

## Assessment Task 1

### SITHCCC005 Prepare dishes using basic methods of cookery

#### Written Test

#### Assessment Submission details:

1. Please include following details on the top of your assessment:

- Your Name
- Your Student Id
- Your Trainer's name
- Title of your Assessment
- Assessment Due Date
- Actual Submission Date

Please Note: Any changes in the assessment due date must be approved by your trainer.

2. This assessment can be hand written or in Microsoft word format. Following settings should be made for this assignment to keep consistency among all the assessments:

Body text	Page setup
<ul style="list-style-type: none"> <li>• Font: Times New Roman</li> <li>• Font size: 12 point</li> <li>• Line spacing: Double</li> <li>• Text style: Normal</li> </ul>	<ul style="list-style-type: none"> <li>• Top: 2.54 cm</li> <li>• Bottom: 2.54 cm</li> <li>• Left: 3.17 cm</li> <li>• Right: 3.17 cm</li> <li>• Header: 1.25 cm</li> <li>• Footer: 1.25 cm</li> </ul>

3. If hand written assessments are submitted, hand writing needs to be clear and legible.

4. Do not forget to attach the Cover Sheet at the front of the assessment.

5. Make sure you have signed the Cover sheet to declare this is your own work.

6. You can e-mail this assessment to your trainer's e-mail address with following details:

In 'subject' mention your 'student Id – Your name'.

#### Achieving Competence:

To be deemed competent in this assessment you must:

- Correctly address all of the assessment requirements as described in this task
- Correctly address all of the submission instructions
- Successfully complete the Assessment Questions
- Submit assessment on or before the due date with an assessment cover sheet

## Performance objective:

You need answer the entire question using information given to you from class and from your course material.

## Assessment description:

You must provide a response to all questions in assessment Questions section.

## Assessment Questions:

### Checkpoint 1

Question 1. What are the 3 methods of heat transfer? How do they work?

Question 2. How do the following 4 factors influence the various methods of heat transfer used in cooking processes?

1. Origin of the dish
2. Texture and taste
3. Visual impact
4. Cooking times

Question 3. What environmental aspects should you consider when using cooking equipment to ensure efficiency and prevent wastage?

Question 4. Provide an example how each of the following factors can be used to estimate the number of serves to be prepared for service?

1. Historical data
2. Number of bookings
3. Special functions
4. Climate and weather

Question 5. List 3 methods which are commonly used to calculate and requisition the required ingredients for menu preparation and outline the provisions for checking commodities for spoilage when receiving or collecting these from storage?

Question 6. How can the following factors affect the selection of ingredients for the preparation of dishes?

1. Seasonality
2. Price
3. Infrastructure
4. Equipment available
5. Quality standards
6. Stock rotation principles

### Checkpoint 2

Question 7. How do the following factors affect the choice of equipment for preparing food items?

1. Safety
2. Appropriateness
3. Ease of use
4. Reducing wastage

Question 8. Provide 5 examples for common Work, Health and Safety and Hygiene which apply when using equipment?

Question 9. Explain the general key steps for preparing ingredients for mise en place and preparation of dishes for service. Which provisions for use-able trimmings and off cuts would this require?

Question 10. List the 10 methods of cookery grouped into moist heat and dry heat cookery methods?

Moist Heat Cookery Methods	Dry Heat Cookery Methods

Question 11. How does the location of muscle in an animal affect the choice of cookery methods?

Question 12. How do moist heat cookery processes affect the structure of meat and vegetables?

**Checkpoint 3**

Question 13. List 4 essential hygiene procedures which must be followed when preparing and cooking food products?

Question 14. What is the definition of roasting? What are the temperatures used for this method? Which methods and equipment can be used for roasting?

Question 15. How does the roasting temperature affect tenderness, weight loss and breakdown of collagen and tissue?

Question 16. What is the meaning of the term “doneness”? How is doneness determined?

