

## **Year 10 Practical Exam 2018**

**Brief: Prepare, cook and serve 1 portion of Fajitas. You have 1 hour to complete the practical including mis en place and clearing up.**

**Remember to bring your apron, tea towel and a plate to serve your fajitas.**



## **Fajitas**

### **Ingredients**

1 lemon  
1 clove garlic  
1x10ml spoon oil  
1 small chicken breast  
1/2 onion  
1/2 green pepper  
1 tortilla wrap  
1 tomato  
25g Cheddar cheese

### **Skills you must show to get a each grade:**

L2D: Handling raw meat safe and hygienic throughout. Served with appropriate accompaniments. Recipe modified for creativity. Range of high quality fine garnishes used.

L2M: Handling raw meat safe and hygienic throughout. Use of more than 1 appropriate accompaniment. Some garnishes used to add colour, flavour and texture

L2P: Safe handling of raw meat. Complete meal served.

L1P: Some assistance needed to safely prepare meal. Meal completed without marinade or accompaniments. Chicken already diced. Food edible.

F: Meal not completed/ Clean up not completed in time/ Meal not edible

Accompaniment ideas: side salad, salsa, guacamole

Garnishes: Cucumber/ tomato/ pepper/ herbs (research some fine garnish techniques eg van dyke tomato/ cucumber curls/ julienne peppers)

### **Method**

1. Prepare the marinade:

- ◆ squeeze the lemon;
- ◆ peel and crush the garlic;
- ◆ stir everything together with the oil.

2. Remove any skin from the chicken and cut into strips. Mix with the marinade and place in the fridge, covered, until needed.

3. Prepare the remaining ingredients with a fresh knife on a clean chopping board:

- ◆ peel and slice the onion and green pepper;
- ◆ chop the tomato;
- ◆ grate the cheese.

5. Add the marinated chicken to the wok or frying pan and stir-fry for about 4 minutes. Check that the chicken is cooked.

6. Add the onion and green pepper and continue to cook for a further 2 minutes.

7. Spread a little chicken in the centre of the tortilla, add some tomato, cheese and salsa, then roll up.

8. Serve with accompaniments and garnish

### **Top tips**

- ◆ Other types of meat could be used, e.g. thin strips of beef or turkey.