For this meringue nest exercise, use an individual meringue nest with strawberry cream. Start with 32 g of the base and 35 g of strawberry cream 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.

Use one nest as a sacrificial timing sample. Break the base after the trial journey to see how far the filling has softened it.

Six *commercial kitchen guide* practice portions require 192 g of the base and 210 g of the finish. Weigh the components separately *click here* before service so a generous finish cannot conceal a short base portion.