

Workflow Plan for Practical Assessment
Stocks, Sauces and Soups
6 April 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 soup bowls, underplates, doyleys, sauceboats, 3 x saucepans, frypan, fine chinois, filter paper.
1.40pm	Beef Consomme '1 recipe' (p92)	Brown onion, mix ingredients, mix in brown stock, stir to boil.
2.00pm		Simmer for 2 hours
Stage 2 - 2.10pm	Mayonnaise '1/3 recipe' (p112)	Preparation: 2 egg yolks, 10ml vinegar, 5g mustard, salt/pepper to taste, 335ml oil. Mix ingredients.
		Chill 50ml in sauceboat in fridge.
Stage 3 - 2.35pm	Pumpkin Soup '1 recipe' (p118)	Fry onions and pumpkin in 30g butter, add stock and potato, bring to boil.
		Simmer for 30 minutes.
Stage 4 - 3pm	Prepare Sippets and Parsley	8x8x8 cubes, fry till golden brown. Chop parsley, wash and dry – for mayo and cream of chicken soup.
Stage 5 - 3.30pm	Pumpkin Soup	Mouli soup mixture. Prep and serve with sippets (in sauce boat). Remainder in 600ml container.
Stage 6 - 3.45pm	Beef Consomme	Strain in Chinois with paper filter into clean saucepan. Remove excess fat with paper, bring back to boil and serve (200ml).

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Time	Task	Specifics
Stage 7 – 4pm	Break	15 minute break
Stage 8 – 4.15pm	Cream of Chicken Soup '1 recipe' (p98)	Put chicken stock on to boil with chicken breast added. Remove chicken breast (to shred later).
		Make veloute (blond roux), with 40g butter, 40g flour, cool roux pan and gradually mix in stock.
4.35pm		Simmer for 30 minutes, stirring frequently.
		Shred chicken, add to soup and reboil. Garnish with chopped parsley, serve 200ml, remainder in plastic container.
Stage 9 - 5.15pm	Mayonnaise	Serve in sauceboat, garnished with chopped parsley.
Stage 10 – 5.25pm	Clean up	Bench space and all equipment.