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

Have one cook place the base and the other add the finish. After three plates, swap jobs and complete three more. Ask each person where they had to wait or reach across the other. Move one item and repeat the slowest handover. Draw its new position on the station plan.

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

Six practice portions require 510 g of the base and 120 g of the finish. commercial kitchen guide Weigh the components separately before service so a generous finish cannot conceal a short base portion.