

6100-030/530 Level 3 Professional Cookery
Version 1.1 – September 2017

Sample Mark Scheme

1	
Describe four ways to avoid the risk of contamination when reheating pre-cooked foods.	(4 marks)
<p>Marking guidance: 1 mark for each correct answer to a maximum of 4 marks</p> <ul style="list-style-type: none"> • Reheat foods in smaller quantities where appropriate, to allow for rapid, even heating • Ensure that heat sources are adequate for the task size and quantity • Ensure that equipment is checked and serviced to maintain good, hygienic conditions • Ensure that all equipment is clean • Use thermostats (e.g. Thermopen) to check internal/core temperature • Follow re-heating guidelines/instructions – pre-heat ovens to recommend temperatures before reheating foods. • Once reheated, do not reheat again (reheat only once) • Reheat to 75°C core temperature (for minimum of two minutes) • Once reheated, keep above 63°C for service. • Serve food as quickly as possible • Avoid contact (contamination) with other food types when reheating foods • Complete the reheating process as quickly as possible ensuring that food is thoroughly heated (no cold spots, especially if reheating by microwave) 	

2	
The head chef of a hotel has sourced a new fish supplier.	(4 marks)
Describe four necessary purchasing processes to the point of delivery.	
<p>Marking guidance: 1 mark for each correct answer to a maximum of 4 marks</p> <ul style="list-style-type: none"> • A purchase requisition is raised. (1) • A purchase specification (e.g. type/size/weight/guide price/budget/fresh-frozen) is agreed/decided. (1) • The buyer/chef contacts the supplier(s) to request a quotation /price to supply. (1) • The buyer/chef places the order/purchasing order with the chosen supplier. (1) • The supplier delivers according to the order details, providing a delivery note/receipt (1) • Checking the reputation of the supplier (1), visit to check hygiene standards (1) • Checking availability of produce (1) • Discuss delivery terms (1) • Check produce upon delivery (1). 	

3	
Explain three methods that can be used to prepare a whole chicken for grilling.	(6 marks)
<p>Marking guidance: Award 1 mark for identification of the method and 1 further mark for an appropriate expansion.</p> <ul style="list-style-type: none"> • Removal of the backbone so the chicken can be flattened (spatchcock) (1) allows even cooking. (1) 	

- Cutting above the legs and under the breasts to permit the crown area to be pulled back from the legs (crapaudine) whilst remaining intact (1) allowing even cooking. (1)
- The chicken is broken down into smaller cuts, such as supremes/escalopes. (1) These cuts are free from bones and allow fast grilling. (1)
- Kebabs (diced/sliced) – these cuts are relatively small pieces of meat that are free from bones (1) and allow fast, intense grilling. (1)
- Marinate the chicken before grilling (1) for flavour. (1)

4

Describe **six** techniques required to produce a crème caramel.

(6 marks)

Marking guidance:

1 mark for each of the following answers to a maximum of six marks

- Prepare a caramel, slaked with a small quantity of water
- Line the base of dariole moulds with caramel
- Prepare an egg-custard mix/warm milk and whisking onto beaten eggs with sugar and vanilla
- Strain and pour in to the prepared moulds.
- Place the moulds into a roasting (or similar) with water approximately one-third/half way up the height of the moulds/ place in a bain-marie
- Place carefully in the oven at 150°C for 30-40 minutes until set. Remove and cool
- To serve, loosen the egg-custard from the edges of the mould and shake firmly to release the product from the mould onto a plate.
- Serve allowing the caramel to drain over the egg-custard forming its own sauce.

5

Explain **three** correct storage requirements when storing a fresh cream strawberry gateau.

(6 marks)

Marking guidance:

Maximum of 3 marks for stating or describing the storage requirements, additional 3 marks available for explaining reason

- Strawberry gateaux is a high risk product and should be stored under refrigerated conditions (1) to avoid multiplication of bacteria. (1)
- Should be covered using cling film or cloche type covering (1) to protect from drying out (1) cross contamination (1) absorption of odours. (1)
- Overexposure to moisture can lead to weeping fruit (1) therefore it is important to keep the product covered (1) and the fridge operating at the correct temperature. (1)
- Should be clearly labelled with the date of preparation, use by date and the item. (1) This helps others identify what the products are /complies with food safety requirements. (1)
- Should be positioned on the top shelf of the fridge (1) to avoid damage and direct contamination from other products. (1)
- FIFO must apply when storing high risk products (1) to avoid food poisoning. (1)

6

Describe the roles of the **four** essential macro nutrients present in a balanced diet.

(4 marks)

Marking guidance:

1 mark for each up to four marks, must have description – cannot simply list the macro nutrients, max of 2 marks for each nutrient.

- Protein builds/repairs body tissues. (1)
- Carbohydrates are a primary source of energy. (1)
- Fats increase the absorption of fat soluble vitamins (1) /provide a secondary source of energy. (1)
- Water helps to maintain homeostasis in the body/transport nutrients to cells /assists in removing waste products from the body. (1)

7

Describe **three** impacts that the age of guinea fowl has on the choice of preparation and cooking method used.

