

WJEC Level 3 Food Science and Nutrition

UNIT 1 PRACTICAL WORK SKILLS

(Suggested this list is not extensive)

Candidates should select dishes to build on skills developed at KS4, speed, finesse, creativity and quality of production should also be developed.

1. **Pastry** – puff, filo, pate sucee, choux, hot water crust
Samosas, strudels, spring rolls, tart au citron, fruit tartlets, savoury pie, jalousie, cheese gougeres, quiche, chocolate tart, custard tart, tarte tatin, millefeuilles.
2. **Stocks and Soups** – home-made chicken/vegetable stock, soups showing vegetable cuts, leek and potato, minestrone, French onion. Cold and Hot soups.
3. **Bread** – enriched, shaping, focaccia, naan, flat bread, ciabatta rolls, grissini sticks, panettone.
4. **Sauces** – reduced, roux, béchamel, hollandaise, crème anglaise.
5. **Meat** – pot roasting, roasting, casseroles, carbonade of beef, stroganoff, curry, stuffed pork tenderloin, pates, steak and mushroom pie, sweet and sour ribs.
6. **Chicken** – boning, make stock for soups, stuffing and coating, chicken kiev, curries.
7. **Fish** – filleting, stuffed and rolled, whole fish dishes, fish pie, thai fish cakes, salmon mousse (gelatine), salmon en croute, en papillotes, terrine.
8. **Vegetables** – turning, puree, cuts, soups, lasagne, stuffed, potato croquettes, gratin dauphinoise. Vegetable side dishes/accompaniments; e.g. honey roasted parsnips, braised red cabbage.
9. **Pasta and rice** – fresh with flavours, shapes, ravioli, risotto.
10. **Pulses** – soya mince, salads, curry, quinoa salad. Use of dried as well as canned.
11. **Salad dressings** – mayonnaise, vinaigrette.
12. **Desserts** – pannacota, tarte au citron, meringue desserts - roulade, chocolate fondante, jalousie, gelatine cheesecakes and mousses, profiteroles, macaron dessert, genoise sponge.
13. **Accompaniments** - Spun sugar, tuile biscuits, parmesan thins, biscoti, seeded crackers, complex garnishes from fruit, vegetables and flowers.