

101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/06/5

Cook Meats and Sauces

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. *Roasted chicken*
 - ii. *Bread sauce*
 - iii. *Beef stroganoff*
2. You have been provided with the following resources for the practical tasks:
 - i. Beef
 - ii. Chicken
 - iii. Lemon

- iv. Parsley
- v. Dry white wine
- vi. Cooking cream
- vii. Cayenne pepper
- viii. Butter
- ix. White bread
- x. Milk
- xi. Shallots

TASK 1: ROASTED CHICKEN

Chicken	1/2 pc
Salt	1g
Black pepper	1g
Oil	10ml
Dark soy sauce	10ml
Ginger	5g
Garlic	5g
Spring onions	10g

PROCEDURE

- a. Lightly season the chicken inside and out with salt. Place on its side in a roasting tin.
- b. Cover with the oil, butter or margarine.
- c. Place in hot oven for approximately 20–25 minutes. Turn on to the other leg.
- d. Cook for a further 20–25 minutes approximately. Basting frequently.

- e. To test if cooked, pierce with a fork between the drumstick and thigh and hold over a plate.
- f. The juice issuing from the chicken should not show any sign of blood.
- g. Place breast side down to retain all cooking juices.
- h. Garnish with spring and present as required

TASK 2: BROWN SAUCE

Milk	375ml
Onions	1pc
White breadcrumbs	25g
Cayenne pepper	Pinch
Butter	10g
Salt	Pinch

PROCEDURE

- a. Infuse the simmering milk with the studded onion for 15 minutes.
- b. Removed the onion, mixed in the breadcrumbs.
- c. Simmered for 2–3 minutes.
- d. Seasoned and corrected the consistency
- e. Added the butter on top of the sauce to prevent a skin forming
- f. Mixed well when serving.
- g. Presented as the accompaniment for roast chicken

TASK 3: BEEF STOGANOFF

INGREDIENTS	QUANTITIES
Fillet of beef	250g
Cooking oil	5ml
Salt	3g
Shallots	5g
Dry white wine	80ml
Cream	80ml
Lemon juice	5ml
Parsley	5g

PROCEDURE

- a. Place the butter in a saute-use over a fierce heat.
- b. Add the beef strips, lightly season with salt and pepper, and allow to cook rapidly for a few seconds.
- c. The beef should be brown but underdone.
- d. Drain the beef into a colander. Pour the butter back into the pan.
- e. Add the shallots, cover with a lid and allow to cook gently until tender. Drain off the fat, add the wine and reduce to one third.
- f. Add the cream and reduce by a quarter.
- g. Add the lemon juice and the beef strips; do not re-boil. Correct the seasoning.
- h. Serve lightly sprinkled with chopped parsley.