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101305T4FBC

FOOD & BEVERAGE PRODUCTION (CULINARY ARTS) LEVEL 5

HOS/OS/FP/CR/07/5

Prepare Salads and Salad Dressings

July/August 2025

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

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PRACTICAL ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE:

1. You are required to perform the following tasks
   - **i.** *Prepare Greek Salad*
   - **ii.** *Prepare Lemon Vinaigrette*
   - **iii.** *Prepare Italian Salad*
2. You have been provided with the following resources for the practical tasks:

- Safe and fully equipped kitchen
  - i. Tomatoes
  - ii. Cucumber
  - iii. Feta cheese
  - iv. Oil

v. Lemon
vi. Oregano
vii. Pitted black olives
viii. Puy lentils
ix. Spring onions
x. Seedless green grapes
xi. Seedless red grapes
xii. Re pepper
xiii. Salt
xiv. Black pepper

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TASK 1: GREEK SALAD

Ingredients	Quantity (4 portions)
Tomatoes	2 pcs
Cucumber	50g
Feta cheese	150g
Oil	60ml
Lemon juice	2 tbsp
Oregano	10g
Pitted black olives	6 pcs
Salt and pepper	5g

Procedure

1. Wash the tomatoes and cut them in half lengthwise. Cut out the core, and cut each half into four wedges.
2. Wash and slice the cucumber.
3. Dice the feta cheese.
4. Put the tomatoes into a large salad bowl and add the cucumber and feta cheese.
5. Spoon over the olive oil and lemon juice.
6. Season lightly with salt and black pepper.
7. Toss gently to mix.
8. Sprinkle oregano and decorate with olives.
9. Present

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TASK 2: LEMON VINAIGRETTE

Ingredients	Quantity (4 portions)
Lemon	1 pc
Oil	75ml
Salt	Pinch

Procedure

1. Place the lemon juice in a suitable bowl, whisk in the oil and season.

TASK 3: ITALIAN SALAD

Ingredients	Quantity (4 portions)
Puy lentils	400g
Spring onions	2pcs
Seedless green grapes	20pcs
Seedless red grapes	20pcs
Small cucumber	1pc
Red pepper	1pc

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Procedure

1. Place the lentils in a saucepan of water. Bring to the boil and cook until tender (about 20 minutes). Drain and cool.
2. Finely chop the spring onions, half the grapes, peel and finely dice cucumber and finely dice the red pepper.
3. Place the lentils in a basin. Add the spring onions, grapes, cucumber and red pepper.
4. Add the vinaigrette to the salad and mix well.
5. Serve.