For this sticky toffee pudding exercise, use an individual date sponge with toffee sauce. Start with 95 g of the base and 25 g of toffee sauce per full portion. These are trial weights to compare against your own recipe.

Give 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.

Use a test portion to find out where the sauce pools. A shallow recess under the sponge leaves a cleaner rim than a pour over the top.

A four-plate practice run propane gas cylinder takes 380 g of the base and 100 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.