

**072106T4FBC**

**FOOD PRODUCTION (CULINARY ARTS) TECHNICIAN, LEVEL 6**

**HOS/OS/FP/CR/01/6/A**

**PREPARE FOOD ACCOMPANIMENTS**

**July /August 2024**



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION  
COUNCIL (TVET CDACC)**

**PRACTICAL ASSESSMENT**

**Time: 4 HOURS**

**INSTRUCTIONS TO THE CANDIDATE**

1. Do not write on the question paper.
2. A separate plain paper will be provided.
3. Return this paper to the assessor at the end of the assessment.

**This paper consists of Four (4) printed pages.  
Candidate should check the question paper to ascertain that  
All pages are printed as indicated and that no page is missing**

You are required to perform the following tasks below:

1. You have **4 hours** to Prepare and Present **Four (4) portions** of each of the following products:
  - a) **Task 1:** Prepare Duchess Potatoes.
  - b) **Task 2:** Prepare Braised red cabbage.
  - c) **Task 3:** Prepare Lentil curry.
  
2. Ensure that you are been provided with the following resources:
  - a) Fully equipped and safe kitchen
  - b) Timer/watch
  - c) Recording sheet and pen
  - d) Ingredients and other requirements
  
3. You have the following time guidelines:
  - 5 minutes to review the recipes for the preparation of food accompaniments.
  - 10 minutes to collect equipment for the preparation of the food accompaniments.
  - 10 minutes to identify and weigh ingredients.
  - 5 minutes to organize your workstation.
  - Remaining 3½ hours for production and presentation.

*NOTE: A candidate who does not prepare, produce and present quantities for **FOUR (4)** of each dish will be disqualified*

**RECIPES****TASK I: DUCHESS POTATOES**

<b>Ingredients</b>	<b>Quantity</b>
Potatoes	500g
Eggs	2pc
Butter or Margarine	25g
Salt	2g
White pepper	2g

**Procedure**

1. Wash, peel and rewash the potatoes. Cut to an even size.
2. Cook in lightly salted water.
3. Drain off the water, cover and return to a low heat to dry out the potatoes.
4. Pass through a medium sieve or a potato masher.
5. Place the potatoes in a clean pan.
6. Add 1 egg yolk per ½ kg and stir in vigorously with a wooden spoon.
7. Mix in 25 g butter or margarine per ½ kg. Correct the seasoning.
8. Place in a piping bag with a large star tube and pipe out into neat spirals, about 2 cm in diameter and 5 cm tall, on to a lightly greased baking sheet.
9. Place in a hot oven at 230°C for 2–3 minutes in order to firm the edges slightly.
10. Remove from the oven and brush with egg wash.
11. Brown lightly in a hot oven or under the salamander.
12. Present four portions.

**TASK II: BRAISED RED CABBAGE**

<b>Ingredients</b>	<b>Quantity</b>
Red cabbage	500g
Butter or Margarine	50g
Caster sugar	10g
Apples	2pc
Vinegar	125ml
Bacon trimmings	50g
Salt	2g
Black pepper	2g

**Procedure:**

1. Quarter, trim and shred the cabbage. Wash well and drain.
2. Season lightly with salt and pepper.
3. Place in a well-buttered casserole or pan suitable for placing in the oven.
4. Add the peeled, cored apples that have been cut into 1 cm dice and sugar.
5. Add the vinegar and bacon and cover with a buttered paper and lid.
6. Cook in a moderate oven at 150°C to 200°C for 1½ hours.
7. Remove the bacon and serve.

**TASK III: LENTIL CURRY**

<b>Ingredients</b>	<b>Quantity</b>
Cooked Lentils	100g
Chopped onion	10g
Oil or butter or margarine	10g
Wheat flour	10g
Curry powder	5g
Tomato puree	5g
Vegetable Stock	400ml
Chopped apple	1 pc
Chutney	10g
Desiccated coconut	5g
Sultanas	10g
Fresh ginger	10g
Ground ginger	5g
Salt	2g

**Procedure:**

1. Gently cook onion and garlic in fats in small sautéés without colouring.
2. Mix in the flour and curry powder. Cook gently to a sandy texture.
3. Mix in the tomato puree, cool.
4. Add the cooked lentils and mix them into the mixture.
5. Gradually add in the boiling stock and mix to a smooth sauce.
6. Add the remaining ingredients, season with salt and simmer for 30 minutes.
7. Skim and correct the seasoning.

**THIS IS THE LAST PRINTED PAGE.**