

Hospitality and Catering worksheets WJEC Task 2



Task 2

This is the task set by WJEC Hospitality and Catering. This worksheet will help you with research for Task 2.

To do

1. In My Recipes enter the recipe for Vegetarian Lasagne into the Nutrition Program.
2. Create a Food Label and a Recipe Sheet then answer the questions.

3. Vegetarian dishes should appear on every menu. While on work experience in a small hotel you have been asked to produce and serve a two-course meal suitable for vegetarian guests. The dishes will then be included on the hotel's à la carte menu.

Vegetable Lasagne

This lasagne is for people who eat cheese and milk. For a vegan, replace the milk with soya milk, and remove the cheese.

Serves 6-8
Oven 190C/Gas 5

Ingredients

1 sweetcorn on the cob – produces about 130g of seeds – or use a small tin of sweetcorn
1 medium onion – about 150g – peeled and finely chopped
1 carrot – peeled and very finely chopped
2 cloves garlic – peeled and finely chopped
Choose one of the following - 100 g finely chopped cabbage, 1 red, green or yellow pepper
2 tablespoons of vegetable oil
1 can tomatoes 400g
2 tablespoons of tomato ketchup or tomato purée
1 vegetable stock cube
1 tsp mixed dried herbs
For the sauce
500 ml semi skimmed milk
50 g butter or margarine
50 plain flour
Salt and pepper
6 sheets (180g) no pre-cook lasagne sheets
50 g grated cheese

Method

1. Set the oven at 190C/ Gas 5 if cooking to eat immediately.
2. For fresh sweetcorn, take off the yellow seeds (kernels) using a sharp knife.
3. Make the vegetable mixture. Put the sweetcorn seeds, onion, carrot and garlic in a large frying pan, add the oil, heat and stir until the onion softens.
4. Add the tomatoes, ketchup, stock cube and mixed herbs and stir until the sauce bubbles. Put on the lid and leave to simmer.
5. Make the sauce. Put the milk, butter (or margarine) and flour into the saucepan and heat up on the hob. Whisk all the time as the sauce thickens. Season with salt and pepper and then taste. You could make this sauce by the roux method.
6. Taste the vegetables and tomatoes and add salt and pepper if needed.
7. Make up the lasagne.
8. Put 2 sheets of lasagne on the bottom of the deep oven proof dish. Break the sheets if needed to fit the dish. Spoon over the vegetable mixture, then spoon on a little white sauce. Add a layer of lasagne, the remaining vegetable mixture and a little more sauce. Put the remaining lasagne on top and then spoon on the remaining white sauce, making sure the lasagne is well covered.
9. Sprinkle with grated cheese. To cook, put the dish on a baking tray and bake in the oven for about 30 minutes until the lasagne is piping hot, and the top is brown and bubbling.

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Questions

1. How much does this recipe cost
 - a) for a portion,
 - b) for the recipe?
 - c) What is the suggested selling price for a portion?
2. On Nutrition info (8), list the nutrients which show amber or red in the Traffic Lights.
Explain what these results mean.
3. List the allergens in this recipe.
What types of special diets could not eat this dish?
4. How would you store this dish when it was cooked?
Write this information into Storage info.
Design and export the food label with an image.
5. When should the dish be used by?
6. Choose Recipe Sheet and write in the Preparation method for this dish.
Export the recipe sheet and place it in your work.
7. Evaluate the recipe – what changes would you make to this dish?
8. Describe how you would change the recipe to make it suitable for
 - a) a meat eater,
 - b) a vegan.