1. Describe four ways to avoid the risk of contamination when reheating pre-cooked foods.

(4 marks)

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2. The head chef of a hotel has sourced a new fish supplier.

Describe four necessary purchasing processes to the point of delivery.

(4 marks)

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3 Explain **three** methods that can be used to prepare a whole chicken for grilling. (6 marks)

4 Describe **six** techniques required to produce a crème caramel. (6 marks)
5 Explain **three** correct storage requirements when storing a fresh cream strawberry gateau.

(6 marks)

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

(4 marks)

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

(6 marks)
Tom purchases an unprepared whole chicken weighing 2 kg for £6.80. He prepares the chicken for sauté. The wastage (carcass and trimmings) weighs 760 g and the cuts for sauté weigh 1,240 g.

After cooking, the cuts of chicken weigh 1 kg.

Calculate the following:

a) The cost of unprepared chicken per kg. (1 mark)

b) The percentage of wastage after preparation. (1 mark)

c) The percentage of weight loss after the preparation and cooking processes. (1 mark)

d) The cost, per kg, of servable meat after preparation and cooking. (1 mark)

Describe three characteristics of double cream. (3 marks)
10 Explain why incorrect preparation may affect the rising quality of a soufflé.

(6 marks)

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)