

Candidate 1 evidence

Total marks — 30
Attempt ALL questions.

1. (a) A school canteen has been asked to alter the following recipe.

Savoury Macaroni

Ingredients:

250 g macaroni
40 g butter
40 g plain flour
600 ml whole milk
250 g grated cheddar cheese
2 rashers of bacon
1 medium sized onion
15 mls of vegetable oil
Salt and pepper to season

Method:

1. Cook the macaroni in boiling salted water for 8–10 minutes, drain well.
2. Chop the onion and bacon.
3. Heat the oil in the frying pan and fry the onion and bacon for 1–2 minutes.
4. Melt butter, add flour to form a roux.
5. Gradually whisk in the milk. Cook for 5 minutes to a thickened and smooth sauce, taste and season.
6. Add $\frac{2}{3}$ of the grated cheese and stir until melted.
7. Add the onion, bacon and macaroni to the cheese sauce.
8. Transfer to a deep suitably-sized ovenproof dish, sprinkle the remaining cheese on top and grill until golden brown.

MARKS

1. (a) (continued)

Using the headings provided, describe three changes that could be made to this recipe to meet current dietary advice.

Explain a different way each change you have described helps to meet current dietary advice.

6

Replace or add an ingredient

Change 1 Replace the 40g of butter with 40g
of margarine or Flora

Explanation 1 This will help reduce overall fat
intake as these alternative spreads are much lower
in fat

Reduce quantity or remove an ingredient

Change 2 Use 1 rather or no bacon at
all in the Macaroni

Explanation 2 This will help to reduce red meat
intake and also reduce the fat

Change cooking method

Change 3 Grill the bacon rashers instead of
frying them

Explanation 3 This will help to remove the fat
as it is allowed to drip off of the bacon

1. (continued)

- (b) Describe the impact of using the following sustainable ingredients in the Savoury Macaroni recipe. 2

Locally produced Cheddar cheese Helps benefit local farmers and can boost the local economy

Organic bacon Ensures that the bacon has come from well treated animals

- (c) Explain why each of the following ingredients are used in the Savoury Macaroni recipe. 2

Flour Flour is used to thicken the cheese sauce

Cheese Cheese is used to add flavour to the dish and give it a nice taste

2. (continued)

(e) Evaluate the effect on taste and texture if the following ingredients were used to decorate a pavlova dish.

- (i) Berry coulis This would give the dish a 1
strong fruity flavour which would be good
as it would add more taste to the dish
- (ii) Chopped nuts This would give the dish a more 1
crunchy texture which would be good as it
would contrast the soft pavlova
- (iii) Low fat cream substitute This would change the 1
flavour of the dish which, although it
would make the dish healthier, would be
bad as the flavour may be reduced

3. (a) Describe two points to consider to ensure the correct storage of caster sugar. 2

Point 1 Sugar must be in an airtight container

Point 2 Must be stored in a cool dry
store away from direct sunlight

- (b) The following ingredients are required to make four Berry Pavlovas:

eggs, caster sugar, cornflour, white malt vinegar, double cream, icing sugar, vanilla essence, raspberries.

Table 1 below shows the unit cost for some of these ingredients.

Table 1

Ingredients	Table weight (unit)	Cost (£0.00)
Eggs	6	£1.26
Caster sugar	500 g	£1.20
Double cream	300 ml	£1.05
Icing sugar	500 g	£1.00
Vanilla essence	50 ml	£1.50
Raspberries	150 g	£2.00

Table 2 on page 09 shows the ingredients required to make four portions of this dish. Calculate the cost of the ingredients required using this information and the formula below.

$$\frac{\text{Cost}}{\text{Total weight}} \times \text{Quantity in recipe} = \text{Cost of ingredient}$$

3. (b) (continued)

Table 2

Quantity required	Ingredient	Cost
2	Eggs	£0.42
125 g	Caster sugar	£0.30
2.5 ml	Cornflour	£0.01
5 ml	White malt vinegar	£0.01
100 ml	Double cream	£0.35
15 g	Icing sugar	£0.03
1 ml	Vanilla essence	£0.03
120 g	Raspberries	£1.60

6

- (c) Calculate the total cost to make four portions of this dish.

1

£2.75

- (d) Calculate the cost to make one portion of this dish (rounding your answer to the nearest pence).

1

£0.69

[END OF QUESTION PAPER]

Candidate 2 evidence

Total marks — 30
Attempt ALL questions.

1. (a) A school canteen has been asked to alter the following recipe.

