring	2.000	each	\$0.05	each	\$0.10
Potato	Cut into chips	0.300	kg	\$2.50	kg	\$0.75
				Total Cost		\$4.80
				Portion Cost		\$2.40

Method:

- Season and marinate the fish fillets.
- Flour and draw through the batter. Float in the fryer.
- Once they are brown on one side turn over and finish to a golden-brown colour. Place on absorbent paper.
- Blanch and fat finish the chips.
- Present the fish on a hot plate with the chips.
- Serve a dipping sauce on the side eg. Tartare Sauce.
- Chip size 50x5x5mm (pommes frites).

GUIDE FOR REFLECTIONS AS A PART OF YOUR PORTFOLIO

Date Made:	Practical Session Number
Name of Dish:	
Preparation:	What planning did you have to do before this practical?
	What safety and hygiene factors did you have to consider and how well do you think you addressed these?
Cooking	What methods did you use for this dish and why?
	What Techniques did you use and explain what went well and what needs improving?
	What ingredients / methods of cookery would you change to make a healthier dish?
Finish (Insert PHOTO)	What does the dish look like?
	What does the dish smell/taste like?
	What is the texture of the dish?
	What is the temperature of the dish and plate?
	What are your thoughts on the arrangement of the food on the plate and is it in line with current industry practices?
	How does the descriptions or visualisation of the recipe match your dish?
My Extra Notes:	Reflection on Process:
	The dish was successful because:
	The dish may be improved by:
	Peer Feedback: What did my fellow students think?
	Suggestions from my tutor
	Which Grade would I give this dish from 1 to 10 ?
	What will be your estimated selling price of this dish in the Rata Room ?

Descriptive Terms

Descriptive Term	Meaning / Alternative	Descriptive term	Meaning / Alternative
Acidic	Sharp, piquant	Overcooked	Burnt, shurnk, less of colour
Acrid	Burnt, unpleasantly smoky	Mushy	Overly soft, loss of colour
Aged	Old, mature	Stale	Old, expired, past best by date
Bitter	Astringent, sour	Wilted	Old, yellowed
Bittersweet	Sweet and sharp	Bruised	Marked, imperfect
Bland	Lacks flavour, no taste	Mouldy	Green, fungal, Blemished
Burnt	Overcooked, dark, black, edible	Blemished	Marked, bruised
Buttery	Rich, creamy, silky	Attractive	Pleasant, nice looking, appetising
Chalky	Powdery, dry	Soft	Mush, lacks body
Cheesy	Sweaty	Hard	Firm, tough
Citrusy	Sharp, tangy	Dense	Thick
Doughly	Tough, undercooked	Heavy	Weighs a lot
Dry	Lacking moisture	Light	Airy, soft, lacking body or weight
Earthy	Mushroomy, fungal, woody, dirty	Smooth	Creamy, buttery
Eggy	Rich, creamy, silky	Lumpy	Contain pieces of food, unpassed
Fatty	Oily, greasy	Creamy	Smooth, unctuous
Fermented	Fizzy, bubbling, off	Crunchy	Crisp
Fishy	Ammonia, off tastes	Moist	Wet, damp
Flavourful	Lots of seasoning, fresh, flavours	Crumbly	Lacks moisture, sandy
Fresh	Vibrant, colourful	Hot	Very warm, steamy
Greasy	Oily, fatty	Cold	Chilled, refrigerated
Oily	Greasy, fatty	Chilled	Quite cold
Colourful	Lots of colour, attractive colour	Tepid	Barely warm
Appetising	Tasty, well flavoured, appealing	Warm	Not quite hot
Tantalising	Makes you want it	Piping hot	Very hot, steamy
Tempting	Looks tasty, eye appeal	Lukewarm	Barely warm

