

**101305T4FBC**

**FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5**

**HOS/OS/FP/CR/05/5**

**Prepare Cuts of Meats**

**July /August 2025**



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

**PRACTICAL ASSESSMENT**

**Time: 1 HOUR**

**INSTRUCTIONS TO CANDIDATE:**

1. You are required to perform the following tasks
  - i. *Chicken cut*
  - ii. Beef cut
2. You have been provided with the following resources for the practical tasks:
  - i. Chicken
  - ii. Beef steak
  - iii. salt
  - iv. Black pepper
  - v. Fresh Ginger
  - vi. Fresh garlic

- vii. Dark soy sauce
- viii. Fresh Garlic

### TASK: 1 PREPARE CHICKEN CUTS

INGREDIENTS	QUANTITIES
Chicken	1/2 pc
Fresh ginger	5g
Fresh garlic	5g
Dark soy sauce	10ml
Black pepper	1g
Salt	1g

### PROCEDURE.

- a. Remove the feet.
- b. Remove the legs.
- c. Cut each leg in two.
- d. Remove the wishbone.
- e. Remove the wings carefully, leaving two equal portions on the breast.
- f. Remove the breast and cut into two.
- g. Trim the carcass and cut into four pieces
- h. Marinate and store it in a refrigerator

### TASK 2: BEEF CUT

Beef steak	250g
Salt	1g
Black pepper	1g

## PROCEDURE

- a. Choose a tender cut of sirloin or beef steak that is fresh.
- b. Chill the beef for 20-30 minutes for easier slicing placing the beef in the freezer.
- c. Place in a clean chopping board and trim away any visible fat or tough connective tissue
- d. Use a sharp chef knife to slice thinly across the grain perpendicular to these slicing against the grain to ensure more tenderness.
- e. Cut into stripes about ¼ inch wide and 2-3 inches long cutting against the grain for quick and even cooking.
- f. Season with salt and pepper
- g. Keep the beef stripes in a covered bowl, stainless steel tray or air tight container.
- h. Refrigerate at temperatures of 3 – 5 decrease Celsius for at least 30 min to allow the flavour to penetrate the beef.

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