

Curriculum

For

**Continental Cook**

[Short term, modular curriculum]



Council for Technical Education and Vocational Education

**Curriculum Development Division**

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## Table of Contents

Introduction:.....	3
Aims .....	3
Objectives: .....	3
Description: .....	3
Course structure.....	4
Duration: .....	5
Target group: .....	5
Group size: .....	5
Target location: .....	5
Medium of Instruction: .....	5
Pattern of attendance: .....	5
Focus of the program:.....	5
Entry criteria: .....	5
Follow up suggestion:.....	5
Certificate requirement: .....	6
Student Evaluation Details: .....	6
Trainers' Qualification:.....	6
Trainer – Trainees Ratio:.....	6
Suggestion for instruction .....	6
Modules .....	7
Module: 1: Appetizers .....	8
Module: 2: Salads .....	20
Module: 3: Soups.....	34
Module: 4: Main dishes.....	53
Module: 5: Sauces.....	106
Module: 6: Snacks .....	123
Module: 7: Breads .....	139
Module: 8: Desserts.....	149
Facilities: .....	161
Reading Materials .....	161
Tools/Equipment .....	162

## **Introduction:**

This curriculum has been developed with a purpose of preparing technical workforce in the field of continental cooking able to get employment in the country and abroad. The technical skills incorporated in this curriculum come from the experts who have already worked in field of continental cooking. Its contents are organized in the form of modules. So it is a tailor made curriculum to be implemented in a modular form.

It is a competency based curriculum too. It is also designed to produce basic/entry level technical workforce in the field of cooking equipped with skills, knowledge and attitudes related to continental cooking in order to meet the demand of such workforce in the country and abroad so as to contribute in the national streamline of poverty reduction in Nepal.

## **Aims**

The main aim of this curricular program is to produce skilled workforce in the field of continental cooking by providing training to the potential citizen of the country and link them to employment opportunities in the country and abroad. The aims of this curriculum are:

- To produce lower level technical workforce in the field of continental cooking
- To produce such technical workforce who will be able to provide serve through the application of the skills and knowledge of continental cooking being as an entrepreneur.

## **Objectives:**

After the completion of this training program, the trainees will be able to:

- To prepare Appetizers
- To prepare Salads
- To prepare Soups
- To prepare Main dishes
- To prepare Sauces
- To prepare Snacks
- To prepare Breads
- To prepare Desserts

## **Description:**

This curriculum provides skills and knowledge necessary for continental cook. There will be both demonstration by trainers/instructors and opportunity by trainees to carry out the skills/tasks necessary for this level of technical workforce. Trainees will practice and learn skills by using typical tools, materials and equipment necessary for this curricular program.

On successful completion of this training, the trainees will be able to prepare various continental dish items such as soups, Snacks, Appetizers, Salads, Continental dishes, Sauces, Breads, and Desserts.

<b>Course structure</b>								
<b>SN</b>	<b>Modules</b>	<b>Nature</b>	<b>Time (hrs.)</b>			<b>Marks</b>		
			<b>Th.</b>	<b>Pr.</b>	<b>Tot.</b>	<b>Th.</b>	<b>Pr.</b>	<b>Tot.</b>
1.	Appetizers	P	4	16	20	5	20	25
2.	Salads	P	8	32	40	5	20	25
3.	Soups	P	8	32	40	5	20	25
4.	Main dishes	P	26	104	130	20	80	100
5.	Sauces	P	10	40	50	10	40	50
6.	Snacks	P	8	32	40	5	20	25
7.	Breads	P	6	24	30	5	20	25
8.	Desserts	P	8	32	40	5	20	25
	<b>Total:</b>		<b>78</b>	<b>312</b>	<b>390</b>	<b>60</b>	<b>240</b>	<b>300</b>

**Duration:**

The total duration of this curricular program will be three months or 390 hours

**Target group:**

The target group for this training will be all the interested individuals of the country with academic qualification of grade ten pass.

**Group size:**

The group size of this training program will be not more than 20 to 25

**Target location:**

The target location of this training program will be all over Nepal.

**Medium of Instruction:**

The medium of instruction for this training program will be Nepali and English.

**Pattern of attendance:**

The trainees should have 80% attendance in theory classes and 90% in Practical (Performance) to be eligible for internal assessment and final examinations.

**Focus of the program:**

This is a competency based curriculum. This curriculum emphasizes on competent performance of the task specified in it. Not less than 80% time is allotted to the competencies and not more than 20% to the related technical knowledge. So, the main focus will be on the performance of the specified competencies/tasks /skills included in this curriculum.

**Entry criteria:**

Individuals who meet the following criteria will be allowed to enter in this curricular program:

- Ten grade pass
- Physically and mentally fit
- Age- Minimum of 16 years
- Preference will be given to female, Dalit, Janjati, and Conflict affected people

**Follow up suggestion:**

This is not a training program only for training sake. The ultimate success of this program will rest on the proficiency of the graduates of this training program in providing services in the community either by wage employment or by self-employment.

In other to assess the success of this program and collect feedbacks/inputs for the revision of the program, a schedule of follow up is suggested as follows:-

- First follow up: - Six months after the completion of the training program.
- Second follow up: - Six months after the completion of the first follow up.
- Follow up cycle: - In a cycle of one year after the completion of second follow up for five years.

### **Certificate requirement:**

The related training institute will provide the certificate of “**Continental cook**” to those individuals who successfully complete all the tasks with their related technical knowledge specified in this curriculum.

### **Student Evaluation Details:**

- Continuous evaluation of the trainees’ performance is to be done by the related instructor/trainer to ensure the proficiency over each competency.
- Related technical knowledge learnt by the trainees will be evaluated through written or oral tests as per the nature of the content
- Trainees must secure minimum marks of 60% in an average of both theory and practical evaluations.

### **Trainers’ Qualification:**

- Bachelor's degree in the related field or Intermediate level passed with five years experience in continental cooking or Intermediate level passed with diploma level course from reputed institutions of at least nine months and two years teaching experience in related field
- Good communicative & instructional skills.

### **Trainer – Trainees Ratio:**

- 1:10 for practical classes
- Depends on the nature of subject matter and class room situation for theory classes.

### **Suggestion for instruction**

#### **Demonstrate task performance**

- Demonstrate task performance in normal speed
- Demonstrate slowly with verbal description of each and every steps in the sequence of activity flow of the task performance using question and answer techniques
- Repeat the above step for the clarification on trainees demand if necessary.
- Perform fast demonstration of the task performance.

#### **Provide trainees the opportunity to practice the task performance demonstrated.**

- Provide trainees to have guided practice:- create environment for practicing the demonstrated task performance and guide the trainees in each and every step of task performance
- Provide trainees the opportunity to repeat & re-repeat as per the need to be proficient on the given task performance
- Switch to another task demonstration if and only if the trainees developed proficiency in the given task performance

#### **Evaluation performance of the trainees/ student**

- Perform task analysis
- Develop a detail task performance check list
- Perform continuous performance evaluation of the trainees / students by applying the performance check list.

## **Modules**

- 1. Appetizers**
- 2. Salads**
- 3. Soups**
- 4. Main dishes**
- 5. Sauces**
- 6. Snacks**
- 7. Breads**
- 8. Desserts**

## **Module: 1: Appetizers**

### **Description:**

This module deals with the knowledge and skills related to the preparation of various types of appetizers served as continental food items. It consists of tasks related to the preparation of various types of continental appetizer items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### **Objectives:**

After the completion of this module the trainees will be able:

- Prepare deep fry prawn
- Prepare deep fry Mushroom
- Prepare devil on Horseback
- Prepare bacon wrapped prawn
- Prepare prawn cocktail

### **Tasks:**

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare deep fry prawn
2. Prepare deep fry Mushroom
3. Prepare devil on Horseback
4. Prepare bacon wrapped prawn
5. Prepare prawn cocktail



# **Task structures**

## Task Analysis

**Task No. 1 Prepare Cream Caramel**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Grease the caramel moulds with butter</li> <li>2. Brown the sugar with water and make caramel and fill in moulds and keep for set</li> <li>3. Boil the milk with sugar and remove from the heat and slightly cool</li> <li>4. Whisk whole parts of eggs</li> <li>5. Pour over the milk and whisk properly</li> <li>6. Add few drops of vanilla essence and mix</li> <li>7. Strain and pour into the separate moulds</li> <li>8. Place on roasting tray half full of water</li> <li>9. Bake at 180 – 200 C, for 40– 50 min.</li> <li>10. When thoroughly cold, loosen the edges of the cream caramel with the fingers, shake firmly to loosen and turn out on to a flat dish or plates</li> <li>11. Pour any caramel remaining in the mould around the creams</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for cream caramel, ingredients, i. e. eggs, milk, sugar, vanilla, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Cream Caramel</p> <p><b><u>Standard (How well):</u></b>            It should be golden brown color of caramel, well mixed up of mixture, no whole is appear in custard, serve cold either with whipped cream or plain</p>	<p>➤ Methods of cooking, mixing ingredients, storing</p>

**Required tools/equipment:** mixing bowls, whisk, ladle, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 2 Prepare Fresh Fruits Salad**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the sugar with water to make syrup</li> <li>2. Allow to cool, add the lemon juice and rum</li> <li>3. Peel and cut the orange into segments</li> <li>4. Quarter the apple and pear, remove the core. Peel and cut each quarter into slices mix with the orange</li> <li>5. Stone the cherries leave whole</li> <li>6. Cut the grapes in half, remove the pips</li> <li>7. Mix all ingredients with syrup, chill in refrigerator</li> <li>8. Just before serving, peel and slice the banana and arrange on the top individual cocktail glass, topped with whipped cream and garnished with cherry</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for fresh fruits salad, ingredients, i. e. Mixed fruits, lemon, rum, sugar, water, cream, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Fresh Fruits Salad</p> <p><b><u>Standard (How well):</u></b>            It should be mixed colorful varieties, serve chilled, either with whipped cream or plain</p>	<p>➤ Methods of cooking, mixing ingredients, cutting storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, whisk, spoon, corer, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 3 Prepare Chocolate Mousse**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Melt the dark chocolate with butter over the double boiler</li> <li>2. Dilute the gelatine with water over the double boiler</li> <li>3. Separate egg white, beat and make meringue</li> <li>4. Whip the fresh cream</li> <li>5. Boil the milk</li> <li>6. Whisk egg yolk and castor sugar over the double boiler till creamy texture</li> <li>7. Add white part of egg, whisk continuously over double boiler</li> <li>8. Add gelatine mixture, whisk properly over the double boiler</li> <li>9. Add chocolate mixture, whisk properly over the double boiler</li> <li>10. Add milk and mix properly</li> <li>11. Remove from the heat, slightly cool and mix well with whipped cream, pour in glass and topped with whipped cream, sprinkle with chocolate grains</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chocolate mousse, ingredients, i. e. eggs, butter, dark block chocolate, milk, cream, gelatine, sugar, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Chocolate Mousse</p> <p><b><u>Standard (How well):</u></b> It should be spongy, fluffy texture, serve cold either with whipped cream or plain</p>	<p>➤ Methods of cooking, mixing ingredients, storing</p>

**Required tools/equipment:** mixing bowls, whisk, ladle, pot, bainmarie etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 4 Prepare Vanilla Icecream**

**Time: 2 hour**

**Theory: 1 hour**

**Practical: 1 hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Whisk the egg yolks and sugar in a bowl until almost white</li> <li>2. Boil the milk with the vanilla pod or essence in a thickbottomed pan</li> <li>3. Whisk on to the eggs and sugar mixture</li> <li>4. Return to the cleaned saucepan, place on a low heat</li> <li>5. Stir continuously with a wooden spoon until the mixture coats the back of the spoon</li> <li>6. Pass through a fine strainer into a bowl</li> <li>7. Freeze in an Icecream machine, gradually adding the cream</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for vanilla icecream, ingredients, i. e. eggs, sugar, cream, milk, vanilla, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Vanilla Icecream</p> <p><b><u>Standard (How well):</u></b> It should being neither too hard not too soft , should mould easily and smoothly at the time of service and be the texture of firm butter</p>	<p>➤ Methods of cooking, mixing ingredients, freezing, Storing</p>

**Required tools/equipment:** mixing bowls, whisk, sauce pan, wooden spatula, icecream machine etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 5 Prepare Cold Lemon Soufflé**

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the soufflé moulds</li> <li>2. Soak the gelatine in cold water</li> <li>3. Lightly grate the lemon zest</li> <li>4. Squeeze the juice of lemons into the bowl</li> <li>5. Add the lemon zest, egg yolks, sugar and whisk over double boiler until the mixture thickens and turns a very light color</li> <li>6. Dissolve the gelatine in a few drops of water over heat, mix in, remove from the heat, add lemon juice and mix well</li> <li>7. Lightly whisk cream until threequarters stiff</li> <li>8. Beat the egg whites stiffly</li> <li>9. Stir the basic mixture frequently until almost setting point</li> <li>10. Gently fold in the cream, gently fold in the egg whites</li> <li>11. Pour into the prepared soufflé moulds, place in refrigerator to set</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for cold lemon soufflé, ingredients, i. e. eggs, sugar, cream, gelatine, lemon, pistachio, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Cold Lemon Soufflé</p> <p><b><u>Standard (How well):</u></b> It should decorate with chopped pistachio nuts or may be top with vanilla flavor whipped cream</p>	<p>➤ Methods of cooking, mixing ingredients, refrigerating, Storing</p>

**Required tools/equipment:** mixing bowls, whisk, sauce pan, wooden spatula, refrigerator, moulds etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

### Task No. 6 Prepare Apple Pie

Time: 1 hour  
Theory: 30 min  
Practical: 30 min

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the short crust pastry from soft flour, butter or margarine and, vegetable fat and water, keep it in the refrigerator</li> <li>2. Roll out the paste ¼ inch thick to the shape of the pie dish</li> <li>3. Damp the rim of the pie dish and edge the rim with a strip or the paste</li> <li>4. Carefully lay the paste on the pie dish without stretching it and firmly seal the rim of the pie, cut off any surplus paste</li> <li>5. Fill with dry beans</li> <li>6. Place the pie paste on a baking tray and bake in a hot oven at 220 C for 10 min.</li> <li>7. Remove the pie from the oven and demould the beans</li> <li>8. Peel, quartered, cored, washed, cut into slices the apples, sprinkle lemon juice, castor sugar, cinnamon powder, raisins, dices if white bread and little water</li> <li>9. Mix well, fill in the paste mould, cover with same paste which has to be rolled in same thickness and same size of mould, cut off any surplus paste, decorate the paste with pinch of two fingers</li> <li>10. Cross with knife, eggs wash and bake in the oven at the same temperature for 20 min.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for apple pie, ingredients, i. e. apple, raisins, cinnamon, bread, eggs, milk, sugar, flour, butter, vegetable fat, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Apple Pie</p> <p><b><u>Standard (How well):</u></b> It should be golden brown color, soggy texture insides the pie, sprinkle icing sugar before serving</p>	<p>➤ Methods of cooking, mixing ingredients, paste Storing</p>

Required tools/equipment: mixing bowls, whisk, tray, strainer, sieve, rolling pin, oven, pie mould etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

Note: Preparation of fruits pies

Cherries: Remove the stalks, wash

Blackberries: Remove the stalks, wash

Gooseberries: Remove the stalks and tails, wash

Damsons: Pick and wash

## Task Analysis

**Task No. 7 Prepare Rice Pudding**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the milk in a thickbottomed pan</li> <li>2. Add washed rice, stir to the boil</li> <li>3. Simmer gentle, stirring frequently until the rice is cooked</li> <li>4. Mix in sugar, flavoring (vanilla) and butter(at this stage an egg yolk may be also added)</li> <li>5. Chop up mixed fruits cocktail and mix well in the mixture</li> <li>6. Pour into moulds, place on a baking tray and brown lightly under the salamander</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for rice pudding, ingredients, i. e milk, sugar, butter, egg yolk, vanilla fruits cocktail, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Rice Pudding</p> <p><b><u>Standard (How well):</u></b> It should light brown color on top and serve hot or cold</p>	<p>➤ Methods of cooking, mixing ingredients, pudding, Storing</p>

**Required tools/equipment:** mixing bowls, whisk, tray, strainer, sauce pan, spatula, moulds etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

