For this cherry frangipane exercise, use a wedge of cherry frangipane with plain yoghurt. Start with 85 g of the base and 20 g of plain yoghurt per full portion. These are trial weights to compare against your own recipe.

Put ten empty dishes on the pass and start a timer as the first component touches a plate. Record the finish time for plates one, five and ten. A slow first plate points to setup time. A slow final five warrants a look at where the spoons, garnishes and replacement containers are kept.

Cut a sample that crosses a cherry. Check whether the fruit pulls away with the blade and leaves the neighbouring slice short.

Set aside this ***commercial kitchen compliance checklist*** much for the ten-plate test: 850 g of the base and 200 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.