



Republic of Rwanda
Ministry of Education



RTB | RWANDA
TVET BOARD

FBOCK501

Advanced cold kitchen products

Competence

Prepare cold kitchen advanced products



RQF Level 5

Learning Hours

70

Credits: 7

Sector: HOSPITALITY AND TOURISM

Trade: FOOD AND BEVERAGE OPERATION

Module Type: Specific

Curriculum: HOTFBO502 –TVET Certificate V in Food and Beverage Operations

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Purpose statement	This module equips the learner with knowledge, skills and attitude required to prepare cold kitchen advanced products. The learner will be able to perform cold kitchen preliminaries activities, prepare advanced salads, cold cuts, advanced fruits products and advanced Canapés with minimum supervision.					
Learning assumed to be in place	Perform food and Beverage quality control					
Delivery modality	Training delivery	100%	Assessment		Total 100%	
	Theoretical content	30%	Formative assessment	30%	50%	
	Practical work:	70%		70%		
	• Group work and presentation					30%
	• Individual work					40%
		Summative Assessment		50%		

Elements of Competency and Performance Criteria

Elements of competence	Performance criteria
1. Perform cold kitchen preliminaries activities	1.1 Personal grooming is well maintained according to the professional standards of kitchen
	1.2 Kitchen is properly cleaned in accordance of hygiene and safety HACCP
	1.3 Tools , materials and equipment are effectively selected based on cold kitchen products
2. Prepare international salads	2.1 Ingredients are properly identified according to the types of international salads
	2.2 salad ingredients are well prepared following international salad preparation operations
	2.3 Salad ingredients are well plated according to the type of international salad and presentation techniques
3. Prepare cold cuts	3.1 Cold cut products are properly selected according to the types of advanced cold-cuts and selection criteria
	3.2 Cold cut ingredients are well prepared as per cold cuts product preparation procedures
	3.3 Cold cuts products are well portioned according to the portioning stand-

	ard and cutting techniques
	3.4 Cold cuts product are well presented according to the cold cuts presentation design
4. Prepare advanced fruits products	4.1 Ingredients are properly identified according to the types of advanced fruits product
	4.2 Fruits are properly washed according to the types of fruits and washing procedures
	4.3 Fruits are well cut according to the fruit cutting techniques and styles
	4.4 Fruit products are well produced according to the type of product and preparation process
5. Prepare international Canapés	5.1 International canapés Ingredients are efficiently selected according to the type of canapé
	5.2 International canapés Ingredients are properly portioned according to the types of Canapés and portioning techniques
	5.3 International canapés Ingredients are well produced according to the type of product and preparation process
	5.4 Canapés are well presented in accordance of presentation design

Course content

Knowledge, Skills, Attitudes

Knowledge	Skills	Attitudes
<ul style="list-style-type: none"> ✓ Explain food safety and sanitation ✓ Ingredient Knowledge ✓ Food preparation techniques ✓ Plating and Presentation ✓ Food preservation techniques ✓ Kitchen management ✓ Menu understanding ✓ Portioning techniques ✓ Culinary creativity ✓ Equipment Proficiency ✓ Sauce and dressing production ✓ Seasonality awareness ✓ Trend awareness ✓ Communication and Coordination ✓ Inventory Management ✓ Creativity and Innovation ✓ Adaptability ✓ Storage and Handling techniques ✓ Slicing Techniques ✓ Pairing understanding ✓ Communication Skills 	<ul style="list-style-type: none"> ✓ Apply computer skills ✓ Demonstrate knife skills ✓ Apply Culinary Skills ✓ Customer satisfaction skills ✓ Garnishing Techniques skills ✓ Apply appetizer creation skills ✓ Equipment usage skills ✓ Sandwich craftsmanship ✓ Slicing skills ✓ Food Safety Principle specific ✓ Communication Skills ✓ Collaborative skills ✓ Task management skills ✓ Adaptability ✓ Food preservation skills ✓ Salad preparation ✓ Charcuterie ✓ Cheese selection and presentation ✓ Appetizer creation ✓ Sandwich making ✓ Sauce and dressing preparation ✓ Garnish and presentation 	<ul style="list-style-type: none"> ✓ Be honest in production of cold kitchen advanced products ✓ Accountability ✓ Self-motivated ✓ Gender sensitive ✓ Customer care oriented ✓ Time management ✓ Humble ✓ Creative ✓ Patient ✓ Responsible ✓ Innovative ✓ Flexible ✓ integrity ✓ Goal oriented ✓ Self-confident ✓ Good common sense ✓ Task-oriented ✓ Able to work independently ✓ Integrity ✓ Strong moral character ✓ Personal hygiene ✓ Time management ✓ Open-minded ✓ Organized ✓ Positive work ethics ✓ Problem solver ✓ Goals oriented