### Task No. 8 Prepare Carrot Pudding

Time: 1 hour  
Theory: 30 min  
Practical: 30 min

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Combine carrots, potatoes, sugar, raisins, flour, baking soda, ground cinnamon, all spice, and ground cloves in a large mixing bowl</li> <li>2. Transfer mixture to a clean 1 pound cake mould. Secure with aluminum paper over the top and place the filled mould in a large steamer</li> <li>3. Cover the pot and bring the water to a simmer. Steam the cake for 2 hours. Serve warm.</li> <li>4. Buttery sauce: In a mediumsize pot, combine butter or margarine, cream, sugar, and vanilla. Heat until the mixture is liquid. Spoon mixture over the warm carrot pudding to serve.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for carrot pudding, ingredients, i. e grated carrots, grated potatoes, sugar, raisins, flour, baking soda, cinnamon powder, all spice, clove powder, butter, cream, vanilla, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Carrot Pudding</p> <p><b><u>Standard (How well):</u></b> It should serve warm</p>	<p>➤ Methods of cooking, mixing ingredients, pudding, Storing</p>

**Required tools/equipment:** mixing bowls, spoon, tray, strainer, steamer, moulds etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 9 Prepare Cookies**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Grind the sugar</li> <li>2. Mix sugar, butter, flour and baking soda</li> <li>3. Add whole egg and knead to a paste</li> <li>4. Role out and cut different shape of cookies by different cutters</li> <li>5. Bake at 180 C for 20 min.</li>   <li>6. Note: make varieties of cookies by garnished with nuts and dry fruits such as almond cookies, sugar cookies, cherry cookies, coconut cookies etc. or make varieties from chocolate cookies paste</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for cookies, ingredients, i. sugar, butter, egg, soda, flour, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Cookies</p> <p><b><u>Standard (How well):</u></b> It should crispy, crunchy texture</p>	<p>➤ Methods of cooking, mixing ingredients, cookies, Storing</p>

**Required tools/equipment:** mixing bowls, tray, rolling pin, cutters, oven etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 10 Prepare Bread Rolls**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Cream the yeast in a bowl with little warm water, sprinkle some sugar and flour, cover with a cloth, leave in a warm place until the yeast ferments</li> <li>2. Sieve the flour, make a well on top and mix butter, eggs, sugar, yeast mixture, salt, milk powder and mix well</li> <li>3. Add remainder water, knead to a soft dough</li> <li>4. Place in a bowl, cover with damp cloth and leave in a warm place until double its size</li> <li>5. Knock back</li> <li>6. Divide into even pieces, mould into desired shape</li> <li>7. Place on a floured baking tray, cover with cloth</li> <li>8. Leave in a warm place to prove (double in size)</li> <li>9. Brush carefully with egg wash</li> <li>10. Bake in a hot oven at 220 C for 15 min.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for bread rolls, ingredients, i. e milk, sugar, butter, water, egg, flour, yeast, salt, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Bread Rolls</p> <p><b><u>Standard (How well):</u></b> It should golden brown color, crispy texture and serve hot with soups</p>	<p>➤ Methods of cooking, mixing ingredients, dough storing</p>

**Required tools/equipment:** mixing bowls, baking tray, muslin cloth, oven, brush etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Module: 2: Salads

### Description:

This module deals with the knowledge and skills related to the preparation of various types of salads served as continental food items. It consists of tasks related to the preparation of various types of continental salad items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### Objectives:

After the completion of this module the trainees will be able:

- Prepare fresh of garden salad
- Prepare waldorf salad
- Prepare potato and Egg salad
- Prepare tomato Mozzarella salad
- Prepare Russian salad
- Prepare pasta salad
- Prepare chicken salad
- Prepare French bean salad
- Prepare tuna fish salad
- Prepare vegetable mix salad
- Prepare egg salad
- Prepare salad tri color
- Prepare ham rolled asparagus
- Prepare Hawaiian chicken salad
- Prepare prawn tail in dill mayonnaise

### Tasks:

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare fresh of garden salad
2. Prepare waldorf salad
3. Prepare potato and Egg salad
4. Prepare tomato Mozzarella salad
5. Prepare Russian salad
6. Prepare pasta salad
7. Prepare French bean salad
8. Prepare chicken salad
9. Prepare tuna fish salad
10. Prepare vegetable mix salad
11. Prepare egg salad
12. Prepare Three Beans Salad
13. Prepare ham rolled asparagus
14. Prepare Chicken Salad Hawaii
15. Prepare Raffle Potato Cake (Bara)

# Task structures

## Task Analysis

**Task No. 1 Prepare Fresh Garden Salad**

**Time: ½ hour**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse the tomato, capsicum, cucumber and carrot and soak in potassium water</li> <li>2. Peel the vegetable, cut into slices</li> <li>3. Arrange on the bed of lettuce leaves on quarter plate</li> <li>4. Prepare vinaigrette from vinegar, oil, chopped onion, parsley, mustard paste and seasoning</li> <li>5. Pour over the salad</li> <li>6. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fresh garden vegetable, required ingredients i. e. lettuce, tomato, cucumber, carrot, capsicum, vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fresh Garden Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of preparing, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 2 Prepare Waldorf Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse and peel apple, cut into dices</li> <li>2. Separate celery stalks and cut dices</li> <li>3. Shell less and clean walnuts kernels</li> <li>4. Prepare a mayonnaise sauce</li> <li>5. Mix well all above ingredients, season with salt and pepper, bind with fresh cream</li> <li>6. Arrange on the bed of lettuce leaf</li> <li>7. Garnish properly with cherry</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Waldorf salad, required ingredients i. e. lettuce, apple, celery, walnuts, cherry, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Waldorf Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting , salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 3 Prepare Potato and Egg Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse potatoes and boil, peel and cut into dices</li> <li>2. Prepare hard boiled egg, shelled and cut into wedges</li> <li>3. Prepare a mayonnaise sauce</li> <li>4. Clean, wash and chop chives finely</li> <li>5. Mix well all above ingredients, season with salt and pepper, bind with fresh cream</li> <li>6. Arrange on the bed of lettuce leaf</li> <li>7. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for potato and egg salad, required ingredients i. e. lettuce, potatoes, eggs, chives, mayonnaise, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Potato and egg Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, pressure cooker, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 4 Prepare Tomato and Mozzarella Salad**

**Time: 30 hour**  
**Theory: 15 min**  
**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse and soak tomatoes in potassium water, cut into wedges</li> <li>2. Slice mozzarella cheese</li> <li>3. Prepare vinaigrette dressing</li> <li>4. Clean, wash and chop chives finely</li> <li>5. Arrange on the bed of lettuce leaf</li> <li>6. Sprinkle vinaigrette over the salad</li> <li>7. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for tomato and mozzarella salad, required ingredients i. e. lettuce, tomato, mozzarella, chives, vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Tomato and Mozzarella Salad</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 5 Prepare Russian Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse potatoes and boil, peel and cut into dices (macedoine)</li> <li>2. Clean, peel and cut carrot, turnip into macedoine</li> <li>3. Prepare green peas for boil</li> <li>4. Boil all vegetables, refresh and drain</li> <li>5. Prepare hard boiled egg, shelled and cut into wedges</li> <li>6. Prepare a mayonnaise sauce</li> <li>7. Mix well all above ingredients except eggs, season with salt and pepper, bind with fresh cream</li> <li>8. Arrange on the bed of lettuce leaf</li> <li>9. Garnish properly with egg wedges</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Russian salad, required ingredients i. e. lettuce, potatoes, eggs, carrot, turnip, peas, mayonnaise, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Russian Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, pressure cooker, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No.6 Prepare Pasta Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the pasta (macaroni) of different colors, refresh and drain</li> <li>2. Prepare vinaigrette dressing with grated cheese, fresh herbs, olive oil, crushed garlic, vinegar and seasoning</li> <li>3. Mix pasta in dressing and marinate well, keep in refrigerator for ½ hour</li> <li>4. Arrange on the bed of lettuce leaf</li> <li>5. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for pasta salad, required ingredients i. e. lettuce, pasta, vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Pasta Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 7 Prepare French Beans Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Top and tail the French beans, cut into diamond shaped, boil, refresh and drain</li> <li>2. Prepare vinaigrette dressing with fresh herbs, olive oil, vinegar, chopped onion and seasoning</li> <li>3. Mix in dressing and marinate well, keep in refrigerator for ½ hour</li> <li>4. Arrange on the bed of lettuce leaf</li> <li>5. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for French beans salad, required ingredients i. e. lettuce, green beans, vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare French Beans Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 8 Prepare Chicken Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the chicken on boned and skinned</li> <li>2. Bone and skin less, cut into strips</li> <li>3. Soak vegetables like tomato, cucumber, capsicum, carrot, peel and cut into strips</li> <li>4. Prepare a mayonnaise sauce</li> <li>5. Mix well all above ingredients, season with salt and pepper, bind with fresh cream</li> <li>6. Arrange on the bed of lettuce leaf</li> <li>7. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Chicken salad, required ingredients i. e. lettuce, chicken, carrot, cucumber, tomato, capsicum, seasoning mayonnaise, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, sauce pan, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 9 Prepare Tuna Fish Salad**

**Time: ½ hour**  
**Theory: 15 min**  
**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse, Soak vegetables like tomato, cucumber, capsicum, carrot in potassium water, peel and cut into strips</li> <li>2. Prepare tuna fish (open can)</li> <li>3. Prepare a vinaigrette</li> <li>4. Mix well all above ingredients , season with salt and pepper</li> <li>5. Arrange on the bed of lettuce leaf</li> <li>6. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for Tuna fish salad, required ingredients i. e. lettuce, tuna fish, carrot, cucumber, tomato, capsicum, seasoning vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Tuna Fish Salad</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on the bed of lettuce, properly garnished, serve chilled</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 10 Prepare Mixed Vegetable Salad**

**Time: ½ hour**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse, Soak vegetables like tomato, cucumber, capsicum, carrot, cabbage in potassium water, peel and cut into julienne</li> <li>2. Prepare a vinaigrette</li> <li>3. Mix well all above ingredients , season with salt and pepper</li> <li>4. Arrange on the bed of lettuce leaf</li> <li>5. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Mixed vegetable salad, required ingredients i. e. lettuce, cucumber, tomato, capsicum, carrot, cabbage, seasoning vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Mixed Vegetable Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled, it is also bind with mayonnaise</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 11 Prepare Egg Salad**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the eggs (hard boiled, one per portion)</li> <li>2. Keep in cold water</li> <li>3. Shell the eggs and cut into halves</li> <li>4. Prepare a mayonnaise sauce , bind with some fresh cream and season</li> <li>5. Arrange the eggs on the bed of lettuce leaf</li> <li>6. Coat with mayonnaise</li> <li>7. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Egg salad, required ingredients i. e. lettuce, tomato, eggs, seasoning mayonnaise, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Egg Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled, it is also called Egg Mayonnaise</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, sauce pan, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 12 Prepare Three Beans Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse, soak kidney beans and black eye beans (white beans) in water over night</li> <li>2. Boil until tender</li> <li>3. Top and tail French beans and cut in to diamond</li> <li>4. Boil in boiling salted water, refresh</li> <li>5. Prepare a vinaigrette</li> <li>6. Mix well all above ingredients , season with salt and pepper</li> <li>7. Arrange on the bed of lettuce leaf</li> <li>8. Garnish properly</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for three bean salad, required ingredients i. e. lettuce, kidney, white, French beans seasoning vinaigrette, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Three Beans Salad</p> <p><b><u>Standard (How well):</u></b> It should be arranged on the bed of lettuce, properly garnished, serve chilled, it is also bind with mayonnaise</p>	<p>➤ Methods of cooking, cutting salad, dressing, mixing ingredients, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, sauce pan or pressure cooker, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## **Module: 3: Soups**

### **Description:**

This module deals with the knowledge and skills related to the preparation of various types of soups served as continental food items. It consists of tasks related to the preparation of various types of continental soup items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### **Objectives:**

After its completion the trainees will be able:

- To prepare consommé soup
- To prepare cream of tomato soup
- To prepare cream of mushroom soup
- To prepare leek and potato soup
- To prepare chicken soup
- To prepare cream of spinach soup
- To prepare mutton broth soup
- To prepare cream of vegetable soup
- To prepare clear soup
- To prepare potato soup
- To prepare French onion soup
- To prepare cream of chicken and mushroom soup
- To prepare cream of pumpkin with sherry
- To prepare prawn bisque soup
- To prepare vegetable soup
- To prepare asparagus soup
- To prepare cream of carrot soup
- To prepare potato celery soup

### **Tasks:**

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare consommé soup
2. Prepare cream of tomato soup
3. Prepare cream of mushroom soup
4. Prepare leek and potato soup
5. Prepare chicken soup
6. Prepare cream of spinach soup
7. Prepare mutton broth soup
8. Prepare cream of vegetable soup
9. Prepare clear soup

10. Prepare potato soup
11. Prepare French onion soup
12. Prepare cream of chicken and mushroom soup
13. Prepare cream of pumpkin with sherry
14. Prepare prawn bisque soup
15. Prepare vegetable soup
16. Prepare asparagus soup
17. Prepare cream of carrot soup
18. Prepare potato celery soup

# Task structures

## Task Analysis

### Task No. 1 Prepare Consommé Soup

**Time: 3 hours**  
**Theory: ½ hour**  
**Practical: 2 ½ hours**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare brown stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mirepoix</li> <li>3. Prepare minced meat</li> <li>4. Separate egg white from yolk</li> <li>5. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>6. Mix well all above ingredients except onion in a pot and keep a side for a while</li> <li>7. Place over high heat, bring to boil</li> <li>8. Reduce the heat and allow to simmer for 2 hours</li> <li>9. Brown the onion over the heat without fat and add it to the soup during simmering</li> <li>10. Season with salt and pepper</li> <li>11. Strain the soup with double muslin cloth</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for basic consommé, required ingredients i.e. cold brown stock, minced meat, eggs, vegetable, herbs, spices, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Consommé Soup</p> <p><b><u>Standard (How well):</u></b>            It should be clarified, amber color, very hot for hot service and chilled for cold, proper garnished like Julienne or Brunoise cuts veg., Xavier, Royal, Celestine, Madrilène, etc. serve in a consommé cup,</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, measuring jug, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, consommé cups etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 2 Prepare Cream of Tomato Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mirepoix, peel and pressed garlic</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Chop up fresh tomato</li> <li>5. Arrange butter, flour and tomato puree, milk or cream</li> <li>6. Place a thick bottomed pan over medium heat</li> <li>7. Melt the butter, add garlic and turn brown, add mirepoix and sweat</li> <li>8. Add flour and make blond roux</li> <li>9. Add tomato, tomato puree and stock</li> <li>10. Bring to boil and add bouquet garni</li> <li>11. Reduce the heat and allow to simmer for ½ hour, add milk or cream</li> <li>12. Season with salt and pepper</li> <li>13. Pass the soup through fine sieve</li> <li>14. Strain the soup with chinois</li> <li>15. Dice bread and fry until golden brown for garnish</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for basic tomato soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, tomato puree, bread for croutons, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of Tomato Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley and serve croutons separately</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, spatula, measuring jug, knife, peeler, chopping board, mixing bowls chinois, ladle, muslin cloth, and soup bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 3 Prepare Cream of Mushroom Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut, leek, onion, celery in to mirepoix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Blend button mushrooms</li> <li>5. Arrange butter, flour, milk or cream</li> <li>6. Place a thick bottomed pan over medium heat</li> <li>7. Melt the butter, add mirepoix and sweat</li> <li>8. Add flour and make blond roux</li> <li>9. Add stock</li> <li>10. Bring to boil and add bouquet garni</li> <li>11. Reduce the heat and allow to simmer for 20 minutes</li> <li>12. Season with salt and pepper</li> <li>13. Strain the soup with chinois</li> <li>14. Add blended mushroom and , add milk or cream</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for cream of mushroom soup, required ingredients i.e. stock, vegetable, mushrooms, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of Mushroom Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, blending making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, blender etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 4 Prepare Cream of Spinach Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut, leek, onion, celery in to mirepoix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Pick, rinse and clean the spinach leaves and blanch in boiling water</li> <li>5. Refresh, cool quickly and blend finely</li> <li>6. Arrange butter, flour, milk or cream</li> <li>7. Place a thick bottomed pan over medium heat</li> <li>8. Melt the butter, add mirepoix and sweat</li> <li>9. Add flour and make blond roux</li> <li>10. Add stock</li> <li>11. Bring to boil and add bouquet garni</li> <li>12. Reduce the heat and allow to simmer for 20 minutes</li> <li>13. Season with salt and pepper</li> <li>14. Strain the soup with chinois</li> <li>15. Add blended spinach and , add milk or cream</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for cream of spinach soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Cream of Spinach Soup</p> <p><b><u>Standard (How well):</u></b>            It should be hot, smooth consistency, topped with a spoon full of cream</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, blending making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, blender etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene



