

Differentiating Food Preparation Skills

The following tables indicates the level of demand and skills associated with some practical dishes. The level of finish and skill would also need to be considered in the assessment. No readymade ingredients should be used in the making complex skilled dishes.

Basic	Medium demand	Complex
Savoury dishes		
Yorkshire pudding: Making a simple batter:	Basic profiteroles: Making choux pastry	Eclairs with filling and topping: Making choux pastry/melting chocolate
Breaded fish: Using pre-filleted fish	Breaded fish goujons: Removing skin from fish	Fish pie: Fillet a fish, sauce making, mashed potato topping
Bread rolls: Using a packet mix/shaping	Bread rolls: Handmade dough/shaping/finish	Bread plait: Flavoured, using a handmade dough/shaping e.g. flavoured bread plait
Pasta in tomato sauce: Readymade pasta	Tagliatelle: Making pasta/cream sauce	Ravioli: Making pasta, shaping and filling and tomato sauce
Spaghetti bolognese: Readymade pasta, jar of tomato sauce, chopping vegetables	Tagliatelle: Making own tomato sauce and pasta	Lasagne: Making own pasta, meat sauce and roux sauce.
Parsley sauce: Starch based sauce using a packet mix	Cheese sauce: Starch based sauce using the roux method	Infused velouté sauce: Starch based sauce using the roux
Vinaigrette dressing: Emulsion dressing	Mayonnaise made in a blender: Emulsion dressing	Hollandaise sauce: made in a blender or by hand: Emulsion dressing e.g. flavoured
Sausage rolls: Packet pastry	Sausage rolls: Rough puff pastry	Sausage plait: Rough puff/flaky pastry with accurate finish
Cottage pie: Mashed potato, prepared filling.	Cottages pie: Use fresh potato, prepare all fillings	Cottage pie: Prepare fresh potato, filling, piping, gratin topping
Spanish omelette: Use of protein to set mixtures	Quiche Lorraine: Use of protein to set mixtures/shortcrust pastry	Mini quiche with a variety of fillings: Use of protein to set mixtures/shortcrust pastry
Chicken pie: Made using ready cooked chicken, packet sauce and shortcrust pastry	Chicken pie: Using all in one sauce and shortcrust pastry.	Chicken pie: Using roux sauce and homemade rough puff pastry.

Fish cakes: Using canned fish to make fishcakes	Fish cakes: Made with fish that the skin needs removing and homemade breadcrumbs	Fish cakes: Made using a whole fish that has been filleted and using homemade breadcrumbs, accurately shaped.
Chicken curry: Ready chopped chicken pieces in a curry sauce	Chicken curry: Skinning chicken portions and chopping into even pieces, homemade sauce.	Chicken curry: Jointing a chicken and preparing the pieces appropriately into even sizes, sauce making and vegetable preparation.
Pizza: Use of a packet mix bread to make a dough	Bread rolls: Creating a yeast dough using the chosen yeast appropriately to make evenly sized bread rolls	Chelsea bun: Making a sweet yeast dough filling, shaping and glazing.
Burrito: Use readymade wraps, simple chilli filling	Enchilada: Readymade wrap, chilli filling and cheese sauce topping	Enchilada: Make own wraps, chilli and sauce topping.
Fish curry: Pre-filleted fish	Fish curry: Pre-filleted fish and rice and own flat bread	Fish curry: Fillet own fish, flavoured rice and stuffed naan
Bean burgers/falafel: shaping, vegetable preparation	Bean burger with homemade bread bun: bread making, forming and shaping.	Bean burger with homemade bread bun: bread making, forming and shaping and own mayonnaise,
Chicken stir fry: Using prepared chicken/vegetable preparation	Chicken and pasta bake: All-in-one sauce, chopping chicken/ vegetable preparation	Chicken and pasta bake: Chicken jointed, roux sauce, shortcrust pastry/pasta made
Pasta salad using dried pasta, cooked chicken, appropriate vegetables and mayonnaise	Pasta salad using dried pasta, chicken cooked from raw, homemade dressing	Pasta salad using homemade pasta, chicken cooked from raw, precision cut vegetables and a homemade emulsion e.g. mayonnaise
Sweet dishes		
Apple pie: Using readymade shortcrust pastry	Apple pie: Make shortcrust pastry and stewed apple	Apple jalousie: made using own flaky pastry, stewed apple and homemade custard
Lemon drizzle cake: All in one sponge	Swiss roll: whisked sponge	Black forest gateau: Whisked sponge cake filled with homemade jam

