

Year 11 Transition

Food & Catering

Project Task 'Advanced Skills and Essential Knowledge'



This transition project is designed to ensure that you are completing advanced practical cookery skills and theory knowledge in preparation for your college course.

You need to watch each of the video demonstrations below and practice these skills at home, bearing in mind that we would only expect you to use ingredients reasonably to hand at home

Fish filleting(Flat fish)

<https://www.youtube.com/watch?v=eYs47Xond4Q>

Fish filleting (Round Fish)

<https://www.youtube.com/watch?v=JGrMmASWmNc>

Vegetable cuts

<https://www.youtube.com/watch?v=VJNA4vrdWec>

Tomato concasse

<https://www.youtube.com/watch?v=q-dOd56Wril>

Ravioli Making

<https://www.youtube.com/watch?v=fgeEhiKrnfl>

Portioning a chicken(into 4,8 spatchcock,airline breast and boneless chicken thighs)

<https://www.youtube.com/watch?v=xcISVmGI4Os>

Hollandaise sauce

<https://www.youtube.com/watch?v=-Hq18uWPFVM>

Sabayon sauce

https://www.youtube.com/watch?v=Fov_n_NO1F8

French cutting rack of lamb

https://www.youtube.com/watch?v=O7ZKGe_CxAM

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This transition project is designed to ensure that you are completing advanced practical cookery skills and key knowledge in preparation for your college course.

Please now consider these key knowledge questions 1-15, supplied by a Food and Catering graduate, and prepare answers to these. You will find answers on the final pages.

Identify the 7 different coloured chopping boards and what they are used for?

Yellow-

Red-

White-

Blue -

Green-

Brown-

Purple -

What is the difference between a filleting knife and a boning knife?

Explain the difference between a flat fish and a round fish?

What is the main difference between mayonnaise and hollandaise?

Name five categories of vegetables?

Briefly describe the following vegetable cuts:

Brunoise –

Julienne –

Macedoine –

Jardinière –

Paysanne –

Mirepoix –

Chiffonade-

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Name four nutrients found in vegetables.

What does the term 'al dente' mean?

What is 00 flour and why is it used in making pasta?

Explain the process used to make choux pastry?

What are the ratios for flour to water in the following types of pastry?

Briefly describe the fermentation process when making bread?

Give three different enriching ingredients for bread?

At what temperature should raw meat and poultry be stored at?

Define what a chicken ballotine is?

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Answers to key questions:

Identify the 7 different coloured chopping boards and what they are used for?

Yellow- cooked meat

Red- raw meat

White- dairy and bread

Blue - fish

Green- fruit

Brown- vegetables

Purple - allergens

What is the different between a filleting knife and a boning knife?

A Filleting Knife Have Long and thin blades flex easily, and this is why fillet knives have such blades. A straight-edge blade is great for filleting as it makes precise cuts and clean slices. A serrated blade is a good option when you want to pierce through tough scales to get to the meat.

A boning knife is a type of kitchen knife with a sharp point and a narrow blade. It is used in food preparation for removing the bones of poultry, meat. Usually quite rigid.

Explain the difference between a flat fish and a round fish?

round fish have a rounded rib cage, have eyes on either side of their head, and swim upright. You will find flat fish have both eyes on one side of their body, with that side always facing up, and have flat rib cages.

What is the main difference between mayonnaise and hollandaise?

Mayonnaise is an oil emulsion sauce made with beaten egg yolk and olive oil and lemon juice. Hollandaise is a butter emulsion sauce made with beaten egg yolk clarified butter

Name five categories of vegetables?

(1) salad vegetables, (2) fruiting vegetables, (3) squash vegetables, (4) shooting vegetables, (5) leafy vegetables, (6) pod and seed vegetables, (7) bulb vegetables, and (8) root vegetables.

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Briefly describe the following vegetable cuts:

Brunoise - Small dice

Julienne – Matchstick

Macedoine – Large dice

Jardinière - Batons

Paysanne – thin slice (triangle, squares, or rounds)

Mirepoix – Roughly chopped

Chiffonade- shredding

Name four nutrients found in vegetables.

potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.

What does the term 'al dente' mean?

To the tooth, having a slight bite to the product

What is 00 flour and why is it used in making pasta?

00 flour is used for pizza, and for pasta due to it having gluten levels ranging from 5 to 12 percent

Explain the process used to make choux pastry?

The dough of pâte à choux is a thick paste made of water, butter, flour, and eggs — it is thicker than a batter, but not quite as stiff as a dough. ... When heated, the liquid from the water and eggs quickly evaporates in the hot oven and creates steam. Roux method.

What are the ratios for flour to water in the following types of pastry?

Shortcrust- 3-1

Puff pastry 2-1

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Briefly describe the fermentation process when making bread?

chemical decomposition of complex organic compounds into simpler substances. With bread, this refers to the process where yeast converts sugar to carbon dioxide and alcohol in the absence of oxygen, causing dough to rise

Give three different enriching ingredients for bread?

**Eggs
Sugar
Butter
Cream**

At what temperature should raw meat and poultry be stored at?

1 to 5 degrees in a fridge covered at labelled and store on bottom shelf.

Define what a chicken ballotine is?

A ballotine (from French balle a package) is traditionally a de-boned thigh and/or leg part of the chicken, duck or other poultry stuffed with forcemeat and other ingredients. It is tied to hold its shape and sometimes stitched up with a trussing needle.