## Task Analysis

### Task No. 5 Prepare Cream of Vegetable Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mirepoix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Arrange butter, flour, milk or cream</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mirepoix and sweat</li> <li>7. Add flour and make blond roux</li> <li>8. Add stock</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Reduce the heat and allow to simmer for 20 minutes</li> <li>11. Season with salt and pepper</li> <li>12. Strain the soup with chinois</li> <li>13. Prepare brunoise cuts vegetable of carrot, turnip and peel green peas</li> <li>14. Blanch the vegetable</li> <li>15. Add blanched vegetable and , add milk or cream</li> <li>16. Simmer few minutes</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for basic cream soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of vegetable Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, blender etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 6 Prepare Cream of Asparagus Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mirepoix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Arrange butter, flour, milk or cream</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mirepoix and sweat</li> <li>7. Add flour and make blond roux</li> <li>8. Add stock</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Separate tender part of asparagus, blanch dice and keep for garnish</li> <li>11. Press and cut hard part and mix in soup</li> <li>12. Reduce the heat and allow to simmer for 20 minutes</li> <li>13. Season with salt and pepper</li> <li>14. Strain the soup with chinois</li> <li>15. Add blanched asparagus and , add milk or cream and reboil</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for cream of asparagus soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of Asparagus Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 7 Prepare Cream of Carrot Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut leek, onion, celery in to mirepoix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Arrange butter, flour, milk or cream</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mirepoix and sweat</li> <li>7. Add flour and make blond roux</li> <li>8. Add stock</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Clean, peel and slice the carrot, boil until tender, and blend to a paste, add to soup</li> <li>11. Reduce the heat and allow to simmer for 20 minutes</li> <li>12. Season with salt and pepper</li> <li>13. Strain the soup with chinois</li> <li>14. Add milk or cream and reboil</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for cream of carrot soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of Carrot Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, blender etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 8 Prepare Chicken Veloute Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mire poix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Arrange butter, flour, milk or cream</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mire poix and sweat</li> <li>7. Add flour and make blond roux</li> <li>8. Add stock</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Reduce the heat and allow to simmer for 20 minutes</li> <li>11. Season with salt and pepper</li> <li>12. Strain the soup with chinois</li> <li>13. Add fresh or boiled diced chicken and liaison (cream and egg yolk) reboil</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for Veloute soup, required ingredients i.e. stock, vegetable, chicken herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Chicken Veloute Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 9 Prepare Cream of Chicken and Mushroom Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mire poix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Arrange butter, flour, milk or cream</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mire poix and sweat</li> <li>7. Add flour and make blond roux</li> <li>8. Add stock</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Slice button mushroom and keep for garnish</li> <li>11. Dice fresh or boiled chicken and keep for garnish</li> <li>12. Reduce the heat and allow to simmer for 20 minutes</li> <li>13. Season with salt and pepper</li> <li>14. Strain the soup with chinois</li> <li>15. Add sliced mushroom and diced chicken ,</li> <li>16. add milk or cream and reboil</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for cream of chicken mushroom soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of Chicken and Mushroom Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 10 Prepare Cream of Pumpkin with Sherry Soup

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut carrot, leek, onion, celery in to mire poix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Arrange butter, flour, milk or cream</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mire poix and sweat</li> <li>7. Add flour and make blond roux</li> <li>8. Add stock</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Reduce the heat and allow to simmer for 20 minutes</li> <li>11. Peel and slice the pumpkin, boil separately with little water, blend properly and add to the soup</li> <li>12. Season with salt and pepper</li> <li>13. Strain the soup with chinois</li> <li>14. Add milk or cream and reboil and add sherry for flavoring</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for cream of Pumpkin soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Cream of Pumpkin with Sherry Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, making roux, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 11 Prepare Puree of Potato Soup.

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut leek, onion in to mire poix</li> <li>3. Rinse, peel and slice the potatoes</li> <li>4. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mire poix and sweat</li> <li>7. Add stock</li> <li>8. Add sliced potatoes</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Reduce the heat and allow to simmer for 20 minutes or until tender the potatoes</li> <li>11. Season with salt and pepper</li> <li>12. Pass through a fine sieve</li> <li>13. Strain the soup with chinois</li> <li>14. Reheat and serve with croutons</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for puree of potato soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Puree of Potato</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream, chopped parsley and serve croutons separately</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, stirring, mixing ingredients, straining, passed seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

### Task No. 12 Prepare Puree of potato and celery Soup.

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock</li> <li>2. Rinse, peel and cut onion and celery in to mire poix</li> <li>3. Rinse, peel and slice the potatoes</li> <li>4. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li>   <li>5. Place a thick bottomed pan over medium heat</li> <li>6. Melt the butter, add mire poix and sweat</li> <li>7. Add stock</li> <li>8. Add sliced potatoes</li> <li>9. Bring to boil and add bouquet garni</li> <li>10. Reduce the heat and allow to simmer for 20 minutes or until tender the potatoes</li> <li>11. Season with salt and pepper</li> <li>12. Pass through a fine sieve</li> <li>13. Strain the soup with chinois</li> <li>14. Reheat and serve with croutons</li> </ol>	<p><b><u>Condition (Given):</u></b></p> <p>Recipe for puree of potato and celery soup, required ingredients i.e. stock, vegetable, herbs, spices, butter, flour, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b></p> <p>Prepare Puree of potato and Celery Soup</p> <p><b><u>Standard (How well):</u></b></p> <p>It should be hot, smooth consistency, topped with a spoon full of cream and chopped parsley</p>	<p>➤ Methods of cooking, stocks, soups, cutting mire poix, stirring, mixing ingredients, straining, passed , seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene



## Task Analysis

**Task No.13 Prepare Chicken Clear Soup**

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken stock</li> <li>2. Rinse, peel and cut carrot, onion and celery in to mire poix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Clean one quarter of skinless chicken</li> <li>5. Mix all above ingredients in a soup pot</li> <li>6. Place over the high heat</li> <li>7. Bring to boil</li> <li>8. Reduce the heat and allow to simmer</li> <li>9. Cook until chicken is tender</li> <li>10. Remove the chicken and cuts small dices</li> <li>11. Strain the stock, add the chicken and season the soup, reboil</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken soup, required ingredients i.e. stock, vegetable, herbs, spices, chicken muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Clear Soup</p> <p><b><u>Standard (How well):</u></b> It should be clear consistency, hot and with proper garnish. If diced mutton garnished and made of mutton stock, it will be mutton clear soup</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, stirring, mixing ingredients, straining, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No.14 Prepare Mutton Broth Soup**

**Time: 1 hour**  
**Theory: ½ hour**  
**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare mutton stock</li> <li>2. Rinse, peel and cut carrot, onion and celery in to mire poix</li> <li>3. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>4. Clean and prepare a large piece from either leg or shoulder of mutton</li> <li>5. Mix all above ingredients in a soup pot</li> <li>6. Place over the high heat</li> <li>7. Bring to boil</li> <li>8. Reduce the heat and allow to simmer</li> <li>9. Cook until mutton is tender</li> <li>10. Remove the mutton and cuts small dices</li> <li>11. Strain the stock, add mutton</li> <li>12. Prepare pearl barley or rice, add to soup</li> <li>13. Clean carrot, celery, potato, turnip, leek and cut in to brunoise and add to soup</li> <li>14. Season the soup, and simmer until all the ingredients are tender</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for mutton broth soup, required ingredients i.e. stock, vegetable, herbs, spices, mutton, barley muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Mutton Broth Soup or Scotch Broth</p> <p><b><u>Standard (How well):</u></b>            It should be slightly thick, unstrained, unpassed consistency, hot and with proper garnish. If diced of chicken garnished and made of chicken stock, it will be chicken broth soup</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, stirring, mixing ingredients, straining seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No.15 Prepare French Onion Soup**

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare a good brown stock or consommé</li> <li>2. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>3. Peel and slice the onion finely</li> <li>4. Heat the butter, add onion and brown</li> <li>5. Add very little flour and cook few minutes</li> <li>6. Add stock and bring to boil</li> <li>7. Reduce the heat and allow to simmer for 25 minutes</li> <li>8. Season the soup</li> <li>9. Prepare cheese toast for garnish</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for French onion soup, required ingredients i.e. stock, onion, herbs, spices, bread, cheese, egg yolk, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare French Onion Soup</p> <p><b><u>Standard (How well):</u></b> It should be slightly thick, unstrained, unpassed consistency, hot and with proper garnish.</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, stirring, mixing ingredients, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No.16 Prepare Prawn Bisque Soup**

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken white stock and fish stock</li> <li>2. Prepare bouquet garni from pepper corn, bay leaf, thyme in a muslin cloth</li> <li>3. Rinse, peel and cut carrot, leek, onion and celery in to mire poix, wash prawn</li> <li>4. Heat butter in a soup pot, add unshelled prawn, mire poix, flambéed with brandy</li> <li>5. Add white wine and cook for few minutes</li> <li>6. Add very flour and cook to a sandy texture</li> <li>7. Add, tomato paste, stock and bring to boil</li> <li>8. Add bouquet garni and simmer ½ hour</li> <li>9. Season the soup and strain</li> <li>10. Collect the prawn, shell less, finely dice</li> <li>11. Return to soup, reheat and add fresh cream</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe bisque soup, required ingredients i.e. stocks, vegetable herbs, spices, brandy, white wine, prawn, cream, muslin cloth kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Prawn Bisque Soup</p> <p><b><u>Standard (How well):</u></b> It should be smooth consistency, hot and with proper garnish. It can also be prepared of crab, lobster etc.</p>	<p>➤ Methods of cooking, stocks, soups, cutting of vegetable, stirring, mixing ingredients, straining, passed seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Stock pot, soup pot, knife, peeler, chopping board, mixing bowls, chinois, ladle, muslin cloth, soup bowls, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## **Module: 4: Main dishes**

### **Description:**

This module deals with the knowledge and skills related to the preparation of various items of continental dishes. It consists of tasks related to the preparation of various items of continental dishes. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### **Objectives:**

After the completion of this module the trainees will be able:

- To prepare various types of continental dishes

### **Tasks:**

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare steak café de paris
2. Prepare tournedos Rossini steak
3. Prepare braised beef
4. Prepare beef shashilk oriental
5. Prepare grilled medallion beef
6. Prepare garlic steak
7. Prepare cheese Rum steak
8. Prepare brandy steak with mushroom
9. Prepare chateaubriand London house steak
10. Prepare beef stroganoff
11. Prepare grilled pork chop
12. Prepare chicken sizzling
13. Prepare chicken cordon bleu
14. Prepare chicken supreme
15. Prepare grilled chicken
16. Prepare lemon grilled chicken
17. Prepare grilled fish
18. Prepare fried fish
19. Prepare meet ball
20. Prepare steam fish en papillote
21. Prepare roast chicken
22. Prepare bird's nest
23. Prepare Hungarian goulash
24. Prepare roast duck
25. Prepare roast lamb
26. Prepare pepper steak
27. Prepare chicken stroganoff
28. Prepare chicken a la Kiev
29. Prepare chicken a la king
30. Prepare vegetable cutlet

31. Prepare chicken cutlet
32. Prepare chicken shasklik oriental
33. Prepare stuff chicken breast
34. Prepare fried chicken winglet
35. Prepare pan fried fish ( local )
36. Prepare parsley potato
37. Prepare baked potato
38. Prepare mashed potato
39. Prepare pasta marinara
40. Prepare vegetable and mushroom stroganoff
41. Prepare sauté veg. in platter
42. Prepare pasta in carbonara sauce
43. Prepare cheese soufflé
44. Prepare cheese fritters
45. Prepare has brown potato
46. Prepare chicken sizzler
47. Prepare finger fish
48. Prepare beef steak
49. Prepare French fries
50. Prepare fillet steak
51. Prepare mushroom quiche
52. Prepare golden fry Chicken
53. Prepare chicken drum stick
54. Prepare fish and chips
55. Prepare chicken in basket

# Task structures

## Task Analysis

**Task No 1 Prepare Steak Café De Paris**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare tournedos or sirloin steak season with salt pepper and Worcester sauce</li> <li>2. Shallow fry over medium heat</li> <li>3. Cook both sides with olive oil until golden brown and cooked medium</li> <li>4. Pour over butter, heavy cream, French mustard, and season with mix spice, simmer few minutes</li> <li>5. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Steak Café be Paris ingredients i. e. fillet, olive oil, Worcester sauce, butter, French mustard, mix spice, tomato rice, vegetable, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Steak Café de Paris</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, serve hot with tomato rice and buttered vegetable</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, sauce pan, mixing bowls, frying pan, turner etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 2 Prepare Chateaubriand London House**

**Time: 1 ½ hour**

**Theory: 45 min**

**Practical: 45 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim the middle or head part of fillet, season with salt, pepper, Worcester sauce, and olive oil</li> <li>2. Shallow fry or grill over medium heat, seal the pores and put it into hot oven</li> <li>3. Heat the butter in a sauce pan, add sliced button mushroom, shitake and sauté, add dry sherry, and English mustard, infuse and season</li> <li>4. Remove fillet from oven and slice</li> <li>5. Arrange on platter pour mixture over the slices of steak</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for Chateaubriand London House ingredients i. e. fillet, olive oil, butter, Worcester sauce, English mustard, dry sherry, potatoes, mushrooms vegetable, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Chateaubriand London House</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on platter, properly garnished, serve hot with potatoes dish and buttered vegetable</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, sauce pan, mixing bowls, frying pan, oven, griddle, turner etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 3 Prepare Braised Beef**

