

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. Cook and serve your planned menu, demonstrating preparation and serving skills.
- C. Demonstrate proper storage and cooking. You should demonstrate your knowledge of hygiene in the kitchen and how to prevent food poisoning.
- D. Budget for your menu and assist with shopping for the ingredients.

2 - Baking

- A. Maintain high standards of hygiene
- B. Demonstrate how planning and preparation can make life easier when baking
- C. 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

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