(6 marks)

Marking guidance:

Award 1 mark for identification of impact and 1 further mark for an appropriate expansion.

Older birds

- They have a less pliable breastbone (1) so need particular care in preparation to avoid splintering the bone. (1)
- They have stronger protein structures that makes the meat tougher (1), meaning that the bird needs to be rested (3 to 4 days) following slaughter. (1)
- The meat should be cooked using an appropriate moist-heat cooking method (such as stewing at low heat) (1) to ensure its natural gamey-flavour is retained. (1)
- The meat should be cooked over a period of time (1) to ensure the muscle proteins are adequately broken down. (1)

Younger birds

- They have a higher fat content (1), so should utilise a dry cooking method (such as roasting or grilling) to release the bird's natural fat in the cooking process. (1)
- The meat is less gamey (1) so using a dry cooking method (e.g. roasting or grilling) will ensure it gains a richer overall flavour/is not bland because it is caramelised/browned. (1)

8

Tom purchases an unprepared whole chicken weighing 2kg for £6.80.

(4 marks)

He prepares the chicken for sauté. The wastage (carcass and trimmings) weighs 760g and the cuts for sauté weigh 1,240g.

After cooking, the cuts of chicken weigh 1kg.

Calculate the following:

- a. The cost of unprepared chicken per kg
- b. The percentage of wastage after preparation
- c. The percentage of weight loss after the preparation and cooking processes
- d. The cost, per kg, of servable meat after preparation and cooking

<p>Marking guidance 1 mark for each correct answer to a maximum of four marks. No marks attributed for working.</p> <p>The following calculations provide the correct answers.</p> <p>a. £6.80 (cost)/2 (2kg supplied) = £3.40 b. 760 (weight of carcass and trimming)/2000 (original weight) * 100 = 38% c. 1000 (preparation and cooking losses)/2000 (original weight)* 100= 50% d. 1 kg of servable meat (derived from 2kg of unprepared meat costing £6.80) = £6.80</p>	

9	
Describe three characteristics of double cream.	(3 marks)
<p>Marking guidance 1 mark for each to a maximum of 3 marks</p> <p>Double cream</p> <ul style="list-style-type: none"> • Rich with a fat content of 48%. (1) • It is the most versatile type of fresh cream and can be boiled, whipped and frozen(1) • It can be used to add richness/creaminess to hot savoury dishes (e.g. soup) / for cake /for frozen desserts. (1) • It is used to provide a luxurious mouthfeel and richness of flavour (due to the high fat content). (1) • It has a thick consistency and is much heavier/stiffer when whisked. (1) 	

10	
Explain why incorrect preparation may affect the rising quality of a soufflé.	(6 marks)
<p>Marking guidance Award 1 mark for identification of incorrect preparation method and 1 further mark for an appropriate expansion. (No marks given for steps related to cooking, as this is not part of preparation)</p> <ul style="list-style-type: none"> • A stable foam is not created (1) due to insufficient beating of egg white or contaminated egg white/equipment. (1) • Overbeaten egg whites (1) causes the breakdown of protein structure and the foam will collapse (1) / over mixing of the foam and panada would result in a lower rise. (1) • An incorrect proportion of base/panada to foam (1) causes a poor balance of the soufflé mix. (1) • Moulds are not lined correctly (1) causing the mix to stick and prevent rising (1) • The rim of the mould is not cleaned properly prior to baking (1) blocking areas for the mix to rise evenly. (1) 	

11

Tina is the head chef at a large hotel which is hosting chef's convention. The topic of the convention is 'Catering for Coeliac Customers' and the organisers have requested that all food provided meets the convention theme. Tina is aware that the hotel has never previously catered for the dietary requirements of coeliac customers on such a large scale.

Discuss the factors Tina should consider when planning catering for the convention.

(15 marks)

Marking guidance:

Indicative content

- Legal responsibility
- Social responsibility for information provided to customers/delegates
- Staff training
- Clarity of information
- Food safety / cross-contamination
- Allergen awareness / dietary requirements
- Trends in lifestyle
- Cost implications
- Opportunities
- Creativity

Mark bands

Band 1 (1-5 marks)

Limited knowledge of the social and legal responsibility. Limited awareness of product and implications. Simplistic understanding or recognition of the importance of food safety and legislation. Little awareness of allergenic risks, customer and dietary requirements. Very limited view of the opportunities that this situation presents. Limited recommendations of suitable use of farinaceous ingredients.

To access the higher marks in the band, the analysis will contain mostly relevant points.

Band 2 (6- 10 marks)

Response shows good understanding of the brief and the task. Correctly identified the decay and showed some knowledge of the causes of the decay.

Showed some knowledge of remedial action with some detail and clarity. Discussion was clear and well structured. Some consideration given to protection of the finished work.

To access higher marks in the band, the response will be clear, balanced with accurate points made which are supported and justified.

Band 3 (11-15 marks)

Fully developed knowledge of the social and legal responsibilities. Effective understanding or recognition of the importance of food and safety legislation. Very well developed understanding or recognition

To access higher marks in the band, the discussion will be comprehensive, well balanced and presented in a logical way with conclusions and/or recommendations that are fully justified.