**Time: 3 hour**

**Theory: 1 ½ hour**

**Practical: 1 ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim and tie joint (a large piece of beef) season with salt and pepper</li> <li>2. Shallow fry over high heat quickly on both sides to seal pore</li> <li>3. Place into a braising pan (with tight fitting lid)</li> <li>4. Add mire poix, little brown stock, bouquet garni, red wine and cook over medium heat for few minutes</li> <li>5. Pour brown sauce and season, cover with lid and cook in hot oven until done</li> <li>6. Remove joint, remove string, and carve slices across the grain</li> <li>7. Season the sauce and correct the color, strain</li> <li>8. Arrange on platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for braised beef, ingredients i. e. fillet or lean meat joint of beef, olive oil, butter, red wine vegetable, pasta, brown sauce seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Braised beef</p> <p><b><u>Standard (How well):</u></b> Arrange on platter, properly garnished, accompanied, serve hot with buttered pasta and vegetable</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, sauce pan, mixing bowls, braising pan, turner, fork, butcher string etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 4 Prepare Beef Shaslik Oriental**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim joint of beef or fillet, cut in to cubes marinate with salt, crushed pepper, red wine rosemary and oil, keep in fridge</li> <li>2. Cuts mushrooms, onion and colored capsicum into dices, tomato,</li> <li>3. Skewer the beef, mushrooms, capsicum, onion and onion on skewer and grill on broiler or under the salamander</li> <li>4. Basting frequently with fat</li> <li>5. Arrange on platter</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for beef shaslik oriental, ingredients i. e. fillet or lean meat joint of beef, olive oil, butter, vegetable, rice, red wine seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Beef Shaslik Oriental</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on platter, properly garnished, accompanied by boiled rice and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls skewers, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 5 Prepare Tournedos Rossini**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim fillet, cut into the pieces of 80 gram each from the middle part,</li> <li>2. Marinate with salt, crushed pepper, Madeira wine, olive oil, and crushed garlic, keep in fridge</li> <li>3. Slice duck or goose liver pate and shallow fry</li> <li>4. Slice truffles (if affordable) or mushrooms and sauté</li> <li>5. Grill tournedos over the broiler or grill both sides</li> <li>6. Add demiglace and simmer in shallow pan , add mushrooms and liver pate</li> <li>7. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for tournedos Rossini, ingredients i. e. fillet of beef, olive oil, butter, vegetable, rice, Madeira wine, mushroom, liver pate, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Tournedos Rossini</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by boiled pasta and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 6 Prepare Beef Stroganoff**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim fillet, cut into strips</li> <li>2. Peel and slice the shallot or onion,</li> <li>3. Slice the button mushrooms</li> <li>4. Heat the butter in a sauté pan over high heat</li> <li>5. Add beef strips, season with salt, pepper and rosemary, and allow to cook rapidly for few minutes, just underdone</li> <li>6. Drain beef into a colander</li> <li>7. Pour the butter back into a pan</li> <li>8. Add shallot, mushroom, cover with lid, allow to cook until tender</li> <li>9. Add white wine and reduce onethird, add sour cream and reduce</li> <li>10. Add beef and little demiglace, correct the seasoning</li> <li>11. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for beef stroganoff ingredients i. e. fillet of beef, butter, vegetable, rice, white wine, mushroom, shallot, rosemary, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Beef Stroganoff</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by boiled rice and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, sauté pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 7 Prepare Garlic Steak**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim fillet, cut into the pieces of 150 180 gram each from the middle part</li> <li>2. Marinate with salt, crushed pepper corn and olive oil</li> <li>3. Chop up garlic, fry in butter till brown, add red wine, demiglace and reduce, season</li> <li>4. Grill steaks over the grill or thick bottom pan both sides</li> <li>5. Add garlic sauce and simmer</li> <li>6. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for garlic steak, ingredients i. e. fillet of beef, olive oil, butter, vegetable, potato, red wine, garlic seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Garlic Steak</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, frying pan, turner, fork, hammer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 8 Prepare Grilled Beef Madeleine**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim fillet, cut into the pieces of 150 180 gram each from the middle part</li> <li>2. Marinate with salt, crushed pepper corn and olive oil</li> <li>3. Boil the onion and make puree, soak, boil the whit beans and mash bind both ingredients with egg yolk and season with salt and pepper</li> <li>4. Fill in artichoke and bake</li> <li>5. Grill steak over grill bar or thick bottom pan on both sides, add red wine, demiglace and reduce, season</li> <li>6. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for Grill Beef Madeleine, ingredients i. e. fillet of beef, olive oil, butter, vegetable, potato, artichoke, red wine, onion, white beans, egg yolk, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Grill Beef Madeleine</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, frying pan, turner, fork, hammer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 9 Prepare Grilled Cheese Rump Steak**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. From tbone steak, bone out, trim and cut into ¾ inch thick slice</li> <li>2. Marinate with salt, crushed pepper corn and olive oil</li> <li>3. Grate the cheese</li> <li>4. Grill steak over grill bar or thick bottom pan on both sides</li> <li>5. Sprinkle grated cheese on top of steak and gratinate under salamander until melting cheese</li> <li>6. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for grill rump steak, ingredients i. e. rump part of beef, olive oil, butter, vegetable, potato, cheese, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Grill Cheese Rump Steak</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, frying pan, turner, fork, hammer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 10 Prepare Brandy Steak with Mushroom**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim and cut the pieces of steaks of <math>\frac{3}{4}</math> inch thick from 150 – 180g. middle part of fillet</li> <li>2. Marinate with salt, crushed pepper corn and olive oil</li> <li>3. Peel and slice the shallots</li> <li>4. Slice the button mushroom</li> <li>5. Grill steak in thick bottom pan on both sides and remove from pan</li> <li>6. Melt butter and add shallot, mushroom fry slightly, return the steak to the pan</li> <li>7. Flambéed with brandy</li> <li>8. Add slightly demiglace and fresh cream, simmer few minutes</li> <li>9. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for brandy steak with mushroom, ingredients i. e. fillet of beef, olive oil, butter, vegetable, potato, shallot, mushroom, brandy, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Brandy Steak with Mushroom</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting, mixing ingredients, sauce marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 11 Prepare Pepper Steak**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim and cut the pieces of steaks of <math>\frac{3}{4}</math> inch thick from 150 – 180g. middle part of fillet</li> <li>2. Marinate with salt, crushed pepper corn and olive oil</li> <li>3. Peel and chop the shallots</li> <li>4. Grill steak in thick bottom pan on both sides and remove from pan</li> <li>5. Melt butter and add shallot fry slightly, return the steak to the pan</li> <li>6. Sprinkle crushed pepper corn, add red wine and simmer few minutes</li> <li>7. Add slightly demiglace and fresh cream, simmer few minutes</li> <li>8. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for pepper steak, ingredients i. e. fillet of beef, olive oil, butter, vegetable, potato, shallot, cream, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Pepper Steak</p> <p><b><u>Standard (How well):</u></b> Arrange on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting, mixing ingredients, sauce marinating, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, frying pan, turner, fork, hammer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 12 Prepare Fillet Steak**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim and cut the pieces of steaks of <math>\frac{3}{4}</math> inch thick from 150 – 180g. middle part of fillet</li> <li>2. Marinate with salt, crushed pepper corn and olive oil</li> <li>3. Grill steak in thick bottom pan or on grill bar on both sides and keep under salamander</li> <li>4. Cook as per the order (rare, medium, well done)</li> <li>5. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fillet steak, ingredients i. e. fillet of beef, olive oil, butter, vegetable, potato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fillet Steak</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting, mixing ingredients, marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, salamander, frying pan, turner, fork, hammer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 13 Prepare Grilled Pork Chop**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim, remove excess fat and bone of pork chop cut the pieces ½ inch thick</li> <li>2. Marinate with salt, crushed pepper corn and oil keep in fridge</li> <li>3. Prepare accompaniment like sliced pineapple, apple etc.</li> <li>4. Grill chop in thick bottom pan or on grill bar on both sides and put in hot oven</li> <li>5. Cook till well done</li> <li>6. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Grilled Pork Chop, ingredients i. e. pork chop, oil, butter, vegetable, potato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Grilled Pork Chop</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting, mixing ingredients, marinating, seasoning, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, oven, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 14 Prepare Chicken Sizzler**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim, remove excess sinew and bone of chicken breast or leg (from 1 ½ kg. of chicken)</li> <li>2. Marinate with salt, crushed pepper corn, Worcester sauce and oil keep in fridge</li> <li>3. Grill chicken in thick bottom pan on both sides and put in hot oven</li> <li>4. Cook till well done</li> <li>5. Heat demiglace</li> <li>6. Heat accompaniment like vegetable pasta or potatoes</li> <li>7. Heat hot plate, put a piece of butter, place a leaf of cabbage, then chicken on top</li> <li>8. Arrange accompaniment and flambéed chicken with brandy and add hot demiglace</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken sizzler, ingredients i. e. chicken , oil, butter, Worcester sauce, vegetable, potato, demiglace, brandy, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Sizzler</p> <p><b><u>Standard (How well):</u></b> It should be arranged on hot plate, flambéed, accompanied by potatoes dish or pasta and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating , sauce seasoning , sizzling , garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, oven, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 15 Prepare Grilled Chicken**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim, removes excess sinew and bone of chicken halves (baby chicken of 700g.)</li> <li>2. Marinate with salt, crushed pepper corn, Worcester sauce and oil keep in fridge</li> <li>3. Grill chicken in thick bottom pan or on griddle on both sides and put in hot oven</li> <li>4. Cook till well done</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for grilled chicken , ingredients i. e. chicken , oil, Worcester sauce, butter, vegetable, potato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Grilled Chicken</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating , seasoning, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, oven, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 16 Prepare Lemon Grilled Chicken**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim, removes excess sinew and bone of chicken halves (baby chicken of 600 to 700g.)</li> <li>2. Marinate with salt, crushed pepper corn, lemon juice, zest of lemon and oil keep in fridge</li> <li>3. Grill chicken in thick bottom pan or on griddle on both sides and put in hot oven</li> <li>4. Cook till well done</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for lemon grilled chicken , ingredients i. e. chicken , oil, butter, lemon juice, vegetable, potato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Lemon Grilled Chicken</p> <p><b><u>Standard (How well):</u></b> Arrange on plate, accompanied by potatoes dish and buttered vegetable, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating , seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, oven, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 17 Prepare Chicken Stroganoff**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boneless the chicken, cut into strips</li> <li>2. Peel and slice the shallot or onion,</li> <li>3. Slice the button mushrooms</li> <li>4. Heat the butter in a sauté pan over high heat</li> <li>5. Add chicken strips, season with salt, pepper and rosemary, and allow to cook rapidly for few minutes, just underdone</li> <li>6. Drain chicken into a colander, keep a side</li> <li>7. Pour the butter back into a pan</li> <li>8. Add shallot, mushroom, cover with lid, allow to cook until tender and light brown color</li> <li>9. Add white wine and reduce onethird, add sour cream and reduce</li> <li>10. Add chicken and little demiglace, correct the seasoning</li> <li>11. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken stroganoff ingredients i. e. chicken, butter, vegetable, rice, white wine, mushroom, shallot, rosemary, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Stroganoff</p> <p><b><u>Standard (How well):</u></b> It should be arranged on dish, properly garnished, accompanied by boiled rice or pasta and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, sauté pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 18 Prepare Chicken A La King**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boneless chicken breast, cut in to cubes</li> <li>2. Cuts mushrooms, and capsicum into dices</li> <li>3. Prepare chicken veloute</li> <li>4. Prepare liaison from egg yolk and cream</li> <li>5. Heat the butter, fry chicken without browning, drain fat, keep a side</li> <li>6. Fry mushrooms and capsicum in same pan, mix in chicken</li> <li>7. Season with salt, pepper and tarragon</li> <li>8. Add sherry, reduce</li> <li>9. Add veloute, mix well</li> <li>10. Add liaison, correct the seasoning</li> <li>11. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken a la king, ingredients i. e. chicken breast, butter, mushroom, capsicum, vegetable, rice, white wine seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken A la King</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by boiled rice and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls skewers, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No.19 Prepare Chicken Shaslik Oriental**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boneless chicken breast, cut in to cubes marinate with salt, crushed pepper, white wine, rosemary and oil, keep in fridge</li> <li>2. Cuts mushrooms, onion and capsicum, and tomato into dices</li> <li>3. Skewer the chicken, mushrooms, capsicum, tomato and onion on skewer and grill on broiler or under the salamander</li> <li>4. Basting frequently with fat</li> <li>5. Arrange on platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken shaslik oriental, ingredients i. e. chicken breast, olive oil, butter, vegetable, rice, white wine, tomato, capsicum, mushroom, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Shaslik Oriental</p> <p><b><u>Standard (How well):</u></b> It should be arranged on platter, properly garnished, accompanied by boiled rice and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls skewers, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 20 Prepare Chicken Supreme**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare boneless chicken breast</li> <li>2. Prepare chicken stock</li> <li>3. Poach chicken breast in stock containing white wine and mire poix</li> <li>4. Prepare chicken veloute from same stock</li> <li>5. Prepare liaison from egg yolk and cream</li> <li>6. Prepare supreme sauce from veloute, liaison</li> <li>7. Season with salt, pepper and tarragon</li> <li>8. Arrange on plate and coat with supreme sauce</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken supreme, ingredients i. e. chicken breast, butter, vegetable, rice, white wine, cream, egg, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Supreme</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by boiled rice and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, sauce pan, spatula, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 21 Prepare Chicken Cordon Bleu**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare boneless chicken breast, split half</li> <li>2. Season with salt, pepper and tarragon</li> <li>3. Prepare slice of ham and cheese as filling</li> <li>4. Prepare beaten egg, flour, breadcrumb</li> <li>5. Stuff chicken breast with ham and cheese and roll out</li> <li>6. Dredge chicken in flour, dip in egg and dust in breadcrumb</li> <li>7. Heat oil, moderately hot</li> <li>8. Deep fry until golden brown and cooked properly</li> <li>9. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chicken cordon bleu, ingredients i. e. chicken breast, butter, vegetable, mashed potato, egg, flour, ham, cheese, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Cordon Bleu</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by mashed potato and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, stuffing, breading, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, spatula, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 22 Prepare Chicken A La Kiev**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare boneless chicken breast, split half</li> <li>2. Season with salt, pepper, Worcester sauce and lemon juice</li> <li>3. Prepare herbs butter of butter, chopped parsley, mushroom, tarragon, wrap in grease proof paper and frozen as filling</li> <li>4. Prepare beaten egg, flour, breadcrumb</li> <li>5. Stuff the chicken breast with herbs butter and role out</li> <li>6. Dredge chicken in flour, dip in egg and dust in breadcrumb</li> <li>7. Heat oil, moderately hot</li> <li>8. Deep fry until golden brown and cooked properly</li> <li>9. Arrange on plate on the bed of mashed potato</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Chicken a la Kiev, ingredients i. e. chicken breast, butter, vegetable, mashed potato, flour, egg, mushroom, Worcester sauce, parsley, tarragon, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken A La Kiev</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by mashed potato and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, stuffing , breading, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, spatula, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No.23 Prepare Chicken Cutlet**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare boneless chicken breast, split half</li> <li>2. Season with salt, pepper, Worcester sauce and lemon juice</li> <li>3. Prepare a batter of chopped coriander, onion, green chilly, beaten egg, flour, salt and pepper, little water if required</li> <li>4. Dip chicken breast in batter and dust in breadcrumb, give shape of a leaf</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Chicken Cutlet, ingredients i. e. chicken breast, Worcester sauce, butter, vegetable, French fries potato, flour, egg, coriander, chilly, onion, lemon, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Cutlet</p> <p><b><u>Standard (How well):</u></b> Arrange on plate, properly garnished, accompanied by French fries potato and buttered vegetable or green salad, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, batter , breading, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, spatula, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 24 Prepare Roast Chicken**

**Time: 2 hour**

**Theory: 1 hour**

**Practical: 1 hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare a whole chicken of 1200 gram.</li> <li>2. Marinate with salt, pepper, oil sprinkle pepper corn, bay leaf</li> <li>3. Prepare mire poix vegetable of carrot, celery, onion and bay leaf, pepper corn</li> <li>4. Place mire poix as a bed, stuff some vegetable in chicken and tie properly with butcher string</li> <li>5. Put it in preheated oven at approx 250 C. and brown one side, then turn other side and brown</li> <li>6. Reduce the heat and take place at 170 C.</li> <li>7. Basting frequently with its own dripping</li> <li>8. Cook for 45 minutes</li> <li>9. Make four quarters, remove major bones</li> <li>10. Prepare a roast gravy (jus lie) from bone, browned mire poix and other sediments</li> <li>11. Prepare bread sauce from milk, bread, butter and seasoning</li> <li>12. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Roast Chicken, ingredients i. e. whole chicken, butter, vegetable, bouquet garni, potato, oil, seasoning, herbs, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Roast Chicken</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by French fries potato and buttered vegetable or green salad, serve hot with bread sauce and roast gravy and properly garnished,</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, oven, spatula, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 25 Prepare Roast Duck**

**Time: 2 hour**  
**Theory: 1 hour**  
**Practical: 1 hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare a whole duck/duckling</li> <li>2. Marinate with salt, oil sprinkle pepper corn, bay leaf</li> <li>3. Place in roasting tray</li> <li>4. Put it in preheated oven at approx 250 C. and brown one side, then turn other side and brown</li> <li>5. Reduce the heat and take place at 170 C.</li> <li>6. Basting frequently with its own dripping</li> <li>7. Cook for 45 minutes to 1 hour</li> <li>8. Make four quarters, remove major bones</li> <li>9. Prepare a roast gravy (jus lie) from bone</li> <li>10. Prepare apple sauce from dices apple, water, sugar, butter and seasoning</li> <li>11. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Roast Duck, ingredients i. e. whole duck, butter, vegetable, potato, oil, seasoning, herbs, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Roast Duck</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by French fries potato and buttered vegetable or green salad, serve hot with apple sauce/orange sauce and roast gravy and properly garnished,</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, oven, spatula, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 26 Prepare Roast leg of Lamb**

