

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/04/5/A

Prepare Food Accompaniment

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 prepare, produce and present the following;
 - i. Potato gnocchi
 - ii. Spaghetti with tomato sauce
 - iii. Ratatouille
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:
 - Potato gnocchi (Task I)
 - Spaghetti with tomato sauce. (Task II)
 - Ratatouille (Task III)

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

TASK 1: POTATO GNOCCHI

Ingredients	Quantity (4 Portions)
Floury potatoes	300g
Egg and egg yolk beaten	1pc
Butter	25g
Salt	5g
White pepper	2g
Grated cheese to serve	50g
Nutmeg, grated	2g
Wheat flour	100g

Procedure

1. Bake or boil the potatoes in their jackets.
2. Remove the skins and mash with a fork or pass through a sieve.
3. Mix with the flour, egg, butter and seasoning while hot.
4. Mould into balls the size of walnuts.
5. Dust well with flour and flatten slightly with a fork.
6. Poach in gently boiling water until they rise to the surface. Drain carefully.

Tomato sauce

Ingredients	Quantity (8 Portions)
Carrots	100g
Celery	20g
Butter	25g
Clove garlic	½ pc
Spring of thyme	1pc
Bay leaf	1pc
Vegetable stock	500ml
Cooking cream	25ml
Tomatoes	250g

Procedure

1. Cut the carrot and celery into small pieces.
2. Heat the butter and oil in a pan, sweat down the carrot and celery with the garlic, thyme, and bay leaf for 10 minutes.
3. Roughly chop the tomatoes and add to the pan with the tomato purée. Cook for 15 minutes.
4. Add the vegetable stock and reduce by half.
5. Add the cream and reduce by half.
6. Remove the bay leaf and thyme, then blitz/ liquidize until smooth.
7. Reserve until required.

To finish:

1. Gently sauté the gnocchi in a little oil, and warm 250ml of the tomato sauce gently.
2. Combine the two together and finish with fresh herbs and shaved Parmesan

TASK II: SPAGHETTI WITH TOMATO SAUCE

Ingredients	Quantity (4 portions)
Spaghetti	100 g

Olive oil	25g
Tomato sauce (from task 1)	250ml
Salt	2g
Mill pepper	2g
Cheese	25g
Tomato concassee	10g
Fresh parsley	¼ bunch

Procedure

1. Plunge the spaghetti into a saucepan containing boiling salted water. Allow to boil gently.
2. Stir occasionally with a wooden spoon.
3. Cook for approximately 12–15 minutes, until al dente.
4. Drain well in a colander. Return to a clean, dry pan.
5. Mix in the butter and add the tomato sauce. Correct the seasoning.
6. Add the tomato concasse and 4–5 leaves of flat parsley or fresh basil torn into pieces with your fingers, and serve with grated cheese.
7. Presented well with grated cheese.

TASK III: RATATOUILLE

Ingredients	Quantity (4 portions)
Baby marrow (courgetti)	200g
Aubergines	200g
Tomatoes	200g
Oil	50ml
Onions, finely sliced	50g
Garlic clove, peeled and chopped	1
Red peppers, diced	50g
Green peppers, diced	50g
Salt	5g
Mill Pepper	5g
Parsley, chopped	1 tsp

Procedure

1. Trim off both ends of the marrow and aubergines.
2. Remove the skin using a peeler.
3. Cut into 3 mm slices or dice.
4. Concassée the tomatoes (peel, remove seeds, roughly chop).
5. Place the oil in a thick-bottomed pan and add the onions.
6. Cover with a lid and allow to cook gently for 5–7 minutes without colour.
7. Add the garlic, marrow and aubergine slices, and the peppers.
8. Season lightly with salt and mill pepper.
9. Allow to cook gently for 4–5 minutes, toss occasionally and keep covered.
10. Add the tomato and continue cooking for 20–30 minutes or until tender.
11. Mix in the parsley, correct the seasoning and serve.

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