

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/03/5/A

Prepare Eggs

Nov/Dec 2024



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

PRACTICAL ASSESSMENT

2 HOURS

**INSTRUCTIONS TO THE CANDIDATE:**

1. You are required to perform the following tasks;
  - i. Prepare Devilled Eggs
  - ii. Prepare Feta, Mint, Lentil Omelette
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations.
3. You **one hour and a half (1 ½)** to prepare, produce and present **four (4) portions** of each of the two tasks:
4. You are provided with the following resources for the practical tasks:
  - Fully equipped and safe kitchen
  - Timer/ watch
  - Basic ingredients for the dishes.
  - Recipes for:
    - Devilled Eggs (Task I)
    - Feta, Mint, Lentil Omelette (Task II)

**TASK 1: DEVILLED EGGS**

<b>Ingredient</b>	<b>Quantity</b>
Eggs	4 pcs
Mayonnaise	80 ml
White Vinegar	20 ml
Yellow Mustard	10 ml
Salt	2gm
White Pepper	2 gm
Paprika	5g
Broccoli	100 gm
Onions	100 gm
Leeks	1 pc
Green onions	3 pcs

**Procedure**

1. Place eggs in a single layer saucepan covered with enough water so that 1 ½ inches (2 cm) of water sits above the eggs.
2. Allow water to come to a rolling boil.
3. Cook for 1 minute
4. Cover for 14 minutes
5. Rinse the eggs by running them under cold water continuously for 1 minute
6. Crack and peel the boiled eggs. Carefully remove the shell and rinse with cool water to ensure that all of the shell has been removed. Gently dry with a paper towel.
7. Slice the eggs in half, lengthwise. Lift out the yolks, placing them into a glass bowl (slip a teaspoon in to help shift the boiled yolks out neatly). Set the whites aside.
8. Mash the yolks. Add the mayonnaise, vinegar, mustard, salt and pepper and mix to combine well.
9. Spoon or pipe an even amount of the mixture into the waiting egg whites. Top each one with a pinch of paprika.
10. Locate a large, rectangular white platter to showcase the devilled egg flower.
11. Create the flower base first. Working from the bottom of the platter upwards, lay sprouts of broccoli and onion across the bottom of the platter

12. Peel a long stem from a young, fresh leek, green onion. This will act as the flower stem.
13. Arrange the devilled eggs. Place the devilled eggs in a circular pattern, beginning at the top of the leek stem.
14. Place one devilled egg in the centre

## TASK 2: FETA, MINT, LENTIL OMELETTE

Ingredient	Quantity
Eggs	4 pcs
Cooked brown lentils	200 gm
Feta cheese	50 gm
Fresh mint chopped	2ogm
Salt	2gm
White Pepper	2 gm
Lemon	1 pc
Vegetable oil	40ml

### Procedure

1. Heat the oil in a pan. Add the lentils and season with salt and pepper.
2. Remove from the heat; add the crumbled feta cheese, chopped mint

#### **Omelette:**

3. Break two eggs into a bowl, add a tea spoon of water, season lightly with salt and pepper.
4. Beat eggs well with a fork, or whisk until the yolks and whites are thoroughly combined and no streaks of white can be seen.
5. Heat the omelette pan; wipe thoroughly clean with a dry cloth.
6. Add the oil; heat until foaming but not brown.
7. Add the eggs and cook quickly, moving the mixture continuously with a fork until lightly set;
8. When nearly cooked through, tilt the omelette pan and start to fold the omelette.
9. Add the filling and continue to finish folding the omelette.
10. Neaten the shape if necessary
11. Serve on plates garnished with mint leaves and wedges of lemon.

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