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101305T4FBC

FOOD PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/12/5/A

Prepare sandwiches

Nov/Dec 2024

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

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PRACTICAL ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO THE CANDIDATE

1. You are required to perform the following tasks;
   i. Prepare a barbeque pulled chicken sandwich
   ii. Prepare a croque monsieur
   iii. Prepare a spinach sweet corn sandwich
2. You have **30 minutes** to review the recipes, collect equipment, identify and weigh ingredients and organize your workstations.
3. You have **Two hours and a half (2 ½)** to prepare, produce and present ***four*** **(*4) portions*** of each of the three tasks
4. You are provided with the following resources for the activities:
   - Fully equipped and safe kitchen
   - Timer/ watch

- Recording sheet and pen
- Ingredients and other requirements
- Recipes for:
  - Barbeque pulled chicken sandwich (Task I)
  - Croque monsieur (Task II)
  - Spinach sweet corn sandwich (Task III)

NOTE: *A candidate who does not prepare, produce and present quantities for* ***four (4)*** *of each dish will be disqualified*

TASK I: BARBEQUE PULLED CHICKEN SANDWICH

To begin, prepare the barbeque sauce

Barbeque Sauce

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Ingredients	**Quantity (4 portions)**
Tomato ketchup	250ml
Brown sugar	30grams
Apple cider vinegar	2 tbsp
Worcestershire sauce	2 tbsp
English mustard	2 tbsp
Onion powder	1 tsp
Garlic powder	1 tsp
Black pepper powder	½ tsp
Salt	½ tsp

Procedure

1. In a pan, mix together tomato ketchup, brown sugar, apple cider vinegar, Worcestershire sauce, English mustard, onion powder, garlic powder, black pepper powder, and salt. Mix well.
2. Switch on the heat, bring to a boil, and let it simmer for a few minutes until it thickens. Remove and keep aside.
3. In a large bowl, add the shredded chicken pieces. Add in about 3/4 cup of barbecue sauce. Mix well and keep aside for a few minutes so that the chicken soaks in the sauce

Sandwich

Ingredients	**Quantity (4 portions)**
Bread	8 slices
Cooked shredded chicken	250g
Butter	20g
Lettuce	½ kg

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1. Butter both sides of the slices. Spread the barbeque pulled chicken generously over one of the slices. Add some lettuce for the crunch and top it with the other slice.
4. Grill the sandwich until the bread is toasted.
5. Present and serve

TASK II: CROQUE MONSIEUR RECIPE

To begin prepare mornay sauce:

Ingredients	**Quantity (4 portions)**
Unsalted butter	15g
All-purpose flour	25g
Whole milk	250ml
Eggs	2 pieces
Salt	10g

Ground nutmeg	5gm

Procedure

1. In a medium saucepot over medium heat, warm 15gm butter until melted. Gradually add flour and stir with a wooden spoon until smooth.
2. Cook the mixture for 2-3 minutes, keeping a close eye on it to avoid unwanted burning. In a separate saucepot, heat the milk until it is just about to boil.
3. Add the hot milk to the butter mixture, bit by bit, constantly whisking. Cook for 12 minutes, stirring constantly. Turn heats off and cool.
4. Slowly stir in 1 egg yolk at a time. Season with salt and nutmeg. Heat oven to 300°F.

Ingredients	**Quantity (4 portions)**
White bread	8 slices
Cheddar Cheese	4 slices
Ham	4 slices
Unsalted Butter	20g

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Assemble the sandwich:

1. Generously spread four slices of bread with mornay sauce. Top each with ham and cheese and cover with remaining bread.
2. Melt the remaining butter and brush both sides of sandwiches with melted butter.
3. Fry sandwiches in a hot cast iron pan or on a griddle until golden brown.
4. Top sandwiches with more mornay sauce and transfer to the oven to continue cooking until cheese bubbles, about 5-10 minutes.
5. Cut diagonally and serve

TASK III: SPINACH SWEET CORN SANDWICH RECIPE

Ingredients	**Quantity (4 portions)**
Bread	8 slices

Sweet corn(frozen)	100gm
Mozzarella cheese	50g
Cheddar cheese	4 slices
Roughly chopped spinach	250gm
Milk	250ml
Black pepper powder	½ tsp
Oregano	5gm
Chopped garlic	5gm
Unsalted Butter	10 gm
Salt	5gm
All-purpose flour	10gm

Procedure

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1. Assemble ingredients
2. In moderately heated pan add butter, add garlic and sauté for few seconds, then add corn kernels and sauté under medium flame by adding slight salt and sauté for 2-3 minutes
3. Then add chopped spinach and sauté for few seconds under low flame and let spinach cook nicely.
4. Cook for around 3-4 minutes
5. Add flour and sauté till flour turns fragrant. It takes around 2 minutes.
6. Add milk, salt, black pepper, mix well and let it cook for 2-3 minutes by stirring continuously till mixture thickens and turns creamy.
7. Add grated cheese (mozzarella and cheddar) and gently mix cheese. Cook for 3-4 minutes more under medium flame. Gradually until the mixture thickens.
8. Filling is ready, transfer to a plate and allow to cool.
9. Take bread slices, apply butter on any one side, add grated Cheese and then spread the filling evenly and then top it with another slice keeping the butter side outward and press gently.

10. Toast in sandwich maker which take few minutes, toast on both sides and sandwich is ready to serve.
11. Flip and toast the other side till crisp and brown.
12. Cut diagonally and present.

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