Learning outcomes

At the end of the module the learner will be able to:

1. Perform cold kitchen preliminaries activities
2. Prepare Advanced salads
3. Prepare cold cuts

	4. Prepare advanced fruits products 5. Prepare Canapé Products
Learning outcome 1: Perform cold kitchen preliminaries activities	Learning hours: 10
Indicative content	
<ul style="list-style-type: none"> • Introduction to cold kitchen <ul style="list-style-type: none"> ✓ Definition of key terms ✓ Cold kitchen stations • Maintenance of personal grooming <ul style="list-style-type: none"> ✓ Professional standards of cold kitchen ✓ Cold kitchen staff body hygiene ✓ Cold Kitchen staff uniform • Cleaning of cold kitchen <ul style="list-style-type: none"> ✓ Cold kitchen hygiene and safety HACCP ✓ Tools and equipment for cold kitchen cleaning ✓ Cleaning agents for cold kitchen ✓ Cold kitchen cleaning procedures • Selection of Cold Kitchen tools, materials and equipment <ul style="list-style-type: none"> ✓ Cold kitchen tools, equipment and materials Selection criteria ✓ Tools for cold kitchen ✓ Equipment for cold kitchen ✓ Materials for cold kitchen products 	
Resources required for the learning outcome	
Equipment	Tables , Fridge, slicing machines , cold food display cabinet, hors d'oeuvre trolley, toasters.
Materials	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Poultry products, Fish and fish products, Seafood and seafood products, Dairy-based products, preserve, condiments, Eggs,

Tools	Conical strainer, Sieve, Stock pot, Frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Internet, Projector, Computer, Note books, Boards Knives, Cutting board, Mixing bowls
Facilitation techniques	<ul style="list-style-type: none"> ▪ Demonstration and simulation, Individual and group work, Practical exercise, Individualized, Trainer guided, practical exercise ▪ Trainer guided ▪ group discussion
Formative assessment methods /(CAT)	<ul style="list-style-type: none"> ▪ Written assessment ▪ Oral presentation ▪ Product based ▪ Performance assessment

Learning outcome 2: Prepare international salads	Learning hours: 10
Indicative content	
<ul style="list-style-type: none"> • Identification of international salads Ingredients <ul style="list-style-type: none"> ✓ Asian Salad <ul style="list-style-type: none">  Tabbouli salad  Kibbeh Salad  Fattoush Salad  Asian chopped Salad ✓ Italian Salad <ul style="list-style-type: none">  Caprese Salad  Cecilia Salad  Tuna and Onion Salad  Italian pasta Salad  Panzanella Salad  Classic Chicken Caesar Salad 	

- **Preparation of international salad ingredients**

- ✓ Washing of International salad ingredients

- ✓ Cutting

- ✓ Peeling

- ✓ Cooking of ingredients for:

- ✚ Asian Salad(Tabbouli salad, Kibbeh Salad, Fattoush Salad, Asian chopped Salad)

- ✚ Italian Salad(Caprese Salad, Cecilia Salad, Tuna and Onion Salad, Italian pasta Salad, Panzanella Salad and Classic Chicken Caesar Salad)

