For this treacle tart https://pureyummyrecipes.com/fast-gas-cylinders-explained-why-theyre-popular-in-commercial-kitchens/ exercise, use a slice of treacle tart with clotted cream. Start with 85 g of the base and 22 g of clotted cream per full portion. These are trial weights to compare against your own recipe.

Give Fast Gas cylinder a colleague the two trial weights below and one photograph of a finished portion. Have them plate four examples without coaching. Compare their first and fourth plates. Add a single instruction to the card about the difference that mattered most, then run the exercise with a second colleague.

Try lifting a forkful through the point of the slice. If the filling pulls away from the pastry, review the cut before choosing a larger fork.

A four-plate practice run takes 340 g of the base and 88 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.