

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/09/5

Prepare pastries

July/August 2025



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

PRACTICAL ASSESSMENT

Time: 4 HOURS

INSTRUCTIONS TO CANDIDATE:

In this assessment, you are required to complete the following tasks:

Prepare, produce and present for service portions of each of the following items as indicated

- i. Prepare banana flan
- ii. Prepare jam tart

You are provided with a fully equipped kitchen and the following ingredients for the tasks:

- i. Wheat flour
- ii. Salt
- iii. Eggs
- iv. Margarine
- v. Vegetable fat
- vi. Ripe bananas
- vii. Red plum jam
- viii. Sugar
- ix. Lemons
- x. Milk
- xi. Beans

- xii. Grease proof paper
- xiii. Custard powder
- xiv. Apricot jam

SUGAR PASTRY

| INGREDIENTS | QUANTITY (4 portions) |
|--------------------|------------------------------|
| Flour wheat | 200g |
| Salt | Pinch |
| Eggs | 1pc |
| Margarine | 125g |
| Sugar | 50gms |

PROCEDURE

1. Sieve the flour and salt. Lightly rub in margarine to sandy texture.
2. Make a well at the Centre. Add sugar and beaten eggs.
3. Mix the sugar and eggs until dissolved
4. Allow to rest in a cool place before using

TASK 1: BANANA FLAN (4PORTIONS)

| INGREDIENTS | QUANTITY (4 portions) |
|--------------------|------------------------------|
| Sugar pastry | 200 gms |
| Thick custard | 125ml |
| Ripe bananas | 2pcs |
| Apricot glaze | 50ml |

PROCEDURE

1. Blind bake the pastry and allow it to cool.
2. Make custard sauce and pour while hot in a blind baked pastry.
3. Allow to set
4. Peel and slice bananas neatly
5. Arrange overwrapping layers on the custard.

6. Coat with apricot glaze

SHORT PASTRY

| INGREDIENTS | QUANTITY (4 portions) |
|---------------|-----------------------|
| Flour | 200 gms |
| Salt | 3gms |
| Vegetable fat | 50gms |
| Margarine | 50gms |
| Water | 60ml |

PROCEDURE

1. Sieve the flour and salt together
2. Rub in sieved flour and fat to sandy texture
3. Make a well at the Centre
4. Add water and mix to a smooth dough
5. Rests for 10 minutes before using.

TASK 2: JAM TART

| INGREDIENTS | QUANTITY (4 portions) |
|--------------|-----------------------|
| Short pastry | 200 gms |
| Red plum jam | 100ml |
| Lemon juice | 50ml |

PROCEDURE

1. Roll out the pastry into 2cm thick and line a flan ring.
2. Blind bake the pastry for 30 minutes
3. Melt the jam and lemon juice together.
4. Remove the pastry from the oven and spread melted jam.
5. Present for service