**Time: 3 hour**

**Theory: 1 ½ hour**

**Practical: 1 ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare a whole leg of lamb</li> <li>2. Marinate with salt, pepper, oil sprinkle pepper corn, bay leaf</li> <li>3. Prepare mire poix vegetable of carrot, celery, onion, place in roasting tray</li> <li>4. Place marinated lamb on the bed of mire poix</li> <li>5. Put it in preheated oven at approx 250 C. and brown one side, then turn other side and brown</li> <li>6. Reduce the heat and take place at 170 C.</li> <li>7. Basting frequently with its own dripping</li> <li>8. Cook for 1 ½ hour</li> <li>9. Remove pelvic bone, carve in slices</li> <li>10. Prepare a roast gravy (jus lie) from bone and brown mire poix</li> <li>11. Prepare mint sauce from demiglace, mint leaves and seasoning</li> <li>12. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Roast leg of Lamb , ingredients i. e. whole leg of lamb, butter, vegetable, potato, oil, seasoning, herbs, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Roast Leg of Lamb</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, accompanied by French fries potato and buttered vegetable or green salad, serve hot with mint sauce and properly garnished,</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating basting seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, oven, spatula, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 27 Prepare Hungarian Goulash**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Clean, trim, cut into dices from tail part of fillet</li> <li>2. Peel and slice the onion</li> <li>3. Heat the oil in a sauté pan over high heat</li> <li>4. Add onion and slightly brown</li> <li>5. Add meat and brown slightly, season with salt, pepper and paprika, and allow to cook rapidly for few minutes, just underdone</li> <li>6. Sprinkle some flour and cook for few minutes</li> <li>7. Add red wine, tomato puree and brown stock and stir properly</li> <li>8. Correct the seasoning and simmer until the meat is tender</li> <li>9. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Hungarian Goulash, ingredients i. e. fillet, butter, vegetable, rice, red wine, onion, paprika, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Hungarian Goulash</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by boiled rice and buttered vegetable, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, sauté pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 28 Prepare Grilled Fish**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Trim the excess sinew from fillet of becti fish, cut into 150 g. of two piece</li> <li>2. Marinate with salt, crushed pepper corn, lemon juice and oil keep in fridge</li> <li>3. Grill the fish in thick bottom pan or on griddle on both sides and put it under the salamander</li> <li>4. Cook to well done</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for grilled fish , ingredients i. e. fillet of fish , oil, butter, vegetable, potato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Grilled Fish</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on plate or platter, accompanied by potatoes dish and buttered vegetable and lemon wedge, or butter sauce, properly garnished serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, marinating , seasoning, sauce, garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, tray, griddle, salamander, frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 29 Prepare Fried Fish**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the fillet of fish, cut into supreme</li> <li>2. Season with salt, pepper, mustard powder and lemon juice</li> <li>3. Prepare flour, beaten egg and breadcrumb in separately</li> <li>4. Dredge the fish with flour, dip in beaten eggs, dust in breadcrumb, give shape</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Prepare a tartar sauce of mayonnaise, chopped gherkin, parsley, onion, hard boiled egg and seasoning</li> <li>8. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fried fish, ingredients i. e. fillet of fish, mustard powder, vegetable, French fries potato, flour, egg, lemon, mayonnaise sauce, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fried Fish</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by French fries potato, green salad tartar sauce, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, breading, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 30 Prepare Steamed Fish En Paupillote**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the fillet of fish, cut into supreme</li> <li>2. Season with salt, pepper, Worcester sauce, mustard powder and lemon juice</li> <li>3. Prepare a stuffing of chopped pistachio, cashew nuts, saffron</li> <li>4. Stuff the stuffing and roll the fish, wrap with silver foil</li> <li>5. Steam the rolled fish in steamer</li> <li>6. Prepare a tartar sauce of mayonnaise, chopped gherkin, parsley, onion, hard boiled egg and seasoning</li> <li>7. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for steamed fish en paupillote, ingredients i. e. fillet of fish, butter, mustard powder, vegetable, potato, nuts, saffron, silver foil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Steamed Fish En Paupillote</p> <p><b><u>Standard (How well):</u></b> Arrange on plate, properly garnished, accompanied by potato dish, green salad and tartar sauce or tomato sauce, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, en paupillote seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowl, steamer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 31 Prepare Fish n' Chips**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the fillet of fish, cut into supreme</li> <li>2. Season with salt, pepper, Worcester sauce, mustard powder and lemon juice</li> <li>3. Prepare flour, beaten egg and breadcrumb in separately</li> <li>4. Dredge the fish with flour, dip in beaten eggs, dust in breadcrumb, give shape</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Prepare a tartar sauce of mayonnaise, chopped gherkin, parsley, onion, hard boiled egg and seasoning</li> <li>8. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fish n' chips, ingredients i. e. fillet of fish, mustard powder, vegetable, French fries potato, flour, egg, lemon, mayonnaise sauce, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fish n' chips</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, accompanied by French fries potato, green salad tartar sauce, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, breading, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 32 Prepare Fish Finger**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the fillet of fish, cut into strips (goujon)</li> <li>2. Season with salt, pepper, Worcester sauce, mustard powder and lemon juice</li> <li>3. Prepare flour, beaten egg and breadcrumb in separately</li> <li>4. Dredge the fish with flour, dip in beaten eggs, dust in breadcrumb, give shape of finger</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Prepare a tartar sauce of mayonnaise, chopped gherkin, parsley, onion, hard boiled egg and seasoning</li> <li>8. Arrange on plate</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fish finger, ingredients i. e. fillet of fish, mustard powder, vegetable, flour, egg, lemon, mayonnaise sauce, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fish Finger</p> <p><b><u>Standard (How well):</u></b> Arrange on plate, properly garnished, accompanied by green salad tartar sauce, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, breading, Seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 33 Prepare Fish Meuniere**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the fillet of fish, cut into supreme season with lemon juice and mustard powder</li> <li>2. Sieve the flour and season with salt, and pepper</li> <li>3. Heat the butter and oil mixture</li> <li>4. Pass through the fish fillet with flour, shake excess flour</li> <li>5. Shallow fry in pan until light golden brown on both sides, presentation side first</li> <li>6. Dress neatly on an oval flat dish on plate</li> <li>7. Peel a lemon, removing the peel, white pith and pips</li> <li>8. Cut the lemon into wedge and place one slice on each portion</li> <li>9. Squeeze some juice on the fish</li> <li>10. Prepare brown butter sauce and pour over the fish</li> <li>11. Sprinkle chopped parsley over the fish</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fish meuniere, ingredients i. e. fillet of fish, butter, vegetable, potato, flour, lemon, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fish meuniere</p> <p><b><u>Standard (How well):</u></b> It should be arranged on platter or plate, properly garnished, accompanied by boiled or parsley potato, green salad or vegetable dish, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls frying pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 34 Prepare Chicken in basket**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Cut thigh and drumstick parts of spring chicken</li> <li>2. Season with salt, pepper, Worcester sauce and lemon juice and keep in fridge</li> <li>3. Prepare flour, beaten egg, breadcrumb separately</li> <li>4. Dredge chicken in flour, dip in beaten egg, dust in breadcrumb, shake excess crumb</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Arrange on basket</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Chicken in basket, ingredients i. e. chicken, vegetable, French fries potato, flour, egg, lemon, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken in Basket</p> <p><b><u>Standard (How well):</u></b> It should be arranged on basket, properly garnished, accompanied by French fries potato and green salad separately, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, breading, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 35 Prepare Chicken Drumstick**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1.</li> <li>2. Cut the drumstick parts of spring chicken</li> <li>3. Season with salt, pepper, Worcester sauce and keep in fridge</li> <li>4. Prepare flour, beaten egg, breadcrumb separately</li> <li>5. Dredge chicken in flour, dip in beaten egg, dust in breadcrumb, shake excess crumb</li> <li>6. Heat oil, moderately hot</li> <li>7. Deep fry until golden brown and cooked properly</li> <li>8. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Chicken Drumstick, ingredients i. e. chicken, vegetable, French fries potato, flour, egg, lemon, breadcrumb, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Chicken Drumstick</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate or platter, properly garnished, accompanied by French fries potato and green salad separately, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, breading, Seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No.36 Prepare Golden fried Chicken**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Cut the spring chicken into 8 pieces, 2 from each leg and 2 from each breast</li> <li>2. Season with salt, pepper, light soy sauce and lemon juice and keep in fridge</li> <li>3. Prepare a batter of corn flour, eggs, water and seasoning</li> <li>4. Dip chicken pieces in batter, shake excess batter</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Golden Fried Chicken, ingredients i. e. chicken, vegetable, French fries potato, corn flour, egg, soy sauce, lemon, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Golden Fried Chicken</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate or platter, properly garnished, accompanied by French fries potato and green salad separately, serve hot</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, batter seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 37 Prepare Fried Chicken Winglet**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken wings</li> <li>2. Season with salt, pepper, light soy sauce and lemon juice and keep in fridge</li> <li>3. Prepare a batter of corn flour, eggs, water and seasoning</li> <li>4. Dip chicken wings in batter, shake excess batter</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for Fried Chicken Winglet, ingredients i. e. chicken wings, vegetable, corn flour, egg, lemon, oil, soy sauce, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Fried Chicken Winglet</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on plate or platter, properly garnished, accompanied by green salad, serve hot as snacks</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, batter seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 38 Prepare Mushroom Quiche**

**Time: 1 ½ hour**

**Theory: 45 min**

**Practical: 45 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare a shortcrust paste from flour, salt, butter, egg yolks, and water</li> <li>2. Prepare egg custard mixture from milk, double cream, whole eggs, egg yolks and season with salt, cayenne pepper and nutmeg</li> <li>3. Prepare garnish from chopped onion, slices mushroom, fry in oil and season</li> <li>4. Prepare grated cheese</li> <li>5. Roll out paste to 3 mm thickness, line the rings, raise the tops and pinch the edges</li> <li>6. Arrange rings on baking tray</li> <li>7. Pass the egg custard through strainer</li> <li>8. Spread the garnish mixture and grated cheese over the paste of ring evenly</li> <li>9. Pour the custard mixture carefully over the garnish</li> <li>10. Bake in the hot oven at 220 Centigrade for 30 minutes</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Mushroom Quiche, ingredients i. e. mushroom, onion, egg, flour, butter, cheese, milk, cream, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Mushroom Quiche</p> <p><b><u>Standard (How well):</u></b> Cut into piece, arrange on plate, properly garnished, serve hot as hot appetizer</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, paste, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, oven, flan rings, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 39 Prepare Cheese Soufflé**

**Time: 1 ½ hour**

**Theory: 45 min**

**Practical: 45 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare soufflé mixture (pastry cream) from milk, egg yolks, flour and salt</li> <li>2. Prepare finish from egg yolks, egg white, savory biscuits and grated cheese</li> <li>3. Cream the egg yolk, add sieved flour whisk, add boiled hot milk and cook over gentle heat for several minutes and stir continuously</li> <li>4. Add again egg yolks to the pastry cream</li> <li>5. Beat up the egg whites into peaks with pinch of salt</li> <li>6. Add egg white mixture to the pastry cream little by little and fold properly with grated cheese</li> <li>7. Butter the inside of the dish with pastry brush</li> <li>8. Arrange half of the biscuits in the bottom of the greased dish</li> <li>9. Pour a half of pastry cream and again lay the rest of biscuits</li> <li>10. Fill the dish up to the top with mixture</li> <li>11. Smooth the surface and decorate with a palette knife</li> <li>12. Bake in the hot oven at 200 Centigrade for 25 minutes</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Cheese Soufflé, ingredients i. e. egg, flour, butter, cheese, milk, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Cheese Soufflé</p> <p><b><u>Standard (How well):</u></b> Cut into pieces, arrange on plate, properly garnished, serve hot as hot appetizer</p>	<p>➤ Methods of cooking, mixing ingredients, pastry cream seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, oven, flan rings, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 40 Prepare Cheese Fritters**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Cut the hard cheese in to baton shape (finger shaped)</li> <li>2. Prepare a batter of flour, eggs, water and seasoning</li> <li>3. Prepare breadcrumb separately</li> <li>4. Dip the cheese pieces in batter, shake excess batter and dust in breadcrumb</li> <li>5. Heat oil, moderately hot</li> <li>6. Deep fry until golden brown and cooked properly</li> <li>7. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Cheese Fritters ingredients i. e. cheese, flour, egg, breadcrumb, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Cheese Fritters</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate or platter, properly garnished, accompanied by green salad, serve hot as snacks</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, batter breading seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 41 Prepare French Fries**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select large sized potatoes, rinse, peel and cut in to baton shape (finger shaped)</li> <li>2. Place the water and blanch the potatoes with little salt</li> <li>3. Discard water and drain properly but do not refresh</li> <li>4. Heat oil, moderately hot</li> <li>5. Deep fry until golden brown and cooked properly</li> <li>6. Arrange on plate or platter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for French Fries ingredients i. e. potatoes, oil seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare French Fries</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate or platter, sprinkle salt, accompanied by tomato ketchup, serve hot as snacks</p>	<p>➤ Methods of cooking, cutting , mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, frying basket, deep fat fryer, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No.42 Prepare Baked Potato**

**Time: 1 ½ hour**

**Theory: 45 min**

**Practical: 45 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select equal sized potatoes and allow 1 per portion</li> <li>2. Rinse, scrub and dry</li> <li>3. Wrap in silver foil</li> <li>4. Arrange on a tray</li> <li>5. Bake in the hot oven at 230 Centigrade for 40 minutes</li> <li>6. Cross cut and make a incision, press and make hole, put seasoning and some butter or sour cream</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Baked Potato, ingredients i. e. potatoes, silver foil, butter, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Baked Potato</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, serve hot as an accompaniment with meat dishes</p>	<p>➤ Methods of cooking, mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, oven, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 43 Prepare Parsley Potato**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
1. 2. Select equal small sized potatoes 3. Rinse and turn in barrel shape 4. Boil in salted water 5. Discard water and drain 6. Prepare chopped parsley 7. Heat the butter, add potatoes, season, sprinkle chopped parsley	<p><b><u>Condition (Given):</u></b>            Recipe for Parsley Potato, ingredients i. e. potatoes, parsley, butter, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Parsley Potato</p> <p><b><u>Standard (How well):</u></b>            It should be arranged on plate, properly garnished, serve hot as an accompaniment with meat dishes</p>	<p>➤ Methods of cooking, mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, spatula, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 44 Prepare Mashed Potato**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse and peel the potatoes</li> <li>2. Cut into equal dices</li> <li>3. Boil in salted water until completely tender</li> <li>4. Discard water</li> <li>5. Collect in thick bottomed pan quickly</li> <li>6. Place over the gentle heat mash properly with spatula or whisk</li> <li>7. Add butter, stir continuously</li> <li>8. Add hot milk and seasoning</li> <li>9. Stir to smooth texture</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Mashed Potato, ingredients i. e. potatoes, parsley, butter, milk, nutmeg powder, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Mashed Potato</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, serve hot as an accompaniment with meat dishes</p>	<p>➤ Methods of cooking, mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, spatula, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No.45 Prepare Hash Brown Potato**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select the even sized potatoes, rinse and boil with jacket</li> <li>2. Discard water and keep in cool place</li> <li>3. Peel and mash properly</li> <li>4. Peel and chop the onion finely</li> <li>5. Mix in potato, season</li> <li>6. Make small cakes and brown in greased nonstick pan both sides</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Hash Brown Potato, ingredients i. e. potatoes, onion, butter, powder, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Hash Brown Potato</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished, serve hot as an accompaniment with meat dishes</p>	<p>➤ Methods of cooking, mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, spatula, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 46 Prepare Vegetable Cutlets**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select the even sized potatoes, rinse and boil with jacket</li> <li>2. Discard water and keep in cool place</li> <li>3. Peel and mash properly</li> <li>4. Peel and boil the carrot and drain</li> <li>5. Top and tail the beans and boil and drain</li> <li>6. Chop the vegetable</li> <li>7. Peel and chop the onion, green chilly and coriander finely</li> <li>8. Mix all ingredients, season</li> <li>9. Make small cakes and give the shape of leaf</li> <li>10. Prepare flour, beaten egg and breadcrumb</li> <li>11. Dredge the cakes in flour, dip in beaten egg and dust in breadcrumb</li> <li>12. Heat oil, moderately hot</li> <li>13. Deep fry until golden brown</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Vegetable Cutlets, ingredients i. e. potatoes, onion, butter, powder, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Vegetable Cutlets</p> <p><b><u>Standard (How well):</u></b> It should be arranged on plate, properly garnished and serve as a snacks</p>	<p>➤ Methods of cooking, mixing ingredients, breading seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, deep fat fryer, frying basket, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 47 Prepare Vegetable Stroganoff**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select the carrots, beans, broccoli, cauliflower, green peas, button mushrooms</li> <li>2. Peel, cut into diamond shaped except mushroom and peas</li> <li>3. Peel the peas, and boil all the vegetable and refresh</li> <li>4. Cut the mushroom into slices</li> <li>5. Sauté all the vegetable in butter , season</li> <li>6. Add brown sauce, and finish with cream</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Vegetable Stroganoff, ingredients i. e. butter, vegetable, mushroom, brown sauce, cream, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Vegetable Stroganoff</p> <p><b><u>Standard (How well):</u></b> It should be arranged on dish, properly garnished and serve with rice</p>	<p>➤ Methods of cooking, mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, sauce pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No.48 Prepare Vegetable Platter**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select the carrots, beans, broccoli, cauliflower, green peas, button mushrooms</li> <li>2. Peel, cut into diamond shaped except mushroom and peas</li> <li>3. Peel the peas, and boil all the vegetable and refresh</li> <li>4. Cut the mushroom into dices</li> <li>5. Sauté all the vegetable in butter , season</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Vegetable Platter, ingredients i. e. butter, vegetable, mushroom, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Vegetable Platter</p> <p><b><u>Standard (How well):</u></b> It should be arranged on dish, properly garnished and serve with rice</p>	<p>➤ Methods of cooking, mixing ingredients, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, sauce pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 49 Prepare Spaghetti Carbonara**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the spaghetti in boiling oiled water till al dente, refresh, and again oiled</li> <li>2. Prepare a béchamel sauce</li> <li>3. Chop up onion, bacon, chopped red chili, spring onion and mushroom</li> <li>4. Sauté onion, bacon and mushroom in butter and season with salt, crushed pepper corn and oregano, basil</li> <li>5. Add little béchamel, and finish with liaison (cream and egg yolks)</li> <li>6. Reheat the spaghetti, bind with sauce</li> <li>7. Serve grated cheese (parmesan) separately</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Spaghetti Carbonara, ingredients i. e. red chili, spring onion, butter, onion, bacon, mushroom, béchamel sauce, cream, eggs and spaghetti, cheese, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Spaghetti Carbonara</p> <p><b><u>Standard (How well):</u></b> It should be arranged on pasta dish, properly garnished and serve hot</p>	<p>➤ Methods of cooking, mixing ingredients, pasta, sauce, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, sauce pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 50 Prepare Tagliatelli Marinara**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the tagliatelli (flat pasta) in boiling oiled water till al dente, refresh, and again oiled</li> <li>2. Prepare tomato concasse</li> <li>3. Chop up onion, garlic, dice shrimp and cuttle fish and chop parsley</li> <li>4. Sauté garlic, onion in olive oil and season with salt, crushed pepper corn and oregano and chopped parsley</li> <li>5. Add seafood and sauté</li> <li>6. Add concasse, tomato paste and white wine, and reduce</li> <li>7. Reheat the pasta, coat with marinara sauce</li> <li>8. Serve grated cheese (parmesan) separately</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Tagliatelli Marinara, ingredients i. e. butter, onion, garlic, parsley, shrimp, cuttle fish, tomato concasse, tomato paste, olive oil, cheese, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Tagliatelli Marinara</p> <p><b><u>Standard (How well):</u></b> It should be arranged on pasta dish, properly garnished and serve hot</p>	<p>➤ Methods of cooking, mixing ingredients, pasta, sauce, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, sauce pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Module: 5: Sauces