Savoury Macaroni

Ingredients:

250 g macaroni
40 g butter
40 g plain flour
600 ml whole milk
250 g grated cheddar cheese
2 rashers of bacon
1 medium sized onion
15 mls of vegetable oil
Salt and pepper to season

Method:

1. Cook the macaroni in boiling salted water for 8–10 minutes, drain well.
2. Chop the onion and bacon.
3. Heat the oil in the frying pan and fry the onion and bacon for 1–2 minutes.
4. Melt butter, add flour to form a roux.
5. Gradually whisk in the milk. Cook for 5 minutes to a thickened and smooth sauce, taste and season.
6. Add $\frac{2}{3}$ of the grated cheese and stir until melted.
7. Add the onion, bacon and macaroni to the cheese sauce.
8. Transfer to a deep suitably-sized ovenproof dish, sprinkle the remaining cheese on top and grill until golden brown.

1. (a) (continued)

Using the headings provided, describe three changes that could be made to this recipe to meet current dietary advice.

Explain a different way each change you have described helps to meet current dietary advice.

6

Replace or add an ingredient

Change 1 change the butter to margarine

Explanation 1 this by doing this will reduce the saturated fat as margarine has less fat and is more healthy.

Reduce quantity or remove an ingredient

Change 2 remove the rashers of bacon

Explanation 2 removing the rashers of bacon will reduce the salt intake which will meet the current ^{advice} as too much salt can lead to heart coronary heart disease

Change 3 change frying to grilling

Explanation 3 If you fry the bacon it will become greasy, by grilling it will be healthier as you're not using the oil to cook it, and by grilling it the grease would drop off.

[Turn over

MARKS

1. (continued)

- (b) Describe the impact of using the following sustainable ingredients in the Savoury Macaroni recipe.

2

Locally produced Cheddar cheese will be cheaper
and fresher as it's locally produced at a
farmers market.
Organic bacon _____

- (c) Explain why each of the following ingredients are used in the Savoury Macaroni recipe.

2

Flour the flour is used in the recipe to
thicken up the cheese sauce.
Cheese the cheese is used for flavour
to make it taste better and give
it texture.

MARKS

2. (a) Explain two advantages of stir-frying as a method of cookery. 2

Advantage 1 It's ~~has~~ a healthier option and would meet the current dietary advice as it's got different vegetables.

Advantage 2 It's low in saturated fat and ~~raw~~ is easily prepared and can put as much veg as you like

- (b) Explain two steps that should be taken to prevent cross-contamination when preparing raw chicken. 2

Step 1 make sure you use a red chopping board which should only be contained of raw meat

Step 2 wash and clean the surface before and after to make sure it doesn't contaminate other foods

- (c) Explain one safety rule for using a cook's knife. 1

be careful when handling, hold ~~with~~ ^{at} the handle in case you cut yourself
make sure your cutting on a chopping board.

- (d) Identify the correct piece of equipment required to carry out the process of folding.

Explain how this process should be carried out.

Equipment plastic scraper / spatula 1

Explanation you use the scraper to fold in the mixture by going through the centre and folding it around clockwise then back in the middle again and keep repeating. 1

MARKS

2. (continued)

- (e) Evaluate the effect on taste and texture if the following ingredients were used to decorate a pavlova dish.

- (i) Berry coulis has a sweet taste and 1
a bitter texture, this in would be good
for a pavlova as it brings a different
flavour to the sweet dish
- (ii) Chopped nuts chopped nuts would make 1
it taste bland but would mix well
with the sweet dish and would bring a
crumbly texture
- (iii) Low fat cream substitute how this would make 1
the mixture have a soft texture
and creamy flavour

MARKS

3. (a) Describe two points to consider to ensure the correct storage of caster sugar. 2

Point 1 keep caster sugar kept in a kitchen cupboard at room temperature as this will ~~be~~ cool get it cool
 Point 2 _____

- (b) The following ingredients are required to make four Berry Pavlovas:

eggs, caster sugar, cornflour, white malt vinegar, double cream, icing sugar, vanilla essence, raspberries.

Table 1 below shows the unit cost for some of these ingredients.

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MARKS

3. (b) (continued)

Table 2

Quantity required	Ingredient	Cost
2	Eggs	£ 0.42
125 g	Caster sugar	£ 0.30
2.5 ml	Cornflour	£0.01
5 ml	White malt vinegar	£0.01
100 ml	Double cream	£ 0.35
15 g	Icing sugar	£ 0.03
1 ml	Vanilla essence	£ 0.03
120 g	Raspberries	£ 1.60

6

- (c) Calculate the total cost to make four portions of this dish.

1

£ 11

- (d) Calculate the cost to make one portion of this dish (rounding your answer to the nearest pence).

1

£ 2.75

[END OF QUESTION PAPER]