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101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/01/5/A

Prepare Stocks, Soups and Sauces

Nov/Dec 2024

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

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WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE:

1. This assessment has TWO sections **A** and **B**
2. Marks for each question are indicated in the bracket ()
3. Do not write on the question paper.
4. A separate answer booklet will be provided

This paper consists of THREE (3) printed pages

Candidates should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing

SECTION A: (40 MARKS)

Answer ALL Questions in this Section

1. There are several terms that are used in cookery. State the meaning of the following terms as used in stock preparation;
    a) Deglaze (2 marks)
    b) Simmer (2 marks)
2. A good chef has a better understanding of the common terms used in the kitchen. Distinguish between a broth soup and a puree soup. (4 marks)
3. Food safety means putting in place all the measures needed to make sure that food and drinks are suitable, safe and wholesome throughout all of the processes of food provision. Identify FOUR importance of food safety. (4 marks)
4. Chefs know that the best soup garnishes offer a contrasting flavour or texture to both compliment and highlight the soup. Highlight FOUR recommendations for garnishing soups. (4 marks)
5. Sauces are widely used in cooking in every type of cuisine from all over the world. List FOUR purposes of sauces. (4 marks)
6. Stock is composed of four ingredients usually mixed in various proportions. State FOUR elements of a stock. (4 marks)
7. Sauces are judged by their quality. Identify FOUR characteristics of a well-prepared sauce. (4 marks)
8. Mise-en-place is a term widely used in the kitchen. List FOUR tasks which should be undertaken before the preparation of stocks, soups and sauces. (4 marks)
9. A roux is a mixture of fat and flour that is cooked together to form a thickening agent which serves as the foundation for many classic sauces. Identify FOUR cooking fats that can be used to make roux. (4 marks)
10. Classical accompaniments refer to traditional side dishes, garnishes, or condiments that are commonly served alongside a main dish or course in classical cuisine. Highlight FOUR classical accompaniments for soups. (4 marks)

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SECTION B: (60 MARKS)

Answer any THREE questions in this section

11. A group of athletes who won medals during the Olympic games are to be hosted at your restaurant for a luncheon. They requested the cateress to include a Soups on their menu, as the head chef;
    a) Discuss any FIVE rules they should observe when making the soups. (10 marks)
    b) Describe any FIVE guidelines they should follow when garnishing the soups. (10 marks)
12. In modern cooking of French origin, there are various basic sauces that are the basis for nearly every other sauce. As a Culinary Arts student,
    a) Explain the FIVE mother sauces. (10 marks)
    b) Describe FIVE items that can be used as thickening agents when making sauces. (10 marks)
13. Fond is the base for much of cooking and are classified according to the contents and method used to prepare the stock.
    a) Discuss FOUR types of stock prepared in the kitchen. (12 marks)
    b) Taking necessary precautions when preparing stocks can yield good results. Highlight EIGHT guidelines for making stocks. (8 marks)
14. Efficient waste management is crucial in the culinary industry, especially when preparing stocks, soups and sauces.
    a) Explain FOUR strategies that can significantly reduce waste in kitchen and contribute to a more sustainable food system. (12 marks)
    b) Simple garnish can be just as effective as a complex one. Describe garnishes for;
        i. Stocks and Soups. (4 marks)
        ii. Sauces. (4 marks)

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