### Description:

This module deals with the knowledge and skills related to the preparation of various types of sauces served as continental food items. It consists of tasks related to the preparation of various types of continental sauce items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### Objectives:

After the completion of this module the trainees will be able:

- Prepare tomato sauces
- Prepare mayonnaise sauces
- Prepare hollandaise sauces
- Prepare white sauces ( béchamel )
- Prepare espagnole sauces
- Prepare thousand island sauces
- Prepare tarter sauces
- Prepare mint sauces
- Prepare Italian sauces
- Prepare pepper sauces
- Prepare mushroom sauces
- Prepare white stock ( fish)
- Prepare brown stock ( beef , Mutton , chicken)
- Prepare vegetable stock
- Prepare carbonara sauces

### Tasks:

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare tomato sauces
2. Prepare mayonnaise sauces
3. Prepare hollandaise sauces
4. Prepare white sauces ( béchamel )
5. Prepare espagnole brown sauces
6. Prepare thousand island sauces
7. Prepare tarter sauces
8. Prepare mint sauces
9. Prepare Italian sauces
10. Prepare pepper sauces
11. Prepare mushroom sauces
12. Prepare white stock ( fish)
13. Prepare brown stock ( beef , Mutton , chicken)
14. Prepare vegetable stock
15. Prepare carbonara sauces
16. Prepare white stock

# Task structures

## Task Analysis

**Task No. 1 Prepare Tomato Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare tomato concasse</li> <li>2. Chop up garlic, onion</li> <li>3. Sauté garlic, onion in olive oil till brown</li> <li>4. Add little flour</li> <li>5. Add concasse, tomato paste and water,</li> <li>6. season with salt, crushed pepper corn, oregano and bay leaf</li> <li>7. Simmer and reduce</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Tomato sauce, ingredients i. e. olive oil, onion, garlic, tomato concasse, tomato paste, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Tomato Sauce</p> <p><b><u>Standard (How well):</u></b> It should be topped with pasta, properly garnished and serve hot or use in Pizza</p>	<p>➤ Methods of cooking, mixing ingredients, sauce, seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauté pan, sauce pan, turner, fork etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 2 Prepare Mayonnaise Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Separate the egg yolks from white and place in a still bowl</li> <li>2. Put little mustard powder</li> <li>3. Start to whisk one way, add few drops vinegar at first</li> <li>4. Add olive or any refined oil drop by drop</li> <li>5. Whisk vigorously until the oil is finished</li> <li>6. Add vinegar time to time</li> <li>7. Add seasoning like salt, white pepper and lemon juice if necessary</li> <li>8. (Note: mayonnaise will turn or curdle if the oil is added too quickly, if oil is too hot or too cold, if the sauce is insufficiently whisked or if the yolk is stale)</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Mayonnaise sauce, ingredients i. e. olive oil, egg, vinegar, mustard powder, ,lemon, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Mayonnaise Sauce</p> <p><b><u>Standard (How well):</u></b> It should be yellowish white, smooth texture, use as dressing for salads, or serve as an accompaniment</p>	<p>➤ Methods of cooking, mixing ingredients, sauce/dressing seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 3 Prepare Tarter Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
1. Prepare mayonnaise 2. Chop up gherkin, shallot or onion, parsley, hard boiled eggs 3. Mix all ingredients, bind with fresh cream 4. Season with salt, pepper	<p><b><u>Condition (Given):</u></b>            Recipe for Tarter sauce, ingredients i. e, mayonnaise, gherkin, onion, parsley, lemon, cream, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Tarter Sauce</p> <p><b><u>Standard (How well):</u></b>            It should be yellowish white, smooth texture, use as dressing for salads, or serve as an accompaniment for fried fish</p>	<p>➤ Methods of cooking, mixing ingredients, sauce/dressing seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 4 Prepare Thousand Island Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare mayonnaise</li> <li>2. Chop up gherkin, shallot or onion, parsley, hard boiled eggs, red and green pimento, ketchup and Tabasco</li> <li>3. Mix all ingredients, bind with fresh cream</li> <li>4. Season with salt, pepper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Thousand Island sauce, ingredients i. e, mayonnaise, gherkin, onion, parsley, cream, pimento, Tabasco, ketchup, lemon, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Tarter Sauce</p> <p><b><u>Standard (How well):</u></b> It should be yellowish white, smooth texture, use as dressing for salads, or serve as an accompaniment for fried fish</p>	<p>➤ Methods of cooking, mixing ingredients, sauce/dressing seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 5 Prepare Hollandaise Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Chop up the onion, simmer and reduce with vinegar over slow heat</li> <li>2. Separate the egg yolks from white and place in a still bowl</li> <li>3. Melt the butter, keep warm</li> <li>4. Put simmered onion into yolk mixture</li> <li>5. Place mixture over double boiler</li> <li>6. Start to whisk one way, add butter drop by drop</li> <li>7. Whisk vigorously until the butter is finished</li> <li>8. Add seasoning like salt, white pepper and lemon juice</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Hollandaise sauce, ingredients i. e. egg, vinegar, lemon, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Hollandaise Sauce</p> <p><b><u>Standard (How well):</u></b> It should be yellowish white, smooth texture, serve warm as an accompaniment</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 6** Prepare Béchamel Sauce

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Melt the butter in a thick bottomed pan</li> <li>2. Add flour and make a white roux</li> <li>3. Remove from the heat, and cool it</li> <li>4. Add boiled cold milk, return to the heat</li> <li>5. Stir vigorously until the milk is finished</li> <li>6. Stir to boil, reduce the heat and allow to simmer</li> <li>7. Prepare a studded onion (cloute)</li> <li>8. Simmer for 20 min, strain</li> <li>9. Season with salt and white pepper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for béchamel sauce, flour, milk, onion, clove, bay leaf, butter, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Béchamel Sauce</p> <p><b><u>Standard (How well):</u></b> It should be white, smooth texture and serve warm</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 7 Prepare Espagnole Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Heat the oil in a thick bottomed pan</li> <li>2. Add mire poix and brown, add flour and make brown roux, add tomato paste</li> <li>3. Remove from the heat, and cool it</li> <li>4. Add cold brown stock slowly, return to the heat, stir vigorously until the stock is finished</li> <li>5. Stir to the boil, add bouquet garni</li> <li>6. Reduce the heat and allow to simmer</li> <li>7. Simmer for 30 min, strain</li> <li>8. Season with salt and white pepper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for brown sauce, flour, brown stock, onion, carrot, celery, tomato paste, bouquet garni, oil, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Espagnole Sauce (Brown Sauce)</p> <p><b><u>Standard (How well):</u></b> It should be brown, smooth texture and serve warm</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 8 Prepare Mint Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
1. Rinse and blend mint leaves with castor sugar and vinegar 2. If vinegar is too sharp dilute with a little water	<p><b><u>Condition (Given):</u></b>            Recipe for mint sauce, ingredients i. e. mint, castor sugar, vinegar, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Mint Sauce</p> <p><b><u>Standard (How well):</u></b>            It should be smooth texture, serve with roast lamb</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, blender, whisk etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 9 Prepare Pepper Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare brown sauce</li> <li>2. Prepare brown stock</li> <li>3. Prepare demiglace from reduction of brown sauce and brown stock</li> <li>4. Peel and chop up shallot</li> <li>5. Crush pepper corn or fresh green pepper</li> <li>6. Heat butter, sweat shallot, add pepper corn add white wine and little vinegar, reduce</li> <li>7. Add demiglace, simmer</li> <li>8. Season with salt</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for pepper sauce, Ingredients i. e. brown stock, brown sauce, white wine, shallot, pepper corn, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Pepper Sauce</p> <p><b><u>Standard (How well):</u></b> It should be brown, smooth texture, serve with grilled meat</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 10 Prepare Italian Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare tomato concasse</li> <li>2. Prepare demiglace</li> <li>3. Peel and chop up shallot</li> <li>4. Chop up mushroom and ham</li> <li>5. Heat butter, sweat shallot, ham, mushroom and tomato</li> <li>6. Add tarragon, chervil, and chopped parsley</li> <li>7. Add white wine and little vinegar, reduce</li> <li>8. Add demiglace, simmer</li> <li>9. Season with salt and pepper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Italian sauce, ingredients i. e. demiglace, shallot, tomato, mushroom, ham, white wine, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Italian Sauce</p> <p><b><u>Standard (How well):</u></b> It should be brown, smooth texture, serve with fried veal and lamb dishes</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 11 Prepare Mushroom Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare demiglace</li> <li>2. Peel and slice shallot</li> <li>3. Slice the mushroom</li> <li>4. Heat butter, sweat shallot and mushroom</li> <li>5. Add tarragon and white wine</li> <li>6. Add demiglace and reduce</li> <li>7. Simmer and add fresh cream</li> <li>8. Season with salt and pepper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Mushroom sauce, ingredients i. e. demiglace, shallot, mushroom, white wine, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Mushroom Sauce</p> <p><b><u>Standard (How well):</u></b> It should be brown, smooth texture, serve with meat dishes</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 12 Prepare Carbonara Sauce**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare a béchamel sauce</li> <li>2. Chop up onion, bacon and mushroom</li> <li>3. Sauté onion, bacon and mushroom in butter and season with salt, crushed pepper corn and oregano, basil</li> <li>4. Add little béchamel, and finish with liaison (cream and egg yolks)</li> <li>5. Serve grated cheese (parmesan) separately</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for carbonara sauce, ingredients i. e. shallot, mushroom, white wine, bacon, egg, cream, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Carbonara Sauce</p> <p><b><u>Standard (How well):</u></b> It should be creamed, smooth texture, serve with pasta dishes</p>	<p>➤ Methods of cooking, mixing ingredients, sauce seasoning garnishing, storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, sauce pan, frying pan, spatula etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 13 Prepare Fish White Stock**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Separate the bone from fish and cut into pieces</li> <li>2. Prepare mire poix from onion and parsley stalk</li> <li>3. Prepare lemon juice</li> <li>4. Melt the butter or margarine, in a thick bottomed pan</li> <li>5. Add onion and parsley, washed fish bone, lemon juice, bay leaf and pepper corn</li> <li>6. Cover with grease proof paper or a lid to sweat</li> <li>7. Add water, bring to the boil, skim and simmer for 20 min.</li> <li>8. Strain</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for fish stock, ingredients i. e. fish bones, onion, lemon, bay leaf, pepper corn, butter, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Fish Stock</p> <p><b><u>Standard (How well):</u></b>            It should be clear, flavorful</p>	<p>➤ Methods of cooking, vegetable cutting, butchery, stock storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, stock pot, ladle, spatula, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 14 Prepare Brown Stocks (Chicken, Mutton, and Beef) Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Chop up the bone and remove fat and marrow</li> <li>2. Prepare mire poix from onion, carrot, celery, prepare bouquet garni</li> <li>3. Brown the bones either by placing in a roasting tray in hot oven or by frying with little fat n frying pan</li> <li>4. Drain the fat and swill out (clean) using hot water</li> <li>5. Collect the bones in a stock pot, fill cold water, place on heat and bring to the boil</li> <li>6. Brown the mire poix with little fat and add to the stock, add bouquet garni</li> <li>7. Skim and simmer for 4 to 6 hours (4 hour for chicken and 6 hour for mutton and beef) Strain</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for brown stock, ingredients i. e. chicken, mutton, beef bones, onion, carrot, celery, bay leaf, pepper corn, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Brown Stock</p> <p><b><u>Standard (How well):</u></b>            It should be clear, flavorful and amber color</p>	<p>➤ Methods of cooking, vegetable cutting, butchery, stock storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, stock pot, ladle, spatula, oven, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 15 Prepare Vegetable Stock**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare mire poix from onion, carrot, celery, leek and turnip</li> <li>2. Prepare bouquet garni</li> <li>3. Collect the mire poix in a stock pot, fill cold water, place on heat and bring to the boil</li> <li>4. Add bouquet garni</li> <li>5. Skim and simmer for 1 hour</li> <li>6. Strain</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for brown stock, ingredients onion, carrot, celery, bay leaf, pepper corn, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Vegetable Stock</p> <p><b><u>Standard (How well):</u></b> It should be clear, flavorful and amber color</p>	<p>➤ Methods of cooking, vegetable cutting, butchery, stock storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, stock pot, ladle, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Module: 6: Snacks

### Description:

This module deals with the knowledge and skills related to the preparation of various types of snacks served as continental food items. It consists of tasks related to the preparation of various types of continental snack items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### Objectives:

After the completion of this module the trainees will be able:

- To prepare French fry
- To Prepare fry Papad
- To Prepare fry cashew nut
- To prepare cheese ball
- To prepare spicy fried chicken with mixed salad (Mushroom , prawn)
- To prepare fish finger
- To prepare chicken finger
- To prepare raffle potato cake (bara)
- To prepare veg. tempura
- To prepare stuffed chicken wing
- To prepare deep fry prawn
- To prepare becan wrapped prawn
- To prepare deep fry onion ring
- To prepare sesame prawn

### Tasks:

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare French fry
2. Prepare fry Papad
3. Prepare fry cashew nut
4. Prepare cheese ball
5. Prepare spicy fried chicken with mixed salad (Mushroom , prawn)
6. Prepare fish finger
7. Prepare chicken finger
8. Prepare potato cush bara
9. Prepare veg. tempura
10. Prepare stuffed chicken wing
11. Prepare deep fry prawn
12. Prepare becan wrapped prawn
13. Prepare deep fry onion ring
14. Prepare sesame prawn

