6100-530 March 2018
Level 3 Advanced Technical Diploma in Professional Cookery (450)
Level 3 Professional Cookery – Theory exam (1)

If provided, stick your candidate barcode label here.

Thursday 15 March 2018
13:30 – 15:50

Candidate enrolment number

Date of birth (DDMMYYYY)

Gender (M/F)

Assessment date (DDMMYYYY)

Centre number

Candidate signature and declaration*

• If any additional answer sheets are used, enter the additional number of pages in this box.

• Please ensure that you staple additional answer sheets to the back of this answer booklet, clearly labelling them with your full name, enrolment number, centre number and qualification number in BLOCK CAPITALS.

• All candidates need to use a black/blue pen. Do not use a pencil or gel pen.

• If provided with source documents, these documents will not be returned to City & Guilds, and will be shredded. Do not write on the source documents.

*I declare that I had no prior knowledge of the questions in this assessment and that I will not divulge to any person any information about the questions.

You should have the following for this examination

• a pen with black or blue ink
• non-programmable calculator

General instructions

• Use black or blue ball-point pen.
• The marks for questions are shown in brackets.
• This examination contains 11 questions. Answer all questions.
• Answer the questions in the spaces provided. Answers written in margins or on blank pages will not be marked.
• Use of non-programmable calculators is permitted.
• Cross through any work you do not want to be marked.
1. State **five** reasons why protein is needed in a balanced diet. (5 marks)

2. Explain the importance of the disposal of waste from a professional kitchen. (4 marks)
3. Describe **two** categories within a vegetarian diet. (4 marks)

4. State **five** factors that influence the design of a new dish for a menu. (5 marks)
5. Calculate the costs and selling price of producing a chicken BLT sandwich. Fill in the gaps as required. (8 marks)

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount per portion</th>
<th>Cost per 100 g</th>
<th>Cost per portion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>125 g</td>
<td>£0.52</td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td>60 g</td>
<td>£0.45</td>
<td></td>
</tr>
<tr>
<td>Tomato and lettuce</td>
<td>40 g</td>
<td>£0.30</td>
<td></td>
</tr>
<tr>
<td>Bread and butter</td>
<td>50 g</td>
<td>£0.12</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td>25 g</td>
<td>£0.40</td>
<td></td>
</tr>
</tbody>
</table>

**Total cost of ingredients per portion**

**Selling price with 80% gross profit**

**Selling price with VAT @ 20%**

6. State **four** dry cooking methods suitable for poultry. (4 marks)
7 Describe three effects of cooking on the nutritional value of poultry. (6 marks)

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8 State four benefits of using a professional microwave in the production of desserts and puddings. (4 marks)

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9 Many puddings and desserts are made using caramelisation.
   a) Explain the process of caramelisation. (3 marks)

   b) Describe how temperature affects the caramelisation process. (3 marks)
10  a) List **three** preparation techniques used in the production of a Swiss roll. (3 marks)

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b) Describe **three** effects of time on the quality of a finished traditional Swiss roll. (6 marks)

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A local charity has booked a fundraising dinner for 250 guests for a date in August. The hotel's reservation team has asked the kitchen to suggest a menu that is themed around great British produce that can be served individually to each table.

The following menu has been suggested by the members of the team.

**Starter**
Smoked salmon mousse, beetroot puree, malted bread, pickled onions and micro herb salad

**Fish Course**
Poached Dover sole with asparagus, herb salad, dill oil and sauce hollandaise

**Main Course**
Chicken breast stuffed with cheese and leeks, pommes puree, carrots and peas, shallots and white wine sauce

**Dessert**
Traditional spotted dick pudding with hot sauce anglaise

Discuss the suitability of each course, suggesting alternative dishes where appropriate. (15 marks)