

101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/09/5/A

Prepare pastries

Nov/Dec 2024



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

**PRACTICAL ASSESSMENT**

**TIME: 5 HOURS**

**INSTRUCTIONS TO CANDIDATE:**

1. You are required to perform the following tasks;
  - i. Prepare Banana flan
  - ii. Prepare Sausage rolls
  - iii. Prepare Chocolate éclairs
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations.
3. You have **Four hours and a half (4 ½)** to prepare, produce and present **four (4) portions** of each of the three tasks
4. The following resources will be provided:
  - A fully equipped and safe Workshop
  - Timer or watch
  - Ingredients and other requirements
  - Recipes for:
    - Banana flan (Task I)
    - Sausage rolls (Task II)

## ➤ Chocolate éclairs (Task III)

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

**TASK 1: BANANA FLAN**

Ingredients	Quantity (4 portions)
Medium egg	1 pc
Margarine or butter	125g
Sugar	50 g
Apricot glaze	2 tbsp
Flour (soft)	200 g
Salt	2g
Pastry cream or thick Custard	125 ml
Bananas	2 pcs

**Procedure**

1. Sieve the flour and salt. Lightly rub in the margarine to achieve a sandy texture.
2. Make a well at the centre. Add the sugar and beaten egg.
3. Mix the sugar and egg until dissolved.
4. Gradually incorporate the flour and margarine, and lightly mix to a smooth paste.  
Allow to rest before using.
5. Line a flan ring with sugar paste. Cook blind and allow to cool.
6. Make pastry cream or custard; pour while hot into the flan case.
7. Allow to set. Peel and slice the bananas neatly.
8. Arrange overlapping layers on the pastry cream. Coat with glaze.

**TASK II: APRICOT GLAZE**

Ingredients	Quantity

Jam	50g
Water	25 ml

### **Procedure**

1. Prepare by boiling apricot jam with a little water.
2. Pass through a strainer. Glaze should be used hot.

### **TASK II: SAUSAGE ROLLS**

<b>Ingredients</b>	<b>Quantity (4 portions)</b>
Wheat Flour (strong)	100 g
Egg wash	1 pc
Sausage meat	200 g
Lemon	1tsp
Ice-cold water	65 ml
Margarine or butter	100 g
Salt	2g

### **Procedure**

1. Sieve the flour and salt.
2. Rub in one-quarter of the butter or margarine.
3. Make a well at the centre.
4. Add the water and lemon juice (to make the gluten more elastic), and knead well into a smooth dough in the shape of a ball.
5. Relax the dough in a cool place for 30 minutes.
6. Cut a cross halfway through the dough and pull out the corners to form a star shape.
7. Roll out the points of the star square, leaving the centre thick.

8. Knead the remaining butter or margarine to the same texture as the dough. This is very important: if the fat is too soft it will melt and ooze out, if too hard it will break through the paste when being rolled.
9. Place the butter or margarine on the centre square, which is four times thicker than the flaps.
10. Fold over the flaps.
11. Roll out to 30 × 15 cm, cover with a cloth or plastic and allow to rest for 5–10 minutes in a cool place.
12. Roll out 60 × 20 cm, fold both the ends to the Centre; fold in half again to form a square. (This is one double turn.)
13. Allow to rest in a cool place for 20 minutes.
14. Half turn the paste to the right or the left.
15. Roll out the pastry 3 mm thick into a strip 10 cm wide.
16. Make the sausage meat into a roll 2 cm in diameter.
17. Place on the pastry. Moisten the edges of the pastry.
18. Fold over and seal. Cut into 8 cm lengths or leave whole to be cut after baking.
19. Mark the edge with the back of a knife. Brush with egg wash.
20. Place on to a greased, dampened baking sheet.
21. Bake at 220°C for about 20 minutes.
22. Present and serve

### TASK III: CHOCOLATE ECLAIRS

Ingredients	Quantity (4 portions)
Water	125 ml
Sugar	5g
Salt	2g
Oil	50ml
Wheat Flour (strong)	70g
Icing sugar	10g
Whipped cream	125ml
Fondant	50g
Chocolate couverture	20g

## **Procedure**

1. Bring the water, sugar, salt and oil to the boil in a saucepan. Remove from heat.
2. Add the sieved flour and mix in with a wooden spoon (50 per cent, 70 per cent or 100 per cent whole meal flour may be used).
3. Return to a moderate heat and stir continuously until the mixture leaves the sides of the pan.
4. Remove from the heat and allow to cool.
5. Gradually add the beaten eggs, beating well. Do not add all the eggs at once – check the consistency as you go. The mixture may not take all the egg. It should just flow back when moved in one direction.
6. Place the choux paste into a piping bag with a 1 cm plain tube.
7. Pipe into 8 cm lengths onto a lightly greased, dampened baking sheet.
8. Bake at 200–220°C (less in a convection oven) for about 30 minutes.
9. Allow to cool. Slit down one side, with a sharp knife.
10. Fill with sweetened, vanilla-flavoured whipped cream, using a piping bag and small tube. The continental fashion is to fill with pastry cream.
11. Warm the fondant, add the finely cut chocolate, allow to melt slowly, adjust the consistency with a little sugar and water syrup if necessary. Do not overheat or the fondant will lose its shine.
12. Glaze the éclairs by dipping them in the fondant; remove the surplus with the finger. Allow to set.

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