

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/11/5

Prepare Desserts

July/August 2025



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

PRACTICAL ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks

- i. *Prepare Avocado mousse*
- ii. *Prepare Victoria sandwich*
- iii. *Prepare Jam sauce*

2. You have been provided with the following resources for the practical tasks:

- i. Red plum jam
- ii. Corn flour
- iii. Lemons
- iv. Wheat flour
- v. Baking powder
- vi. Margarine
- vii. Avocado
- viii. Vanilla essence
- ix. Milk
- x. Icing sugar
- xi. Eggs
- xii. Castor sugar
- xiii. Gelatin
- xiv. Whipping Cream

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TASK 1: AVOCADO MOUSSE

INGREDIENTS	QUANTITY (4 PORTIONS)
Avocado puree	200ml
Egg whites	50g
Castor sugar	65g
Gelatine	4g
Whipping Cream	130ml

Procedure

1. Bring the avocado purée to just under boiling point.
2. Whip the egg whites to a snow, add the sugar and combine.
3. Add the softened gelatine to the warmed purée,
4. Slowly add all the ingredients, pour into the desired moulds and allow to set.
5. Unmould onto suitable plates
6. Garnish with whipping cream.
7. Present.

TASK 2: VICTORIA SANDWICH

INGREDIENTS	QUANTITY (4 PORTIONS)
Margarine	200g
Castor sugar	200g
Wheat flour	200g
Eggs	4 pcs
Baking powder	10g
Vanilla essence	5ml
Milk	50ml
Icing sugar	10g

Procedure

1. Cream the fat and sugar until soft and fluffy.
2. Add the vanilla essence to the eggs
3. Gradually add the beaten eggs.
4. Lightly mix in the sieved flour, and baking powder.
5. Divide into greased baking tins.
6. Bake at 190–200°C for 12–15 minutes.
7. Turn out on to a wire rack to cool.
8. Spread one half with jam, place the other half on top.
9. Dust with icing sugar
10. Present

TASK 3: JAM SAUCE

INGREDIENTS	QUANTITY (4 PORTIONS)
Jam	100 g
water	60 ml
Lemon juice	5 ml
Cornflour	10g

Procedure

1. Boil the jam, water and lemon juice together.
2. Dilute corn flour with a little water and add to thicken.
3. Adjust the consistency with warm water.
4. Re-boil and pass through a conical strainer.
5. Cool and present.