**SECTION B: DEMONSTRATION OF TECHNICAL SKILLS**

 **(18 marks)**

**Task 5: Skills Trial**

You will make 4 dishes showing the most complex practical you are capable of achieving accurately and independently.

You will be assessed on:

* Variety of technical skills
* Accuracy
* Understanding of ingredients and processes
* Independence
* Use of equipment
* Hygiene and safety

**Task 6: Documenting your skills trials**

Write up your trails under the following heading:

**Trial number (1/2/3/4)** : Name of Recipe

**Reasons for Recipe choice:** How does the recipe relate to your task? How does your research justify this recipe choice?

**Ingredients:** List quantities of each ingredient used.

**Skills:** Discuss all the skills, processes and cooking methods you will have to use to make your dish. Photographic evidence will be needed to authenticate the technical skills. All photographs should include your name and exam number.

**Sensory Evaluation:** A rating test can be used on 4 taste testers.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Taster 1 | Taster 2 | Taster 3 | Taster 4 | Total |
| Appearance |  |  |  |  |  |
| Texture |  |  |  |  |  |
| Taste |  |  |  |  |  |
| Aroma |  |  |  |  |  |

 The tasters will rate the dish 1-5 (5 being the best and 1 the worst)

You need to discuss the results of your taste test and explain how you could improve the results for your final menu.

**PHOTOGRAPH OF ALL SKILLS, PROCESSES AND THE FINISHED PRODUCT MUST BE INCLUDED IN YOUR WRITE UP**