



FOR OFFICIAL USE

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National  
Qualifications  
2023

Mark

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**X877/75/01****Practical Cookery**

MONDAY, 22 MAY

9:00 AM – 10:00 AM



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

Fill in these boxes and read what is printed below.

Full name of centre

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Town

--

Forename(s)

--

Surname

--

Number of seat

--

Date of birth

Day

--	--

Month

--	--

Year

--	--

Scottish candidate number

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**Total marks — 30**

Attempt ALL questions

**You may use a calculator.**

Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give this booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



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

1. (a) Using the headings provided, describe **three** changes that could be made to this Fish Pie recipe to meet current dietary advice.
- Explain a **different** way each change you have described helps to meet current dietary advice.

### Fish Pie

100 g smoked haddock  
100 g cod  
50 g butter  
25 g plain flour  
250 ml whole milk  
2 medium floury potatoes  
15 ml double cream  
25 g cheddar cheese  
salt and pepper to season

### Add an ingredient

Change \_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

### Remove an ingredient

Change \_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

### Replace an ingredient

Change \_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_



1. (continued)

- (b) Explain why each of the following steps are important when making mashed potatoes.

2

Cutting the potatoes into even sized pieces \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draining the potatoes as soon as they are cooked \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (c) Describe how boiled potatoes would be tested for readiness.

1

\_\_\_\_\_

\_\_\_\_\_

- (d) Explain the function of flour in a roux when making a white sauce.

1

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[Turn over



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

2. (a) Describe the correct storage for each of the following ingredients.

2

Raw fish \_\_\_\_\_

\_\_\_\_\_

Potatoes \_\_\_\_\_

\_\_\_\_\_

- (b) Explain what is meant by the term 'sustainable beef'.

1

\_\_\_\_\_

\_\_\_\_\_

- (c) Explain an advantage and a disadvantage of buying organic carrots.

2

Advantage \_\_\_\_\_

\_\_\_\_\_

Disadvantage \_\_\_\_\_

\_\_\_\_\_

- (d) Explain why the following ingredients may be blanched.

2

Leeks \_\_\_\_\_

\_\_\_\_\_

Tomatoes \_\_\_\_\_

\_\_\_\_\_



\* X 8 7 7 7 5 0 1 0 4 \*

2. (continued)

- (e) Explain why each of the following personal hygiene rules must be followed when preparing food.

2

Remove jewellery \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cover any cuts or wounds with a blue plaster \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[Turn over



3. (a) Evaluate the effect on the colour or flavour if the following ingredients are used to decorate a Lemon Cheesecake.

3

Lemon zest \_\_\_\_\_

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Grated dark chocolate \_\_\_\_\_

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Fresh raspberries \_\_\_\_\_

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- (b) Identify a suitable piece of equipment to remove the zest from a lemon.

1

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- (c) The biscuit base of a cheesecake crumbles and breaks when cut.  
Identify **one** reason why this would occur.

1

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3. (continued)

- (d) The following ingredients are used to make a Lemon Cheesecake: digestive biscuits, butter, double cream, cream cheese, caster sugar and lemons.

Table 1 shows the unit cost for these ingredients.

Table 1

Ingredient	Weight (unit)	Cost (£0.00)
digestive biscuits	400 g	£0.80
double cream	285 ml	£0.95
cream cheese	300 g	£1.20
lemon	1	£0.28

Table 2 shows the ingredients required to make six portions of this dish.

Calculate the cost of the ingredients required using this information and the formula below.

Use your answers to complete Table 2.

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

Table 2

Quantity Required	Ingredient	Cost
110 g	digestive biscuit	
50 g	butter	£0.34
150 ml	double cream	
75 g	caster sugar	£0.09
250 g	cream cheese	
2	lemons	

4

[Turn over



3. (continued)

- (e) Calculate the total cost to make six portions of this dish.

1

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- (f) Calculate the cost to make one portion (rounding your answer to the nearest pence).

1

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[END OF QUESTION PAPER]





ADDITIONAL SPACE FOR ANSWERS



MARKS

DO NOT  
WRITE IN  
THIS  
MARGIN

ADDITIONAL SPACE FOR ANSWERS



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