

Module Twelve – Assignment

Complete the Theory and Practical assignments and then follow the Submission instructions that follow.

For the Theory assignment, it is advisable to use this Word document and to type your answers after each question. Save as a Word document.

For the Practical Assignment, save your photos or video on your computer ready for attachment.

# Theory Assignment

1. What are the 2 categories of frying?
2. What are the 4 different shallow frying techniques?
3. Why does frying suit Fast Food restaurants?
4. For frying, oils and fats are the same. True/False
5. What is the difference between oils and fats?
6. Define the cooking method of frying.
7. What is the most critical technique for good frying, and what equipment is recommended for it?
8. Why use a clock face as a guide for placing food items in a pan?
9. You can have more than one layer of food items when pan frying. True/False
10. What happens to the food item if you overcrowd a frying pan?
11. How should you prepare mince to fry for moist and tender mince?
12. Why would you score a pork chop before frying?
13. For shallow frying food must be seasoned after frying? True/False
14. Why should you never put food straight from the fridge into a frying pan?
15. Which side of the food item should be fried first?
16. Why should you, generally, never put food into a cold frying pan with cold oil or fat?
17. Name 3 food exceptions to the rule not to add food items to a cold pan:
18. How would you test that a frying pan is hot enough to add oil?
19. For standard Shallow Frying the food is turned often. True/ False
20. List the 7 steps to achieve a juicy fillet of fish with crispy skin:
21. Sauté uses a large amount of oil. True/False
22. For a good Stir fry the oil must not be hot. True/False
23. Why should all fried food be drained after frying?
24. Why use a rack over absorbent paper after frying?
25. Why avoid Hot Spots in the pan?
26. Sweating involves cooking at high temperature to brown the food. True/False
27. What is the oil: food ratio for deep frying non-frozen food?
28. What is the oil: food ratio for deep frying frozen food?
29. Name 5 elements that degrade frying oil:
30. When deep frying, what steps can you take to avoid greasy, soggy texture?
31. When deep frying with food items with starch, how can you reduce foaming in the oil?
32. Why is it important to take care around hot frying oil and what steps should you take?
33. What 3 things should you be aware of when using domestic temporary fryers?
34. Why were coatings developed for frying?
35. What are the two types of coatings?
36. What are the 5 steps for dry coating of food for frying?
37. Why is it important to have all ingredients mise en place for frying?
38. Name 3 batters for wet coatings:
39. Why is cold water necessary for a tempura better?
40. Name 2 food items suitable for yeast batter:
41. Name 2 food items suitable for tempura batter:
42. Name 2 food items suitable for beer batter:
43. Name 4 items used to aerate or fluff up batter:
44. What are the ingredients for a beer batter:
45. Why is it important to serve fried food quickly?
46. What is meant by using oil to finish a dish?
47. Why is it important to be aware of the smoke point of any oil?
48. Which has a higher smoking point: Virgin Olive oil or Light Olive Oil?
49. Is Canola oil similar to Grapeseed oil for frying?
50. Is Canola oil similar to Sunflower oil for frying?
51. Do Margarine or Butter have a higher smoke point than any non- extra virgin Olive Oil?
52. Are Nut oils suitable for finishing dishes?
53. List the five Cookery Institute tips for caramelising onions:

# Practical Assignment for Frying

This practical has 2 parts. After login, you can upload up to 10 files, so please stick to the number of photos required: 1x Theory Word Doc; 4 for omelette practical; 5 x 2nd practical including Workplan.

A. Choose between a country traditional or classic French omelette for 2-3 eggs, with or without any filling and submit the following:

1. 1 x photo of egg mix prior to cooking
2. 1 x photo of pan with oil/butter heating up (this is to test your awareness of correct pan size)
3. 1 x photo of the omelette cooked and plated
4. 1 x photo of the inside of the omelette after cutting it in half

B. Select and prepare 1 dish of your choice which must incorporate a coating and frying and be a course or the sole course of a Menu. Choose the number of guests. Marking for this assignment will take into account flavour build and contrasting textures from prior Modules.

1. Prepare and submit a Workplan for the Menu. You can use the Workplan template from Student Resources.

2. Photograph and attach photo files to your submission:

1. 1 x photo of ingredients including coatings, mise en place;
2. 1 x photo of the coated food before frying;
3. 1 x photo of the food frying;
4. 1 x photo of the cooked dish plated and ready for serving.

# Submission

You have completed Assignment 11. To submit this assignment [Go To Student Login or click here](http://www.cookeryinstitute.com.au/pre-login.html). Just click on the Status box and you will be prompted to attach your Word Document and any attached photos as .jpeg, .jpg, or .png for compatibility with Tutor systems.

# Your Feedback

As part of our Student Support and Course Development programmes we would like to hear of any suggestions or criticisms you may have about this Module. You can add them at the end of your submission or just send them to [StudentSupport@cookeryinstitute.com.au](mailto:StudentSupport@cookeryinstitute.com.au).

# Student Dishes Hall of Fame

Our Home Page includes some of our Students’ Dishes. They are chosen by our Tutors for Seasonal and Locality Choice, Flavour/Texture Profiles and Presentation. Let Student Support know by email if you do not want your dishes included in our selections.

# Facebook

If you are proud of your Practical assignment why don’t you post your photos or video to our Facebook page to share your achievement: <https://www.facebook.com/cookeryinstitute/> You can add some text and please note all posts are subject to review by our Student Support team.

