

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/05/5/A

Prepare Cuts of Meat

Nov/Dec 2024



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

PRACTICAL ASSESSMENT

Time: 2 1/2 HOURS

INSTRUCTIONS TO THE CANDIDATE

1. You are required to perform the following tasks;
 - i. Truss a chicken for roasting.
 - ii. Bone Lamb loin chops.
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations.
3. You have **Two hours (2)** to prepare **four (4) portions** of each of the two cuts of dishes
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:
 - Trussing a chicken for roasting (Task I)
 - Boning lamb loin chops (Task II)

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

TASK: 1 TRUSSING A CHICKEN FOR ROASTING.

Ingredients	Quantity
Chicken	1pc

Procedure

1. Thaw the chicken in cold water if frozen, drain well and singe.
2. Place the bird on its back.
3. Using a large, sharp knife, remove the wishbone.
4. To facilitate carving, remove the wishbone.
5. Insert a trussing needle through the bird, midway between the leg joints.
6. Thread the needle through the tendon and breast.
7. The needle comes out by the wing.
8. Turn over the chicken.
9. Run the needle under the skin through the wing, crown and other wing.
10. Tie the ends of the string securely.
11. Store appropriately for use.

TASK: 2 BONING LAMB LOIN CHOPS.

Ingredients	Quantity
Loin of lamb	500g

Procedure.

1. Thaw the lamb in cold water if frozen.
2. Skin the loin.
3. Trim the excess fat and sinew from the meat.

4. Using a boning knife, carefully remove the joint and the fillet.
5. Cut the chops into even pieces (cubes)
6. Package in correct container.
7. Refrigerate at correct temperature

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