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101305T4FBC

FOOD AND BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/04/5

Prepare Food Accompaniments

July/August 2025

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

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PRACTICAL ASSESSMENT

Time: 3HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
   - **i.** ***Prepare potato wedges.***
   - **ii.** ***Prepare Risibisi Rice.***
   - **iii.** ***Prepare Buttered French beans.***

2. You have been provided with the following resources for the practical tasks:

i. Onions

ii. Parsley

iii. oil

iv. Green peas(cooked)

v. salt

vi. Black/white pepper

vii. Potatoes

viii. Turmeric

ix. Parsley

x. French beans

xi. Rice

xii. margarine

xiii. Grease proof paper

xiv. Fully equipped kitchen

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APPENDIX I: RISIBISI RICE

4 Portions

INGREDIENTS	**QUANTITY**
Margarine	50 g
Rice	200 g
Water	400 ml
Onions	50g
Green peas(cooked)	75g
Salt	10 g
Black pepper	5 g

Procedure

1. Selected washed and drained the rice

2. Place half the butter into a small sauté pan and add the

Onion.

3. Cook gently without colorings for 2–3 minutes and add

the rice.

4. Add twice the amount of Water to rice.

5. Season and cover with buttered paper, bring to the boil.

6. Cook until all the liquid is dried completely and tender.

7. Remove immediately into a cool sauté use.

8. Carefully mix in the remaining butter and blanched green peas with a two pronged fork.

9. Correct the seasoning and serve

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APPENDIX II: POTATO WEDGES

4 portions

INGREDIENTS	QUANTITY
Potatoes (medium even sized)	**1kg**
Oil	**500ml**
Turmeric	**1 tbsp.**
Salt	**5g**
Parsley	**1 stick**

Procedure

1. Wash and peel the potatoes.

2. Cut them into wedge shape.

3. Bring water to boil and season.

4. Add turmeric and the wedged potatoes.

5. Blanch for up to 5 minutes.
6. Drain and set aside.
6. Heat oil in a frying pan and fry the wedged potatoes to a golden brown colour.
7. Lift the potatoes with a perforated spoon and drain on a greaseproof paper.
8. Sprinkle with chopped parsley.
9. Present and serve.

APPENDIX III: BUTTERED FRENCH BEANS

INGREDIENTS	QUANTITY
French beans	**200g**
Margarine	**25g**
Pepper	**2g**
Salt	**2.5g**

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Procedure

1. Wash top and tail the French beans.
2. Cut them into 2 mm.
3. Bring water to boil and add salt.
4. Add in the French beans and blanch for 3 minutes.
5. Drain and refresh.
6. Melt margarine toss in the french beans and correct seasoning.
7. Present for service.