

101305T4FBC

FOOD 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)**

**PRACTICAL ASSESSMENT**

**TIME: 4 HOURS**

**INSTRUCTIONS TO THE CANDIDATE**

1. You are required to perform the following tasks;
  - i. Prepare Chicken Spatchcock.
  - ii. Prepare Devilled sauce.
  - iii. Prepare Braised lamb chump chops
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations.
3. You have **Three hours and a half (3 ½)** to prepare, produce and present **four (4) portions** of each
4. You are provided with the following resources for the activities:
  - Fully equipped and safe kitchen
  - Timer/ watch
  - Recording sheet and pen

- Ingredients and other requirements
- Recipes for:
  - Chicken spatchcock. (Appendix I)
  - Devilled sauce. (Appendix II)
  - Braised lamb chops (Appendix III)

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

### APPENDIX I: CHICKEN SPATCHCOCK

Ingredients	Quantity (4 portions)
Chicken, 1.25–1.5 kg	1 pc
Salt	10g
Mill pepper	5g
Cooking oil	10ml
Fresh parsley	½ bunch

### Procedure

1. Cut horizontally from below the point of the breast over the top of the legs down to the wing joints, without removing the breasts.
2. Fold back the breasts.
3. Snap and reverse the backbone into the opposite direction so that the point of the breast now extends forward.
4. Flatten slightly. Remove any small bones.
5. Skewer the wings and legs in position.
6. Lightly season the chicken inside and out with salt.
7. Brush with oil or melted butter.
8. Place on preheated grill bars or on a flat tray under a salamander.
9. Brush frequently with melted fat or oil during cooking and allow approximately 15–20 minutes on each side.

10. Test if cooked by piercing the drumstick with a needle or skewer – there should be no sign of blood.
11. Portion well for four portions.
12. Garnish with chopped parsley.
13. Present for service.

#### **APPENDIX II: DEVILLED SAUCE.**

<b>Ingredients</b>	<b>quantity (4 portions)</b>
Butter	50g
Shallots	25g
Dry white wine	150ml
Brown stock (jus-lie)	250ml
Cayenne pepper	2g

#### **Procedure**

1. In a suitable pan, add the butter and gently sweat the shallots without colour.
2. Add the white wine and reduce by half.
3. Add the brown stock or jus-lié, bring to the boil and simmer for 2 minutes.
4. Season with cayenne pepper.
5. Correct the seasoning and consistency.
6. Use as required.

#### **APPENDIX III: BRAISED LAMB CHUMP CHOPS**

<b>Ingredients</b>	<b>quantity (4 portions)</b>
Lamb chops	250g
Salt	2g
White pepper.	2g
Onions chopped	100g
Cooking oil	10 ml
Carrots diced	100g

White wheat flour	5g
Tomato paste	20g
Brown stock	500 ml
Bouquet garni	
Clove of garlic	1 pc
Chopped parsley	

### Procedure

1. Fry the seasoned chops in a sauté pan quickly on both sides in hot fat.
2. When turning the chops, add the mirepoix (onion and carrot).
3. Draw aside and drain off the surplus fat.
4. Add the flour and mix in, singe in the oven or on top of the stove. (Alternatively, use flour that has been browned in the oven.)
5. Add the tomato purée and the hot stock, and stir with a kitchen spoon until thoroughly mixed.
6. Add the bouquet garni and garlic, Season well.
7. Skim and allow to simmer, cover with a lid.
8. Cook (preferably in the oven), skimming off all oil and scum.
9. When cooked, transfer the chops to a clean pan.
10. Correct the seasoning and consistency of the sauce.
11. Skim off any oil and pass the sauce through a fine strainer over the chops.
12. Present well sprinkled with chopped parsley.

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