



Tips for writing your justification

Trend

Rise & shine to global tastes

Students are to develop a one-bowl breakfast that reflects a breakfast cuisine from an African country, a Far Eastern country or a Middle Eastern country. The breakfast should include:

- an ancient grain
- a plant-based milk
- a skhug sauce.

The breakfast bowl must be nutritious and sustain until the next meal.

Justification hints

If using the trend Rise and shine to global tastes, state the country that you chose and explain how your chosen grain, plant-based milk and skhug sauce reflect or complement the country's cuisine.

How did the grain, milk and sauce complement each other and the other ingredients that you added?

Sweet on pepper

Students are to develop a dessert that includes:

- two types of pepper:
 - one of the peppers must be used in a pepper-based syrup made from one of the following: brown rice, sorghum, barley, malt, yacon or coconut.
 - the other pepper should be used in a separate component of the dish.
- at least one tropical fruit chosen from the following: banana, dates, dragon fruit, durian, guava, jackfruit, lychee, mango, papaya, passionfruit, or pineapple.

If using the trend Sweet on pepper, how did your syrup complement the fruit/s that you chose?

Why did you choose the peppers that you did and what did each contribute to the dish?

Why did you choose the fruit that you did? How did all the flavours work together?

Egg yolks: The sunny side of flavour

Students are to develop a lunch or dinner dish whereby the egg yolk is the hero of the dish and the yolk must remain whole and intact.

Students are to create their own spice blend to enhance the dish. The egg white must be incorporated separately into the dish.

If using the trend Egg yolks: The sunny side of flavour, why did you choose the method that you did to cook the eggs?

In what way have you showcased the egg yolk as the hero of the dish and why did you choose that method?

In what way did the spice blend enhance the dish?

Why did you incorporate the egg white in the way you did—for example, was it for structural, aesthetic or flavour purposes?

Modern Med

Students are to choose a classic Western European dish from: Austria, France, Germany, Italy, Sweden or the UK. Without losing the classic features of the Western European dish, and they are to create their own unique Baharat seasoning and introduce it into one or more elements of the dish. One of the elements must be a pasta, bread, pastry or spätzle made from scratch.

If using Modern Med, why did you use the ingredients that you did when creating your unique Baharat blend?

In what ways did the Baharat blend enhance the classic features of the Western European dish?

Why did you choose the Western European country that you did?