

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/06/5/A

Cook Meat and Sauces

Nov/Dec 2024



TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION

COUNCIL (TVET CDACC)

WRITTEN ASSESSMENT

TIME 3 HOURS

This paper consists of four (4) printed pages.

Candidates should check the question paper to ascertain that

All pages are printed as indicated and that no questions are missing.

SECTION A: (40 MARKS)

Answer ALL the questions in this section

1. Seasonings are essential for enhancing the flavor of meat and sauces, providing depth, balance, and complexity to dishes. Explain the value of **two** types of seasonings commonly used when cooking meat and sauces (4 marks)
2. Care must be taken when handling fish. State **three** rules to observe when deep frying bread crumbed fish. (3 marks)
3. Color-coded chopping boards are commonly used in kitchens to prevent cross-contamination between different types of foods. These colors help maintain food safety and hygiene in both commercial and home kitchens. Briefly describe the use of **three** types of chopping boards. (6 marks)
4. Bacteria thrive in environments where certain conditions are present; leading to potential food safety hazards. Identify **three** conditions that are favorable for bacterial growth in cooked meats. (3 marks)
5. The degree of cooking meat can significantly affect its texture, flavor and juiciness. List **three** different levels of doneness. (3 marks)
6. To maintain the safety, quality and freshness of cooked meats as chef, you must ensure the meat remain suitable for consumption and reduce the risk of foodborne illnesses. State **four** factors to consider when holding and storing different cooked meats and sauces. (4 marks)
7. Cooking sauces involves various methods depending on the type of sauce and desired outcome. State **four** methods one can employ when cooking sauces (4 marks)
8. Marination is one way of adding flavour to meats. Outline **four** classifications of marinades used during meat preparations. (4 marks)
9. When deep frying bread crumbed chicken, following certain rules ensures the chicken is cooked perfectly, with a crispy exterior and tender interior. List **three** ingredients that are used during preparation of bread crumbed chicken. (3 marks)
10. As a saucier chef you should always ensure that meat is held and served in the correct temperature. Outline **three** reasons for ensuring food temperatures are maintained before, during and after service (3 marks)

11. Food hygiene practices are very important. Highlight three ways a chef can demonstrate this when handling meats. (3 marks)

SECTION B: (60 MARKS)

Answer any THREE questions in this section

12. You work in a five-star hotel as sous chef and Giz has introduced a dual TVET programme in your hotel.
- a) Discuss **five** essential rules the mentees should follow in kitchen. (10 marks)
 - b) Knife skills are essential for any cook regardless of experience level. Explain **five** reasons of practicing knife skills in kitchen. (10 marks)
13. Continuous roasting meat at a low temperature, also known as slow roasting; offers several benefits compared to traditional high-heat methods.
- a) Discuss **five** benefits of continuous roasting. (10 marks)
 - b) Sauces are well-flavored thickened liquid used as an accompaniment for other dishes. Explain **five** roles of sauces in meat dishes. (10 marks)
14. Proper storage of cooked meats is essential to prevent foodborne illnesses and maintain their quality.
- a) Explain at least **five** methods of storing cooked meats. (10 marks)
 - b) When investing in kitchen equipment and tools for cooking meat dishes; several factors should be taken into account to ensure quality, efficiency and suitability for your needs. Discuss **five** factors to consider when purchasing kitchen equipment and tools for cooking meat and sauces. (10 marks)
15. The Maillard reaction is responsible for the browning of meat and the development of complex flavors and aromas.
- a) Enumerate **three** significant aspects of the Maillard reaction in meat cooking. (6 marks)
 - b) When portioning meat, it is essential to consider several factors to ensure proper serving sizes and avoid food wastage. Discuss **three** factors to bear in mind when portioning cooked meat. (6 marks)

- c) Garnishes add visual appeal, complement the meat's taste, and sometimes provide a contrasting texture. Discuss **four** groups of garnishes used during presentation of cooked meats and sauces. (8 marks)

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