Basic meringues: Eggs as a raising agent, spooned onto baking trays.	Shaped meringues: Eggs as a raising agent/piped.	Pavlova: Eggs as a raising agent – piped and shaped meringue of a pre-determined shape and size.
Swiss roll – whisked sponge with satisfactory results.	Swiss roll: Rolled well, limited cracking	Swiss roll: Rolled well, limited cracking. Made own jam or lemon curd
Basic lemon cheesecake: Biscuit base, chilled lemon filling.	Chilled lemon flan: Biscuit base, filling and decoration	Tarte au citron: Using a pastry case, baking blind and lemon filling.
Simple pots au chocolate: No whisking of eggs melting chocolate adding cream	Lemon mousse: Separating eggs, whisking, folding	Charlotte Royale: Make Swiss roll make mousse, use of gelatine line mould and turn out
Apple pie: Using readymade pastry	Apple pie: Using a shortcrust pastry with a lattice topping	French apple tart: Make a sweet pastry.
All-in-one buns: basic sponge and pre-prepared frosting to create a decorative cake	Cupcakes: Making a basic sponge and a ganache or flavoured buttercream to ice cup cakes	Decorated flavoured sponge: e.g. carrot, fruit, coffee, with homemade ganache, frosting or buttercream, chocolate curs

Examples of different dishes.

Basic skills used	Medium demand	Complex skills
Savoury dishes		
<i>Use of some standard components/ready-made ingredients</i>		<i>No standard components are used.</i>
<ul style="list-style-type: none"> ▪ Bolognaise ▪ Cheese scones ▪ Cheese and potato pie ▪ Chicken chow mein ▪ Fajitas (Standard component wraps) ▪ French dressing ▪ Macaroni Cheese ▪ Omelet ▪ Pasta Bake (tomato sauce) 	<ul style="list-style-type: none"> ▪ Beef burgers ▪ Beef stroganoff ▪ Cauliflower cheese ▪ Cheese and onion slice ▪ Jerk chicken and savoury rice ▪ Meat balls/falafels ▪ Pizza (bread base Thai green curry) ▪ Quiche ▪ Pasta carbonara Risotto 	<ul style="list-style-type: none"> ▪ Caesar salad (portioning chicken) ▪ Cheese soufflé ▪ Chicken and mushroom pie ▪ Cottage/Shepherd's pie ▪ Fish cakes ▪ Fish pie (filleted fish) ▪ Gnocchi tomato sauce ▪ Lasagne (fresh pasta etc.) ▪ Moussaka

<ul style="list-style-type: none"> ▪ Sausage rolls (ready rolled pastry) ▪ Savoury Rice ▪ Scone base pizza ▪ Stir fry ▪ Tomato soup ▪ Pesto sauce 	<ul style="list-style-type: none"> ▪ Roasted vegetable soup ▪ Samosa (dough) ▪ Scotch eggs ▪ Shepherd's pie ▪ Stew and dumpling ▪ Stuffed pancakes with sauce ▪ Sushi 	<ul style="list-style-type: none"> ▪ Ravioli ▪ Sausage rolls (flaky pastry) ▪ Savoury choux bun ▪ Savoury Plait (Rough puff pastry) ▪ Savoury roulade ▪ Traditional Cornish pasties
Sweet products		
<ul style="list-style-type: none"> ▪ All in One Cakes ▪ Apple crumble ▪ Cup cakes ▪ Flapjack ▪ Fruit scones ▪ Fruit salad Melting Moments ▪ Muffins ▪ Rock Cakes 	<ul style="list-style-type: none"> ▪ Apple pie ▪ Apple turnover ▪ Bread and butter pudding ▪ Brownies ▪ Carrot cake and frosting ▪ Crème caramel ▪ Decorated chilled cheesecake ▪ Lemon drizzle cake ▪ Lemon pancakes ▪ Marble cake ▪ Panna cotta ▪ Piped decorated cup cakes ▪ Swiss roll with filling ▪ Viennese biscuits ▪ Victoria sandwich cake with a finish 	<ul style="list-style-type: none"> ▪ Apple frangipane tart ▪ Bakewell tart ▪ Brandy snap baskets and filling ▪ Brioche rolls ▪ Chelsea buns ▪ Chocolate roulade ▪ Decorated cake e.g. ganache/filing ▪ Decorated gelatin cheesecake ▪ Éclairs ▪ Fruit tarts with crème patisserie ▪ Jalousie ▪ Lemon meringue pie ▪ Lemon tart ▪ Pavlova with a fruit coulis ▪ Profiteroles with filling and topping ▪ Millionaire caramel shortbread ▪ Swiss roll with lemon curd/jam