

Workflow Plan for Practical Assessment
Basic Methods of Cookery 1
29 June 2010
Commercial Cookery Certificate
Part time – Group E
Peter Crago

Workflow Plan		
Time	Task	Specifics
Stage 1 - 1.30pm	Mis en place	Prep bench (knives, chopping board). Collect plates, underplates, doyleys, brassiere, 3 x saucepans, 2 frypans, fine chinois. Put all plates in warmer.
1.40pm	Navarin of Lamb w/ 3 Turned Pots. 2 Button onions. (p208)	Season & brown Lamb, then remove to braising pan. Fry (same pan) carrot, onion, celery and Tom Puree. Add to meat. Add 20gms flour and brown. Add stock, b-garni, garlic. Boil, skim, & simmer 'til 3/4 done (1 hr). Turn potatoes and prep onions. Chop/prep Parsely
2.15pm		Simmer for about 1-1 1/2 hours.
Stage 2 2.20pm (p171)	Boil Salted Water for pasta '1 portion'	Add Pasta when boiled. Cook 'al-dente' Drain, refresh, add oil. Keep in bowl on bench.
Stage 3 2.30pm	Chicken in Filo Pastry '1 recipe' (Less. 25)	Butterfly Chicken Breast (thin), flatten between Glad-wrap. 'Square-up'. Season. Layer 3 slices of Gruyere & 1 slice of Ham. Roll-up and skewer. Seal in oil in 'black' frypan. Wrap in Glad-wrap. Refrigerate
Stage 3a 3.00pm	Navarin	Check for 'done-ness' Boil potatoes and sauté onions
Stage 4 3.15pm (p191)	Make Court-bouillon. 1/5 Recipe	Put water/fish stock, carrots, onions, bayleaf, white p/corns, parsley stalks and salt into pot. Bring to boil & simmer for 10 mins. Adjust seasoning.
		Break 3.30pm – 3.45pm
Stage 5 – 3.45pm	Navarin	Remove the meat. Add onions to the meat. Pass sauce and veg thru chinois. Reduce if necessary. Add to the meat. Boil, cover with lid and simmer 'til done.

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<u>Stage 6</u> 4.10pm	Chicken in Filo	Chicken from chiller. 3 sheets of filo. Dry towel wet towel. Brush melted butter on all sheets. Trim chick. roll. Roll up in filo. Butter on outside. Alfoil at the ready. Silicon sheet on baking tray. In oven 13-15mins. Rest for 2-3mins. Serve with Parsley.
<u>Stage 7</u> 4.35pm	Poached Fish in Court-bouillon with Buerre Blanc Sauce.	Heat Court-bouillon. Poaching temp 93-95° Poach for 3-5 mins. Blanch 3 asparagus.
4.45pm	Chicken Filo (cont.)	Check oven for done-ness Boil water for Tomato Concasse Check Navarin
<u>Stage 7</u> Cont.		Make <u>Buerre Blanc</u> : 30mls White wine 50 mls stock Squeeze of lemon 30mls cream Reduce by 80% Add 150gms cold butter.
4.50pm	Chicken Filo (cont.)	Take from oven. Rest. For 3 mins.
4.55pm	Poached Fish (cont.)	Hot plate – fish out on paper towels Arrange on plate with Asparagus, lemon slice and Buerre Blanc. Present.
<u>Stage 9</u> 5.00pm	Chicken Filo (cont.)	Hot plate. Slice diagonally With sprig of parsley
<u>Stage 10</u> 5.10pm	Spaghetti w/ Tom-Basil	Boil water-add spaghetti. Concasse tomatoes, slice garlic & basil. Olive oil in pan add tom puree-saute add garlic. Add 20mls white wine some pasta water if needed. Season! Hot plate – Present!
<u>Stage 11</u> 5.30pm	Navarin	Finish Navarin. Season. Saute potatoes in butter then add parsley. Onions Hot plate -Present
<u>Stage 12</u> 5.50pm	Clean up	Clean Bench space and all equipment.

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Ingredients

<p style="text-align: center;"><u>Navarin of Lamb</u></p> <p>400gms Lamb 75gms Carrot 75gms Onion Flour 20gms 20mls Tomato Puree 400 mls Brown Stock 1 clove garlic – crushed Bouquet Garni 6 Turned potatoes 3 Button Onions Chopped Parsley</p> <p>Brasiere Fry Pan Chinois Saucepan</p>	<p style="text-align: center;"><u>Spaghetti w/ Tom & Basil Sauce</u></p> <p>150gms Pasta Olive Oil 3 Cloves Garlic 60gms Tomato Concasses 50gms Tom Puree 30mls White wine Pepper - Salt Basil Leaves</p> <p>Frypan Saucepan – boiling pasta/potatoes etc.</p>
<p style="text-align: center;"><u>Chicken in Filo</u></p> <p>1 Chicken Breast Salt – Pepper Oil/Butter 3 slices Gruyere 1 slice Ham 3 shts Filo Pastry Melted Butter</p> <p>Black Pan Tooth-picks Silicon Paper Baking Tray Alfoil</p>	<p style="text-align: center;"><u>Poached Fish –Asparagus/Buerre Blanc</u></p> <p>1 Lt water/fish stock Carrot Onion, 1 Bayleaf, White pepper-corns Parsley stalks Salt Lemon</p> <p>Fish Butter</p> <p><u>Buerre Blanc:</u> 30mls White wine 50 mls stock Squeeze of lemon 30mls cream 150gms cold butter</p> <p>3 Asparagus</p> <p>Saucepan 2 Frypans</p>