# **Task structures**

## Task Analysis

**Task No.1 Prepare French fries**

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Select medium sized potatoes</li> <li>2. Rinse, peel and cut in to even baton shaped Blanch in salted water</li> <li>3. Drain water properly and dry in cloth</li> <li>4. Heat oil moderately hot</li> <li>5. Fry slightly golden brown</li> <li>6. Remove and once again fry in very hot oil</li> <li>7. Remove, put on napkin paper</li> <li>8. Sprinkle salt and serve</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for French fry, required ingredients i.e. potatoes, salt, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare French fry</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve with tomato ketchup</p>	<p>➤ Methods of cooking, cutting of vegetable, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** knife, peeler, chopping board, buckets, strainer, frying basket, deep fat fryer, tray, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 2 Prepare Fried Papad**

**Time: ½ hour**  
**Theory: 15 min**  
**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Put papad in proper place</li> <li>2. Heat oil , hot</li> <li>3. Fry slightly golden brown</li> <li>4. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b>                      Recipe for fry papad, required ingredients i. e. papad, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>                      Prepare Fried papad</p> <p><b><u>Standard (How well):</u></b>                      It shouldf be golden brown, crisp, crunchy and hot serve, also serve dry, just heat over the fire</p>	<p>➤ Methods of cooking, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Tong, frying basket, deep fat fryer, tray, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 3 Prepare Fried Cashew nuts**

**Time: ½ hour**  
**Theory: 15 min**  
**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Put cashew nuts in proper place</li> <li>2. Heat oil , hot</li> <li>3. Fry slightly golden brown</li> <li>4. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fried cashew nuts, required ingredients i. e. cashew nuts, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fried Cashew nuts</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve, also serve dry roast</p>	<p>➤ Methods of cooking, seasoning, garnishing, reheating, storing</p>

**Required tools/equipment:** Tong, frying basket, deep fat fryer, tray, etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 4 Prepare Cheese balls**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Grate the cheese</li> <li>2. Mix in flour, baking powder, salt, eggs, little water</li> <li>3. Make a thick smooth mixture</li> <li>4. Heat oil , moderately hot</li> <li>5. Scooping the mixture by tea spoon, put over hot fat</li> <li>6. Fry slightly golden brown</li> <li>7. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for Cheese balls, required ingredients i. e. cheese, flour, salt, eggs, baking powder, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Cheese balls</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients garnishing, reheating, storing</p>

**Required tools/equipment:** Tong, frying basket, deep fat fryer, tray, spider, turner, grater etc.  
**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene



## Task Analysis

**Task No. 5 Prepare Chicken Nuggets**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Bone less the chicken, cut in to pieces</li> <li>2. Marinate with salt, pepper, lemon juice, chopped parsley, Worcester sauce, tarragon</li> <li>3. Dredge in flour, dip in beaten eggs, dust in breadcrumb</li> <li>4. Heat oil , moderately hot</li> <li>5. Fry till golden brown</li> <li>6. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b>                      Recipe for fried chicken nugget , required ingredients i. e. chicken, flour, salt, eggs, breadcrumb, pepper, Worcester sauce, lemon juice, parsley, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>                      Prepare Chicken Nugget</p> <p><b><u>Standard (How well):</u></b>                      It should be golden brown, crisp, crunchy and hot serve                      Serve with tomato ketchup</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients garnishing, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 6 Prepare Chicken Fingers**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Bone less the chicken, cut in to thick strips</li> <li>2. Marinate with salt, pepper, lemon juice, chopped parsley, Worcester sauce, tarragon</li> <li>3. Dredge in flour, dip in beaten eggs, dust in breadcrumb, give finger shape</li> <li>4. Heat oil , moderately hot</li> <li>5. Fry till golden brown</li> <li>6. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for fried chicken finger , required ingredients i. e. chicken, flour, salt, eggs, breadcrumb, pepper, Worcester sauce, lemon juice, parsley, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Chicken finger</p> <p><b><u>Standard (How well):</u></b>            It should be golden brown, crisp, crunchy and hot serve            Serve with tomato ketchup</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients garnishing, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 7 Prepare Stuffed Chicken wing**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare chicken wings</li> <li>2. Marinate with salt, pepper, lemon juice, Worcester sauce</li> <li>3. Prepare a filling of minced meat, chopped onion, green chilly, coriander, seasoning</li> <li>4. Fill the filling in side of wings</li> <li>5. Dredge in flour, dip in beaten eggs, dust in breadcrumb, give oval shape</li> <li>6. Heat oil , moderately hot</li> <li>7. Fry till golden brown</li> <li>8. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for stuffed chicken wings , required ingredients i. e. chicken, flour, salt, eggs, breadcrumb, pepper, Worcester sauce, lemon juice, onion, minced meat, green chilly, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>            Prepare Stuffed Chicken wings</p> <p><b><u>Standard (How well):</u></b>            It should be golden brown, crisp, crunchy and hot serve            Serve with tomato ketchup</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients garnishing, stuffing, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 8 Prepare Fish Fingers**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Fillet the fish, cut in to thick strips</li> <li>2. Marinate with salt, pepper, lemon juice, Worcester sauce</li> <li>3. Dredge in flour, dip in beaten eggs, dust in breadcrumb, give finger shape</li> <li>4. Heat oil , moderately hot</li> <li>5. Fry till golden brown</li> <li>6. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fried fish finger , required ingredients i. e. fish flour, salt, eggs, breadcrumb, pepper, Worcester sauce, lemon juice, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fish finger</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve Serve with tomato ketchup or tartar sauce</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients garnishing, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 9 Prepare Fried Prawn**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Shell, devain the prawn and split half</li> <li>2. Marinate with salt, pepper, lemon juice, Worcester sauce</li> <li>3. Make a batter of eggs, corn flour and little water</li> <li>4. Heat oil , moderately hot</li> <li>5. Dip prawn in batter</li> <li>6. Fry till golden brown</li> <li>7. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fried prawn , required ingredients i. e. prawn, corn flour, salt, eggs, pepper, Worcester sauce, lemon juice, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fried Prawn</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve Serve with tomato ketchup or tartar sauce</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients making batter garnishing, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 10 Prepare Sesame Prawn**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Shell, devain the prawn and split half</li> <li>2. Marinate with salt, pepper, lemon juice,</li> <li>3. Sprinkle white sesame seeds on tray</li> <li>4. Dredge the prawn with sesame</li> <li>5. Heat oil , moderately hot</li> <li>6. Fry till golden brown</li> <li>7. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for sesame prawn , required ingredients i. e. prawn, sesame, salt, pepper, lemon juice, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Sesame Prawn</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve Serve with tomato ketchup or tartar sauce</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients, garnishing, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 11 Prepare Bacon Wrapped Prawn**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Shell, devain the prawn and split half</li> <li>2. Marinate with pepper, lemon juice,</li> <li>3. Trim the bacon and lay on tray</li> <li>4. Role the prawn in bacon and wrap</li> <li>5. Bead on tooth picks</li> <li>6. Heat oil , moderately hot</li> <li>7. Fry till golden brown</li> <li>8. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b>                      Recipe for bacon wrapped prawn , required ingredients i. e. prawn, bacon, pepper, lemon juice, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b>                      Prepare Bacon Wrapped Prawn</p> <p><b><u>Standard (How well):</u></b>                      It should be golden brown, crisp, crunchy and hot serve                      Serve with tomato ketchup or tartar sauce</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients, garnishing, wrapping, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 12 Prepare Vegetable Tempura**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare pumpkin, carrot, egg plant, beans, cauliflower for tempura</li> <li>2. Make a batter of tempura flour, white part of eggs, icedwater, salt, pepper</li> <li>3. Heat oil , moderately hot</li> <li>4. Dredge the vegetable in dry flour first</li> <li>5. Dip in batter</li> <li>6. Fry till golden brown</li> <li>7. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for vegetable tempura, required ingredients i. e. vegetable, egg, icedwater, seasoning, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Vegetable Tempura</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve Serve with tomato ketchup or soy sauce</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients, garnishing, making batter, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene



## Task Analysis

**Task No. 13 Prepare Fried Onion Rings**

**Time: ½ hour**  
**Theory: 15 min**  
**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Peel, clean and cut onion in to round slice</li> <li>2. Make a batter of tempura flour, white part of eggs, icedwater, salt, pepper</li> <li>3. Heat oil , moderately hot</li> <li>4. Dredge the onion rings in dry flour first</li> <li>5. Dip in batter</li> <li>6. Fry till golden brown</li> <li>7. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fried onion ring, required ingredients i. e. onion, egg, icedwater, tempura flour, seasoning, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fried Onion Rings</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve Serve with tomato ketchup</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients, garnishing, making batter, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## Task Analysis

**Task No. 14 Prepare Deep Fried Mushroom**

**Time: ½ hour**  
**Theory: 15 min**  
**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Clean button mushrooms</li> <li>2. Make a batter of tempura flour, white part of eggs, icedwater, salt, pepper</li> <li>3. Heat oil , moderately hot</li> <li>4. Dredge the mushrooms in dry flour first</li> <li>5. Dip in batter</li> <li>6. Fry till golden brown</li> <li>7. Remove, put on napkin paper</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fried mushroom, required ingredients i. e. mushrooms, egg, tempura flour, icedwater, seasoning, oil, kitchen equipment, chef's uniform</p> <p><b><u>Task (What):</u></b> Prepare Fried Mushrooms</p> <p><b><u>Standard (How well):</u></b> It should be golden brown, crisp, crunchy and hot serve Serve with tomato ketchup</p>	<p>➤ Methods of cooking, seasoning, mixing ingredients, garnishing, making batter, reheating, storing</p>

**Required tools/equipment:** Knife, chopping board, Frying basket, deep fat fryer, tray, spider, turner, mixing bowls etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene

## **Module: 7: Breads**

### **Description:**

This module deals with the knowledge and skills related to the preparation of various types of breads served as continental food items. It consists of tasks related to the preparation of various types of continental bread items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### **Objectives:**

After the completion of this module the trainees will be able:

- Prepare classic club sandwich
- Prepare vegetable sandwich
- Prepare paneer sandwich
- Prepare toasted dark rye bread sandwich
- Prepare Spanish and Mushroom burger
- Prepare hot dog
- Prepare veg. burger
- Prepare cheese burger

### **Tasks:**

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare classic club sandwich
2. Prepare vegetable sandwich
3. Prepare paneer sandwich
4. Prepare toasted dark rye bread sandwich
5. Prepare spanish and Mushroom burger
6. Prepare hot dog
7. Prepare veg. burger
8. Prepare cheese burger

# Task structures

## Task Analysis

**Task No. 1 Prepare Club Sandwich**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Toast the 3 slices of white bread until crisp</li> <li>2. Spread each slice of bread lightly with mayonnaise</li> <li>3. Place a layer of lettuce on top, followed by a layer boiled chicken or turkey on one bread slice, a layer of tomato and the grilled bacon on another bread slice</li> <li>4. Finish with the final bread slice</li> <li>5. Cut the crust</li> <li>6. Mayonnaise side down</li> <li>7. Cut into quarters, from corner to corner to make triangles.</li> <li>8. Pierce with tooth picks on each quarter</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for classic club sandwich, ingredients i. e. bread, mayonnaise, lettuce, chicken, bacon, tomato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Classic Club Sandwich</p> <p><b><u>Standard (How well):</u></b> It should not be soggy, evenly quartered, serve with French fries and Cole slaw, garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 2 Prepare Vegetable Sandwich**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the 3 slices of white bread</li> <li>2. Spread each slice of bread lightly with mayonnaise</li> <li>3. Place a layer of lettuce on top, followed by a layer tomato on one bread slice, a layer of cucumber and onion on another bread slice</li> <li>4. Finish with the final bread slice</li> <li>5. Mayonnaise side down</li> <li>6. Cut the crust</li> <li>7. Cut into half, from corner to corner to make triangles.</li> <li>8. Pierce with tooth picks on each half</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for vegetable sandwich, ingredients i. e. bread, mayonnaise, lettuce, cucumber, onion, tomato, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> <b>Prepare</b> Vegetable Sandwich</p> <p><b><u>Standard (How well):</u></b> It should not be soggy, evenly half, serve with French fries and Cole slaw, garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 3 Prepare Paneer Sandwich**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Toast the 2 slices of white bread until crisp</li> <li>2. Spread each slice of bread lightly with mayonnaise</li> <li>3. Place a layer of lettuce on top, followed by a layer of grilled slice of paneer</li> <li>4. Finish with the final bread slice</li> <li>5. Cut the crust</li> <li>6. Mayonnaise side down</li> <li>7. Cut into half, from corner to corner to make triangles.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for paneer sandwich, ingredients i. e. bread, paneer, mayonnaise, lettuce, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Paneer Sandwich</p> <p><b><u>Standard (How well):</u></b> It should not be soggy, evenly quartered, serve with French fries and Cole slaw , garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 4 Prepare Rye Bread Sandwich**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Toast the 3 slices of rye bread until crisp</li> <li>2. Spread each slice of bread lightly with mayonnaise</li> <li>3. Place a layer of lettuce on top, followed by a layer of thin sliced corned beef or minced ham and in another layer sliced of Swiss cheese and sauerkraut</li> <li>4. Finish with the final bread slice</li> <li>5. Cut the crust</li> <li>6. Mayonnaise side down</li> <li>7. Cut into half, from corner to corner to make triangles.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for rye bread sandwich, ingredients i. e. bread, rye bread, mayonnaise, lettuce, minced ham or corned beef, Swiss cheese, sauerkraut, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Paneer Sandwich</p> <p><b><u>Standard (How well):</u></b> It should not be soggy, evenly quartered, serve with French fries and thousand island dressing , garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 5 Prepare White Stock (Chicken, lamb, veal)**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Chop up the bone and remove fat and marrow</li> <li>2. Prepare mire poix from onion, carrot, celery, prepare bouquet garni</li> <li>3. Blanch the bones in boiling water</li> <li>4. Discard all water</li> <li>5. Collect the bones in a stock pot, fill cold water, place on heat and bring to the boil</li> <li>6. Add the mire poix and bouquet garni</li> <li>7. Skim and simmer for 4 to 6 hours (4 hour for chicken and 6 hour for lamb and veal)</li> <li>8. Strain</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for white stock, ingredients i. e. chicken, lamb, veal, bones, onion, carrot, celery, bay leaf, pepper corn, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare White Stock</p> <p><b><u>Standard (How well):</u></b>            It should be clear, flavorful and blond color</p>	<p>➤ Methods of cooking, vegetable cutting, butchery, stock storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, stock pot, ladle, spatula, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 6 Prepare Hot Dog**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Halves the hot dog roll and toast</li> <li>2. Spread each slice of roll with butter or mayonnaise</li> <li>3. Grill the sausage and halves</li> <li>4. Place a layer of lettuce on top, followed by a layer of slice of onion, tomato and sausage</li> <li>5. Coat with American mustard paste and ketchup</li> <li>6. Finish with the final slice of roll</li> <li>7. Pierce with tooth picks</li> </ol>	<p><b><u>Condition (Given):</u></b>            Recipe for hot dog, ingredients i. e. hot dog roll, sausage, mustard paste, mayonnaise, butter, lettuce, tomato, onion, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Hot dog</p> <p><b><u>Standard (How well):</u></b>            It should be served with French fries and Cole slaw garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 7 Prepare Vegetable Burger**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse, peel and boil the carrot, potato, beans separately</li> <li>2. Chop onion, coriander and little green chilly, carrot and beans</li> <li>3. Mash the potato</li> <li>4. Soak the few slices of bread in water, squeeze, and add to the mixture</li> <li>5. Add seasoning with some dry herb like thyme</li> <li>6. Give flat burger shape and grill on griddle or frying pan with little fat</li> <li>7. Halves the burger roll and toast</li> <li>8. Spread each slice of roll with butter or mayonnaise</li> <li>9. Place a layer of lettuce on top, followed by a layer of slice of onion, tomato and burger</li> <li>10. Coat with American mustard paste and ketchup</li> <li>11. Finish with the final slice of roll</li> <li>12. Pierce with tooth picks</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for vegetable burger, ingredients i. e. burger roll, mixed vegetable, mayonnaise, butter, lettuce, tomato, onion, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Vegetable Burger</p> <p><b><u>Standard (How well):</u></b> It should serve with French fries and Cole slaw garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 8 Prepare Cheese Burger**

**Time: 30 minute**

**Theory: 15 min**

**Practical: 15 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Rinse, peel and boil the carrot, potato, beans separately</li> <li>2. Chop onion, coriander and little green chilly, carrot and beans</li> <li>3. Mash the potato</li> <li>4. Soak the few slices of bread in water, squeeze, and add to the mixture</li> <li>5. Add seasoning with some dry herb like thyme</li> <li>6. Give flat burger shape and grill on griddle or frying pan with little fat, top with sliced of cheese, gratin ate under salamander</li> <li>7. Halves the burger roll and toast</li> <li>8. Spread each slice of roll with butter or mayonnaise</li> <li>9. Place a layer of lettuce on top, followed by a layer of slice of onion, tomato and burger</li> <li>10. Coat with American mustard paste and ketchup</li> <li>11. Finish with the final slice of roll</li> <li>12. Pierce with tooth picks</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for cheese burger, ingredients i. e. burger roll, mixed vegetable, mayonnaise, butter, lettuce, tomato, onion, cheese, seasoning, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Cheese Burger</p> <p><b><u>Standard (How well):</u></b> It should serve with French fries and Cole slaw garnished properly</p>	<p>➤ Methods of cooking, vegetable cutting, sandwich French fries, Cole slaw, mayonnaise storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## **Module: 8: Desserts**

### **Description:**

This module deals with the knowledge and skills related to the preparation of various types of desserts served as continental food items. It consists of tasks related to the preparation of various types of continental dessert items. Each task structure consists of performance steps, terminal performance objective, and minimum technical knowledge necessary to know related to the task.

