

**Candidate 2 Evidence**MARKS  
DO NOT  
WRITE IN  
THIS  
MARGINTotal marks — 30  
Attempt ALL questions1. (a) **Smoked fish risotto****Ingredients**

250 g	rice
50 g	butter
100 g	smoked haddock
1750 ml	fish stock
5 ml	dill
10 ml	parsley
5 ml	salt

Describe two changes that can be made to the recipe to meet current dietary advice.

Explain how each change you have described helps to meet a different aspect of current dietary advice.

Change 1 change the butter to polyunsaturated  
Margarine (Like Flora.)

Explanation 1 This will reduce the amount  
of saturated fat in the recipe.

Change 2 change the rice to wholemeal  
rice.

Explanation 2 This adds more fibre into  
the meal bringing the consumer closer  
to the dietary fibre target.

4



\* X 8 3 9 7 5 0 1 0 2 \*

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1. (continued)

- (b) Explain why poaching is a suitable method of cooking fish. 1

Poaching is a healthy method of cooking, as the nutrients from the fish will leach into the liquid which is served as a sauce.

- (c) Name a garnish, including the preparation technique, you would use for a fish risotto. 1

Finley chopped parsley, remove the stems from the parsley and chop very finley.

- (d) Describe how each of the following ingredients should be stored. Explain why this method of storage is suitable for the ingredient. 4

Opened tin of tuna In a container, out of the bin,  
Storage re-seal and place in the fridge, away from other foods ~~in a container, out of the bin~~

Explanation the tuna must be kept fresh and placing it in the fridge will do this, however it mustn't be in bin as the aluminium may contaminate the tuna.

Opened jar of dried herbs  
Storage re-sealed and placed back into the cupboard.

Explanation these herbs must stay dry as they can go mouldy and musty, they also may gather smells from other foods so must be sealed up.



\* X 8 3 9 7 5 0 1 0 3 \*

MARKS DO NOT WRITE IN THIS MARGIN

2. (a) A business promotes its homemade food saying it contains local ingredients.

Explain three benefits of buying local foods.

3

Benefit 1 ~~Food~~ This reduces the amount of <sup>miles</sup> the food has travelled (food miles) meaning it will be fresher on arrival.

Benefit 2 This helps to keep local farms and farmers stay in business.

Benefit 3 the buyer knows where the food has come from, (so they can say it's 100% organic for example)

(b) Evaluate the effect on the taste or appearance of the following ingredients, being added to a potato mash.

3

Opinion  
fact  
consequence

Freshly chopped chives Would be a good idea as chives are very colourful so would give the mash an overall better appearance.

~~Worcestershire sauce~~ Worcestershire sauce Would be a good idea as ~~is~~ is very flavourful and would give the plain mash a better taste.

Wholegrain mustard would be a bad idea as wholegrain food items contain grains such as bran which would give a bread texture to the food, worsening the taste.



MARKS DO NOT WRITE IN THIS MARGIN

2. (continued)

(c) Describe one use of each of the following ingredients when used in the cooking of a savoury dish.

2

Oats to give the dish a good texture throughout.

Honey to give the dish some more flavour.

(d) Describe two rules which must be followed when weighing and measuring sugar using the following equipment.

2

Measuring spoon Make sure the ingredient is level on the spoon. Make sure to use the correct spoon and that your measurement needed is in millilitres.

Digital scales Make sure the scales are on zero before using. Make sure there is nothing else touching the scales that could make it heavier.

[Turn over



MARKS  
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3. (a) The following ingredients are used to make an apple sponge.

Self-raising flour, caster sugar, margarine, eggs, milk, cooking apples, sultanas.

Table 1 shows the unit cost for some of the ingredients used in the apple sponge.

Table 1

Ingredients	Total weight (unit)	Cost (£0.00)
self-raising flour	1000 g	£1.28
margarine	250 g	£0.60
eggs	12	£1.80
cooking apples	600 g	£1.32
sultanas	500 g	£1.30

Table 2 shows the ingredients required to make eight portions of the apple sponge. Calculate the cost of the ingredients required using this information and the formula below.

Use your answers to complete Table 2.

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

5

Table 2

Quantity required	Ingredients	Cost (£0.00)
500 g	self-raising flour	£0.64
400 g	caster sugar	£0.60
300 g	margarine	£0.72
4	eggs	£0.60
120 ml	milk	£0.12
400 g	cooking apples	£0.88
100 g	sultanas	£0.26

Handwritten calculations:

- $\frac{1.28}{1000} \times 500$
- $\frac{0.60}{250} \times 400$
- $\frac{1.80}{12} \times 4$
- $\frac{1.32}{600} \times 400$
- $\frac{1.30}{500} \times 100$



## 3. (continued)

- (b) Calculate the total cost to make eight portions of the apple sponge. 1

£3.82

- (c) Calculate the cost to make one portion (rounding your answer to the nearest pence where required). 1

~~£3.82~~ 48p

- (d) Explain why flour is sieved before adding to a sponge mixture. 1

~~to ensure no lumps are in the mixture~~ to ensure no flour is stuck together in a clump so all the flour is mixed in properly.

- (e) Explain two safety factors which should be observed when making apple sponge. 2

Safety factor 1 ~~to~~ Hold sharp knives pointing down to the floor ~~when~~ when walking ~~around~~ around to ensure no harm is done to anyone.

Safety factor 2 If using an electric whisk, keep hands away from the spinners and make sure hair is tied back.

[END OF QUESTION PAPER]



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