**JUNIOR CERTIFICATE HOME ECONOMICS**

**FOOD & CULINARY SKILLS EXAMINATION 2018**

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| **Task No. 7** | **Exam No.** |

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| ***One pot/casserole meals offer a simple cooking method that easily combines ingredients in one pot while cooking. List some interesting one‐pot/casserole main course dishes. Prepare, cook and serve one of the main course dishes you have listed. Prepare and serve a suitable accompaniment to complete the main course of the meal. Calculate the cost of the main course dish*** |

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| **Analysis of task:** |
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| **Factors to consider:** |
| **Accompaniament:**  **One pot dishes – advantage:**  **One pot dishes – disadvantage:** |

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| **Possible Solutions** | | | |
| **One pot main course** |  |  |  |
| **Casseroles** |  |  |  |

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| **My Solution** | |
| **Savoury Dish:** | **Accompaniament:** |

**Reasons why I chose them:**

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| **Ingredients & Equipment Needed** | | | | |
| **Ingredients** | | | | **Equipment** |
| **Amount** | |  | **Cost**  **Total Cost:**  **€** | **Serving Equipment:** |
| **Time Plan** | | | |
| 1. **Preparation (30 minutes):** 2. **Exam (1 hour 30 minutes):** | | | |