

# Chef



After a long day of activities and challenges, is there anything better than a well cooked meal?

**Choose 1 of the following options:**

## 1 - Cooking for others

- A. Plan a full, balanced menu for a group of Explorers or other people on a residential experience covering all meals for at least four days. You should consider what facilities will be available to you – will you have access to a full kitchen or are you cooking on an open fire?
- B. Budget for your menu and assist with shopping for the ingredients.
- C. Demonstrate proper storage and cooking. You should demonstrate your knowledge of hygiene in the kitchen and how to prevent food poisoning.
- D. Cook and serve your planned menu, demonstrating preparation and serving skills.

## 2 - Baking

- A. Bake and cost the following from scratch – no packet mixes or pre-made shop bought ingredients allowed:
  - Three different large cakes (20cm or bigger) with different icings and decoration, using techniques like rubbing in, creaming, melting and whisking
  - A sweet or savoury tart, such as a quiche or a tarte tatin
  - 12 iced and filled cupcakes
  - 12 biscuits, iced using the flooding method
  - 12 scones
  - A loaf of bread using yeast
  - 12 flatbreads
- B. Demonstrate how planning and preparation can make life easier when baking
- C. Maintain high standards of hygiene

**Explorer Scout use only: (tick when completed, for your records only)**

### Option 1

No. 1	No. 2	No. 3	No. 4

### Option 2

No. 1A	No. 1B	No. 1C	No. 1D	No. 1E	No. 1F	No. 1G	No. 2	No. 3