For this ginger loaf exercise, use a slice of ginger loaf with lemon cream. Start with 70 g of the base and 18 g of lemon cream per full portion. These are trial weights to compare against your own commercial kitchen design guide 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.

Check the width of the heel and the centre slices separately. A tapered loaf can give the same slice commercial kitchen guide thickness and different portion weights.

Six practice portions require 420 g of the base and 108 g of the finish. Weigh the components separately before service so a generous finish cannot conceal a short base portion.