Question 17. What are the approximate cooking times and internal temperatures for pork, veal and poultry?

#### Checkpoint 4

Question 18. Which vegetables are commonly suitable for roasting? Why?

Question 19. What is the definition of “poêler”? What equipment is typically used for the poêler method?

Question 20. What is the procedure for poêler? Which types of food are prepared using this method?

Question 21. What is the definition of baking? What equipment is used for baking (include a variety of cultural applications) and what would you need to consider when using a fan forced oven?

Question 22. Provide 3 menu examples that use baking for each food group?

Vegetables, Legumes and Fruit Dishes

Farinaceous Dishes

Dairy Dishes

Protein Dishes



**Checkpoint 5**

Question 23. What is the definition of cooking “en papillote”? Which foods are suitable and how is this method used?

Question 24. How should fish, meat and poultry be prepared in order to use the en papillote method?

Question 25. What is the definition of grilling?

Question 26. Provide 6 types of equipment which could be used for grilling and indicate how each of them work?

Question 27. Which vegetables are suitable for grilling? How hard vegetables such as potatoes and carrots are often prepared prior to grilling? Why?

Question 28. Provide 4 examples of when grilling is used for dairy foods?

**Checkpoint 6**

Question 29: What is shallow-frying? Which 3 other applications use the shallow-frying technique?

Question 30: What is the traditional cookware used for shallow-frying? Why this cookware is sometimes “seasoned”? Describe this procedure?

Question 31: List 6 points of care which must be employed when deep-frying?

Question 32: How should all protein items as well as items high in moisture be prepared prior to deep-frying?

**Checkpoint 7**

Question 33: What is the principle of “boiling”? Which equipment is used and what needs to be considered when choosing equipment for boiling various foods?

Question 34: Explain the processes “cold water start” and “hot water start” when using the boiling method. Provide examples of items that are boiled using each of these methods?

Question 35: Explain the terms “simmering” and “blanching” and provide examples for their use in cookery?

Question 36: What are the approximate ratios of water to product when cooking the following: Rice, Pasta, Polenta and Semolina?

**Checkpoint 8**

Question 37: Describe the cookery method “poaching” and provide examples for foods typically poached. Which type of equipment is used for poaching?

Question 38: What is the difference between Shallow-Poaching and Deep-Poaching? Which types of liquids are typically used for Deep-Poaching applications?

Question 39: What is the purpose of cooling whole fish, larger meat cuts and fruit in the poaching liquid? What needs to be considered when doing this?

Question 40: Provide some examples of potato and farinaceous foods which typically would be cooked by using poaching as a method of cookery: What would be the typical requirements?

Question 41: Provide 1 example each for poaching Vegetables and Fruit, Dairy, Farinaceous and Protein dishes?

**Checkpoint 9**

Question 42: Explain the principles of stewing and the suitable equipment typically used for stewing?

Question 43: What are the differences when preparing a goulash or Irish stew compared to preparing a ragout?

Question 44: Provide menu examples each for Vegetable and Fruit, Dairy, Farinaceous and Protein dishes?

Question 45: Explain the correct procedures for “braising” including the preparation requirements for foods and typical equipment suitable for this method of cookery?

Question 46: What are the economic benefits of choosing braising as the method of cookery?

Question 47: Which type of foods would be typically cooked by using the Braising method?

#### Checkpoint 10

Question 48: Explain the principles and benefits of steaming and at least 3 types of equipment suitable for steaming?

Question 49: How does a pressure cooker work and for which applications is it often used? What are the common safety requirements when using any steaming device?

Question 50: Provide 5 hints for effective microwave cookery?

Question 51: What are the principles of sous-vide cookery? What are the major advantages and disadvantages of sous-vide cookery?



Question 52: What are the requirements to provide for and ensure teamwork and organisation in a commercial kitchen to ensure consistent quality of product?

Question 53: List 6 processes that should be included in work routines, in order to keep a workplace clean, safe and efficient during and after service?