

6100-030/530 Level 3 Professional Cookery – Sample Questions

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Please note this is not a complete sample theory exam, this document consists of sample questions from across the test specification.

Candidate	Name	Date	DD/MM/YY
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- 1 Describe **four** ways to avoid the risk of contamination when reheating pre-cooked foods.

(4 marks)

- 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)

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)

- 8 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)

- 9 Describe **three** characteristics of double cream. (3 marks)
