

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/11/5

Prepare Desserts

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 Banana in jelly
 - ii. Prepare Pineapple fritters
 - iii. Prepare Bread and Butter Pudding
 - iv. Apricot sauce
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 of the four tasks
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:
 - Banana in jelly (Task I)
 - Pineapple fritters (Task II)
 - Bread and Butter Pudding (Task III)
 - Apricot sauce (Task IV)

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

TASK 1: BANANA IN JELLY

Ingredients	Quantity (4 Portions)
Ripe bananas	4 pieces
Jelly crystals	100 gm
Water	750 ml

Procedure

1. In a mixing bowl, dissolve the jelly crystals in 2 cups of hot water. Stir until completely dissolved. Add 1 cup of cold water to the mixture and stir
2. Wash and peel the bananas and slice them into medium thick rounds
3. In a sundae glasses, place the bananas evenly at the bottom
4. Pour the prepared jelly mixture over the bananas, ensuring they are fully submerged
5. Place in the refrigerator and let it set for at least 3 hours or until the jelly is firm

TASK II: PINEAPPLE FRITTERS

Frying Batter

Ingredients	Quantity
Plain flour	150 g
Salt	Pinch
Egg	1 piece
Water	1 piece
Oil	5 ml

Procedure

1. Sift the flour and salt into a basin. Make a well. Add the egg and the liquid.
2. Gradually incorporate the flour and beat to a smooth mixture.
3. Mix in the oil. Allow to rest before using.

Ingredients	Quantity (4 portions)
Pineapple	½ head
Plain flour	100 g
Cooking Oil	250 ml
Frying batter	190 ml (from above)

Procedure

1. Peel and cut the pineapples in semi circles.
2. Pass through flour, shake off the surplus.
3. Dip into the frying batter.
4. Lift out with the fingers, into fairly hot oil at 185°C.
5. Cook for about 5 minutes on each side.
6. Drain well on kitchen paper.
7. Garnish and serve with hot apricot sauce.

TASK III: BREAD & BUTTER PUDDING

Ingredients	Quantity
Medium eggs	3 pc

Caster sugar	50g
Vanilla essence	5ml
Milk	150ml
Sultanas	50g
Bread	200 g
Nutmeg	a pinch
Butter	50 gm

Procedure

1. Wash the sultanas and place in a well-greased pie dish or individual dishes
2. Remove the crust from the bread, dip in melted butter and cut each slice into four triangles
3. Arrange overlapping bread slices neatly in the pie dish.
4. Sprinkle with more sultanas and cover with another layer of bread
5. To make egg custard, separately whisk the eggs, sugar and vanilla essence with a balloon whisk in a bowl.
6. Pour on the warmed milk, whisking continuously.
7. Pass through a fine strainer into the pie dish on top of the bread. Add a little nutmeg and wipe the edge of the dish
8. Place in a roasting tray half full of water and cook slowly in a moderate oven at 160°C for 45 minutes to 1 hour
9. Once removed from the oven, sprinkle with sugar and place under the salamander to crisp up and colour the top.
10. Finally brush with apricot sauce and serve

TASK IV: APRICOT SAUCE

Ingredients	Quantity
Apricot jam	100 g
Water	50 ml

Corn flour	10 g
Lemon juice	1 tea spoon

Procedure

1. Boil the jam, water and lemon juice together.
2. Adjust the consistency with a little corn flour diluted with water.
3. Re-boil until clear and pass through a conical strainer

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