### **Objectives:**

After the completion of this module the trainees will be able:

- Prepare cream caramel
- Prepare chocolate mousse
- Prepare vanilla ice cream
- Prepare cold lemon soufflé
- Prepare fresh fruit salad
- Prepare apple pie
- Prepare rice pudding
- Prepare carrot pudding
- Prepare cookies
- Prepare rolls
- Prepare fruit pies

### **Tasks:**

To meet the objectives the trainees are expected to get proficiency on the following tasks:

1. Prepare cream caramel
2. Prepare chocolate mousse
3. Prepare vanilla ice cream
4. Prepare cold lemon soufflé
5. Prepare fresh fruit salad
6. Prepare apple pie
7. Prepare rice pudding
8. Prepare carrot pudding
9. Prepare cookies
10. Prepare rolls
11. Prepare fruit pies

# Task structures

## Task Analysis

**Task No. 1 Prepare Cream Caramel**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Grease the caramel moulds with butter</li> <li>2. Brown the sugar with water and make caramel and fill in moulds and keep for set</li> <li>3. Boil the milk with sugar and remove from the heat and slightly cool</li> <li>4. Whisk whole parts of eggs</li> <li>5. Pour over the milk and whisk properly</li> <li>6. Add few drops of vanilla essence and mix</li> <li>7. Strain and pour into the separate moulds</li> <li>8. Place on roasting tray half full of water</li> <li>9. Bake at 180 – 200 C, for 40– 50 min.</li> <li>10. When thoroughly cold, loosen the edges of the cream caramel with the fingers, shake firmly to loosen and turn out on to a flat dish or plates</li> <li>11. Pour any caramel remaining in the mould around the creams</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for cream caramel, ingredients, i. e. eggs, milk, sugar, vanilla, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Cream Caramel</p> <p><b><u>Standard (How well):</u></b> It should be golden brown color of caramel, well mixed up of mixture, no whole is appear in custard, serve cold either with whipped cream or plain</p>	<p>➤ Methods of cooking, mixing ingredients, storing</p>

**Required tools/equipment:** mixing bowls, whisk, ladle, tray, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 119 Prepare Fresh Fruits Salad**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the sugar with water to make syrup</li> <li>2. Allow to cool, add the lemon juice and rum</li> <li>3. Peel and cut the orange into segments</li> <li>4. Quarter the apple and pear, remove the core. Peel and cut each quarter into slices mix with the orange</li> <li>5. Stone the cherries leave whole</li> <li>6. Cut the grapes in half, remove the pips</li> <li>7. Mix all ingredients with syrup, chill in refrigerator</li> <li>8. Just before serving, peel and slice the banana and arrange on the top individual cocktail glass, topped with whipped cream and garnished with cherry</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for fresh fruits salad, ingredients, i. e. Mixed fruits, lemon, rum, sugar, water, cream, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Fresh Fruits Salad</p> <p><b><u>Standard (How well):</u></b> It should be mixed colorful varieties, serve chilled, either with whipped cream or plain</p>	<p>➤ Methods of cooking, mixing ingredients, cutting storing</p>

**Required tools/equipment:** Knife, chopping board, mixing bowls, whisk, spoon, corer, strainer etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## Task Analysis

**Task No. 120 Prepare Chocolate Mousse**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Melt the dark chocolate with butter over the double boiler</li> <li>2. Dilute the gelatine with water over the double boiler</li> <li>3. Separate egg white, beat and make meringue</li> <li>4. Whip the fresh cream</li> <li>5. Boil the milk</li> <li>6. Whisk egg yolk and castor sugar over the double boiler till creamy texture</li> <li>7. Add white part of egg, whisk continuously over double boiler</li> <li>8. Add gelatine mixture, whisk properly over the double boiler</li> <li>9. Add chocolate mixture, whisk properly over the double boiler</li> <li>10. Add milk and mix properly</li> <li>11. Remove from the heat, slightly cool and mix well with whipped cream, pour in glass and topped with whipped cream, sprinkle with chocolate grains</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for chocolate mousse, ingredients, i. e. eggs, butter, dark block chocolate, milk, cream, gelatine, sugar, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Chocolate Mousse</p> <p><b><u>Standard (How well):</u></b> It should be spongy, fluffy texture, serve cold either with whipped cream or plain</p>	<p>➤ Methods of cooking, mixing ingredients, storing</p>

**Required tools/equipment:** mixing bowls, whisk, ladle, pot, bainmarie etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 121 Prepare Vanilla Icecream**

**Time: 2 hour**

**Theory: 1 hour**

**Practical: 1 hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Whisk the egg yolks and sugar in a bowl until almost white</li> <li>2. Boil the milk with the vanilla pod or essence in a thickbottomed pan</li> <li>3. Whisk on to the eggs and sugar mixture</li> <li>4. Return to the cleaned saucepan, place on a low heat</li> <li>5. Stir continuously with a wooden spoon until the mixture coats the back of the spoon</li> <li>6. Pass through a fine strainer into a bowl</li> <li>7. Freeze in an Icecream machine, gradually adding the cream</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for vanilla icecream, ingredients, i. e. eggs, sugar, cream, milk, vanilla, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Vanilla Icecream</p> <p><b><u>Standard (How well):</u></b> It should being neither too hard not too soft , should mould easily and smoothly at the time of service and be the texture of firm butter</p>	<p>➤ Methods of cooking, mixing ingredients, freezing, Storing</p>

**Required tools/equipment:** mixing bowls, whisk, sauce pan, wooden spatula, icecream machine etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 122 Prepare Cold Lemon Soufflé**

**Time: 1 hour**

**Theory: ½ hour**

**Practical: ½ hour**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the soufflé moulds</li> <li>2. Soak the gelatine in cold water</li> <li>3. Lightly grate the lemon zest</li> <li>4. Squeeze the juice of lemons into the bowl</li> <li>5. Add the lemon zest, egg yolks, sugar and whisk over double boiler until the mixture thickens and turns a very light color</li> <li>6. Dissolve the gelatine in a few drops of water over heat, mix in, remove from the heat, add lemon juice and mix well</li> <li>7. Lightly whisk cream until threequarters stiff</li> <li>8. Beat the egg whites stiffly</li> <li>9. Stir the basic mixture frequently until almost setting point</li> <li>10. Gently fold in the cream, gently fold in the egg whites</li> <li>11. Pour into the prepared soufflé moulds, place in refrigerator to set</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for cold lemon soufflé, ingredients, i. e. eggs, sugar, cream, gelatine, lemon, pistachio, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Cold Lemon Soufflé</p> <p><b><u>Standard (How well):</u></b> It should decorate with chopped pistachio nuts or may be top with vanilla flavor whipped cream</p>	<p>➤ Methods of cooking, mixing ingredients, refrigerating, Storing</p>

**Required tools/equipment:** mixing bowls, whisk, sauce pan, wooden spatula, refrigerator, moulds etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 123 Prepare Apple Pie**

**Time: 1 hour**  
**Theory: 30 min**  
**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Prepare the short crust pastry from soft flour, butter or margarine and, vegetable fat and water, keep it in the refrigerator</li> <li>2. Roll out the paste ¼ inch thick to the shape of the pie dish</li> <li>3. Damp the rim of the pie dish and edge the rim with a strip of the paste</li> <li>4. Carefully lay the paste on the pie dish without stretching it and firmly seal the rim of the pie, cut off any surplus paste</li> <li>5. Fill with dry beans</li> <li>6. Place the pie paste on a baking tray and bake in a hot oven at 220 C for 10 min.</li> <li>7. Remove the pie from the oven and demould the beans</li> <li>8. Peel, quartered, cored, washed, cut into slices the apples, sprinkle lemon juice, castor sugar, cinnamon powder, raisins, dices if white bread and little water</li> <li>9. Mix well, fill in the paste mould, cover with same paste which has to be rolled in same thickness and same size of mould, cut off any surplus paste, decorate the paste with pinch of two fingers</li> <li>10. Cross with knife, eggs wash and bake in the oven at the same temperature for 20 min.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for apple pie, ingredients, i. e. apple, raisins, cinnamon, bread, eggs, milk, sugar, flour, butter, vegetable fat, water, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Apple Pie</p> <p><b><u>Standard (How well):</u></b> It should be golden brown color, soggy texture insides the pie, sprinkle icing sugar before serving</p>	<p>➤ Methods of cooking, mixing ingredients, paste Storing</p>

Required tools/equipment: mixing bowls, whisk, tray, strainer, sieve, rolling pin, oven, pie mould etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

Note: Preparation of fruits pies

Cherries: Remove the stalks, wash

Blackberries: Remove the stalks, wash

Gooseberries: Remove the stalks and tails, wash

Damsons: Pick and wash

## Task Analysis

**Task No. 124 Prepare Rice Pudding**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Boil the milk in a thickbottomed pan</li> <li>2. Add washed rice, stir to the boil</li> <li>3. Simmer gentle, stirring frequently until the rice is cooked</li> <li>4. Mix in sugar, flavoring (vanilla) and butter(at this stage an egg yolk may be also added)</li> <li>5. Chop up mixed fruits cocktail and mix well in the mixture</li> <li>6. Pour into moulds, place on a baking tray and brown lightly under the salamander</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for rice pudding, ingredients, i. e milk, sugar, butter, egg yolk, vanilla fruits cocktail, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Rice Pudding</p> <p><b><u>Standard (How well):</u></b> It should light brown color on top and serve hot or cold</p>	<p>➤ Methods of cooking, mixing ingredients, pudding, Storing</p>

**Required tools/equipment:** mixing bowls, whisk, tray, strainer, sauce pan, spatula, moulds etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 125 Prepare Carrot Pudding**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Combine carrots, potatoes, sugar, raisins, flour, baking soda, ground cinnamon, all spice, and ground cloves in a large mixing bowl</li> <li>2. Transfer mixture to a clean 1 pound cake mould. Secure with aluminum paper over the top and place the filled mould in a large steamer</li> <li>3. Cover the pot and bring the water to a simmer. Steam the cake for 2 hours. Serve warm.</li> <li>4. Buttery sauce: In a mediumsize pot, combine butter or margarine, cream, sugar, and vanilla. Heat until the mixture is liquid. Spoon mixture over the warm carrot pudding to serve.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for carrot pudding, ingredients, i. e grated carrots, grated potatoes, sugar, raisins, flour, baking soda, cinnamon powder, all spice, clove powder, butter, cream, vanilla, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Carrot Pudding</p> <p><b><u>Standard (How well):</u></b> It should serve warm</p>	<p>➤ Methods of cooking, mixing ingredients, pudding, Storing</p>

**Required tools/equipment:** mixing bowls, spoon, tray, strainer, steamer, moulds etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 126 Prepare Cookies**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
1. Grind the sugar 2. Mix sugar, butter, flour and baking soda 3. Add whole egg and knead to a paste 4. Role out and cut different shape of cookies by different cutters 5. Bake at 180 C for 20 min. Note: make varieties of cookies by garnished with nuts and dry fruits such as almond cookies, sugar cookies, cherry cookies, coconut cookies etc. or make varieties from chocolate cookies paste	<p><b><u>Condition (Given):</u></b>            Recipe for cookies, ingredients, i. sugar, butter, egg, soda, flour, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b>            Prepare Cookies</p> <p><b><u>Standard (How well):</u></b>            It should crispy, crunchy texture</p>	<p>➤ Methods of cooking, mixing ingredients, cookies, Storing</p>

**Required tools/equipment:** mixing bowls, tray, rolling pin, cutters, oven etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.

## Task Analysis

**Task No. 127 Prepare Bread Rolls**

**Time: 1 hour**

**Theory: 30 min**

**Practical: 30 min**

Performance Steps	Terminal Performance Objective	Related Technical Knowledge
<ol style="list-style-type: none"> <li>1. Cream the yeast in a bowl with little warm water, sprinkle some sugar and flour, cover with a cloth, leave in a warm place until the yeast ferments</li> <li>2. Sieve the flour, make a well on top and mix butter, eggs, sugar, yeast mixture, salt, milk powder and mix well</li> <li>3. Add remainder water, knead to a soft dough</li> <li>4. Place in a bowl, cover with damp cloth and leave in a warm place until double its size</li> <li>5. Knock back</li> <li>6. Divide into even pieces, mould into desired shape</li> <li>7. Place on a floured baking tray, cover with cloth</li> <li>8. Leave in a warm place to prove (double in size)</li> <li>9. Brush carefully with egg wash</li> <li>10. Bake in a hot oven at 220 C for 15 min.</li> </ol>	<p><b><u>Condition (Given):</u></b> Recipe for bread rolls, ingredients, i. e milk, sugar, butter, water, egg, flour, yeast, salt, kitchen equipment, chef's uniform</p> <p><b><u>Task (What)</u></b> Prepare Bread Rolls</p> <p><b><u>Standard (How well):</u></b> It should golden brown color, crispy texture and serve hot with soups</p>	<p>➤ Methods of cooking, mixing ingredients, dough storing</p>

**Required tools/equipment:** mixing bowls, baking tray, muslin cloth, oven, brush etc.

**Safety:** Aware of kitchen safety rules like cut, burn, fall, handling electronic and gas equipment; personal, kitchen and food hygiene.



## **Facilities:**

### **Building with sufficient facilities**

- Administrative rooms
- Equipped adequate class rooms
- Workshop
- Library
- Store
- Telephone
- Computer
- OHP
- Teaching Learning materials

### **Optional**

- Vehicle
- Canteen
- Hostel

## **Reading Materials**

- Instructor selected textbooks/ reference books / manuals/ journals and articles available in the marker
- Instructor prepared books, handouts, notes and manuals

## Tools/Equipment

1. Baimmary pot
2. Basket
3. Bata
4. Broom
5. Butcher Knife
6. Chapper
7. Chef Knife
8. chimta
9. Chinese cap
10. Chokla – roller
11. Chop stick.
12. Chopping Board
13. Cold dish
14. Cooker
15. Cooking pot
16. Cylinder
17. Dust bean
18. Flower knife.
19. Freeze
20. Fry pen.
21. Fry pin coil pot
22. Glass
23. Hot case
24. Kadai
25. Kitchen duster
26. Kitchen rack
27. Ladder
28. Micro oven
29. Mixer grinder
30. Mope
31. Oven Range
32. Pillar
33. Pilo ( Takia)
34. plate
35. Platter
36. Potato crusher
37. Service spoon.
38. Serving plate
39. Soup bowl
40. Soup container.
41. Souse boat
42. Spices bowl
43. Stove
44. Tan door(clay oven)
45. Vegetable knife.
46. Washing Basin.
47. Weight balance
48. Working table.