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101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/07/5/A

Prepare Salads and Salad Dressings

Nov/Dec 2024

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

PRACTICAL ASSESSMENT

TIME: 3 HOURS

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INSTRUCTIONS TO THE CANDIDATE

1. You are required to perform the following tasks:
    i. Prepare Avocado pear
    ii. Prepare mayonnaise sauce
    iii. Prepare egg mayonnaise
    iv. Vegetable salad
2. You have one **hour (1)** hour to carry out the necessary previous preparation and **two** (**2)** hours to prepare, produce and present ***four*** (***4) portions*** of each of the four tasks
3. The following resources for the activities will be provided.
    - Fully equipped and safe kitchen
    - Timer/ watch
    - Ingredients and other requirements
    - Recipe cards for:
        - Avocado pear (Task I)
        - Mayonnaise sauce (Task II)
        - Egg mayonnaise (Task III)
        - Vegetable salad (Task IV)

TASK 1: AVOCADO PEAR

Ingredients	Quantity (4 portions)
Avocado	2 pieces
Lettuce	¼ kg

Procedure

1. Cut in half length-wise. Remove the stone.
2. Serve garnished with lettuce accompanied by vinaigrette or variations.

VINAIGRETTE

Ingredients	Quantity (4 portions)
Olive oil	6tbsp
French mustard	1 tsp
Vinegar	1 tbsp
Salt	5 grams
Mill pepper	5 grams

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Procedure

1. Combine all the ingredients together.

TASK II: MAYONNAISE

Ingredients	Quantity (8 portions)
Eggs	2 pc
Olive oil	100ml
Lemon	1 pc
Salts	5 grams

Procedure

1. Separate the egg whites from the yolks, place the egg yolks in the bowl.
2. Pour the fresh lemon juice into the bowl with the egg yolks and whisk them well.
3. Slowly, a few drops at a time, pour the oil into the bowl while whisking constantly. Once the mayonnaise has started to thicken, pour the oil in a slow and steady stream. If the oil starts to build up at all, stop pouring and whisk the mayonnaise briskly until the oil has incorporated.
4. Season it carefully with salt.

TASK III: EGG MAYONNAISE

Ingredients	**Quantity (4 portions)**
Eggs	4 pcs
Lettuce	¼ kg
Mayonnaise	125ml
Tomato	1 pc
Cucumber	1 pc

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Procedure

1. To cook hard-boiled eggs, place the eggs in boiling water; reboil and simmer for 8–10 minutes. Refresh until cold.
2. Cut in half and dress on a leaf of lettuce; coat with mayonnaise, and garnish with quarters of tomatoes and slices of cucumber

TASK IV: VEGETABLE SALAD

Ingredients	**Quantity (4 portions)**
Carrots	100 grams
Turnips	50 grams

French beans	50 grams
Peas	50 grams
Natural yoghurt	125ml
Salt	5 grams
Mill pepper	5 grams

Procedure

1. Peel and wash the carrots and turnips, cut into ½ cm dice or batons.
2. Cook separately in salted water, refresh and drain well.
3. Top and tail the beans, and cut into ½ cm dice; cook, refresh and drain well.
4. Cook the peas, refresh and drain well.
5. Mix all the well-drained vegetables with vinaigrette and then mayonnaise.
6. Correct the seasoning. Dress neatly.

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