

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/03/5

Prepare Eggs

July/August 2025



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

PRACTICAL ASSESSMENT

Time: 2 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
 - i. *Prepare poached eggs*
 - ii. *Prepare scrambled eggs*
2. You have been provided with the following resources for the practical tasks:
 - i. Fully equipped kitchen
 - ii. Eggs
 - iii. Vinegar
 - iv. Tomatoes
 - v. Parsley
 - vi. Oil
 - vii. Milk
 - viii. Salt

- ix. Black pepper/white pepper
- x. Margarine
- xi. Serviettes

APPENDIX I: POACHED EGGS

4 Portions

INGREDIENTS	QUANTITY
eggs	4
Vinegar	1 tbsp.
Fresh water	1 litre
Tomatoes	½ pc
Parsley	½ stick

Procedure

1. Dip eggs in salted water to taste for freshness.
2. Discard stale eggs and proceed to use fresh eggs
3. Carefully break the eggs one by one into a pan of Vinegar water.
4. Ensure the water is at a gentle boil.
5. Simmer until lightly set, for approximately 3minutes.
6. Remove carefully with a perforated spoon
7. Refresh by dipping the poached egg into a bowl of ice water.
8. Trim the white if necessary.
9. Reheat, when required, by placing into hot salted water for approximately 1 minute.
10. Remove carefully from the water using a perforated spoon.
11. Drain on a cloth or serviettes
112. Present for service.

APPENDIX II: SCRAMBLED EGGS**4 portions**

INGREDIENTS	QUANTITY
eggs	4
Oil	2 tbsp.
Milk	2 tbsp.
Salt	2.5g
Pepper	2.5g
Margarine	5g
Cooking cream	10 g

Procedure

1. Dip eggs in salted water to taste for freshness.
2. Discard stale eggs and proceed to use fresh eggs
3. Break the eggs in bowl one at a time and combine in a bigger bowl.
4. Add milk.
5. Lightly Season with salt and pepper and thoroughly mix with a whisk.
6. Add oil in a thick-bottomed pan.
7. Add the eggs and cook over a gentle heat.
8. Stir continuously until the eggs are lightly cooked.
9. Remove from the heat.
10. Correct the seasoning and mix in the 5 grams of margarine.
11. Add 1 tablespoon of cream and stir.
12. Present in individual egg dishes.