- **Plating of salad components**

- ✓ International salad presentation techniques

- ✚ Portioning

- ✚ Dressings

- ✚ Garnishing

Resources required for the learning outcome

Equipment	Fridge, Working table, Slicing machine , Cold food display cabinet, Blender machine
Materials	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Poultry products, Fish and fish products, Seafood and seafood products, Dairy-based products, Farinaceous, Preserve, Condiments, Eggs,
Tools	Conical strainer, Sieve, Stock pot, frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Internet, Projector, Computer, note books, Boards Knives, cutting board, Mixing bowls, Ice scooper, Scissor, Mellon baller, Carving knife, Hammer, Apple core, Parisian scoop, Office knives, Tongs, Ladles
Facilitation techniques	<ul style="list-style-type: none"> ▪ Brainstorming ▪ Demonstration ▪ Practical exercise ▪ Trainer guided ▪ group discussion
Formative assessment methods /(CAT)	<ul style="list-style-type: none"> ▪ Written assessment ▪ Oral presentation ▪ Performance assessment

Indicative content

- **Selection of Cold cut products**
 - ✓ Cold cut products selection criteria
 - ✓ Types of cold cut products
 - + White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
 - + Red meat cold cuts (Beef ham, Roast beef, Smoked beef)
- **Preparation of Cold cut Ingredients**
 - ✓ Cold cut ingredients preparation techniques.
 - + Smoking
 - + Cutting
 - + Mincing
 - + Tenderizing
 - + Carving
 - + Slicing
 - + Moulding
 - + Roasting
 - + Cooling
 - + Mixing
 - ✓ Preparation techniques for:
 - + White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
 - + Red meat cold cuts (Beef ham, Roast beef, Smoked beef)
- **Portioning of Cold cuts products**
 - ✓ Cold cuts portioning standard for:
 - + White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
 - + Red meat cold cuts (Beef ham, Roast beef, Smoked beef)
 - ✓ Cold cuts Cutting techniques for:
 - + White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
 - + Red meat cold cuts (Beef ham, Roast beef, Smoked beef)
- **Presentation of Cold cuts products**
 - ✓ Cold cuts presentation design for:

- ✚ White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
- ✚ Red meat cold cuts (Beef ham, Roast beef, Smoked beef)
- ✓ Cold cuts plating for:
 - ✚ White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
 - ✚ Red meat cold cuts (Beef ham, Roast beef, Smoked beef)
- ✓ Cold cuts Garnishing for:
 - ✚ White meat cold cuts (Chicken ham, Pork salami, Roast pork, Smoked salmon , Roast chicken)
 - ✚ Red meat cold cuts (Beef ham, Roast beef, Smoked beef)

Resources required for the learning outcome

Equipment	Fridge, Working table, Slicing machine , Cold food display cabinet, Blender machine
Materials	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Con- diments, Eggs, Dairy products.
Tools	Conical strainer, Sieve, Stock pot, Frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Internet, Projector, Computer, Note books, Boards Knives, Cutting board, Mixing bowls
Facilitation techniques	<ul style="list-style-type: none"> ▪ Brainstorming ▪ Demonstration ▪ Practical exercise ▪ Trainer guided ▪ Group discussion
Formative as- sessment meth- ods /(CAT)	<ul style="list-style-type: none"> ▪ Written assessment ▪ Oral presentation ▪ Performance assessment

Indicative content

- **Identification of fruit products Ingredients**

- ✓ The types of fruits

- ✚ Soft
- ✚ Hard
- ✚ Stone
- ✚ Tropical
- ✚ Exotic
- ✚ Melons
- ✚ Citrus fruits

- ✓ Quality signs of fruits

- ✚ Crispy
- ✚ Not wilted
- ✚ Maturity
- ✚ Firmness
- ✚ The uniformity of size and
- ✚ Shape
- ✚ The absence of defects
- ✚ Skin and flesh color

- **Fruits washing**

- ✓ Washing products

- ✚ Vinegar-based fruits wash
- ✚ Baking soda based fruits wash
- ✚ Lemon juice based fruits wash

- ✓ Washing procedures for:

- ✚ Soft fruits
- ✚ Hard fruits
- ✚ Stone fruits

✚ Tropical fruits

✚ Exotic fruits

✚ Melons fruits

- **Fruits Cutting**

- ✓ Fruit cutting techniques

- **Fruit products preparation**

- ✓ Types of fruits products

- ✚ Fruits salads

- ✚ Fruit puree(Smoothies)

- ✚ Juices

- ✚ Fruit farandole

- ✚ Sorbet

- ✚ Apple crumble

- ✚ Jams

- ✚ Sauces

- ✚ Fruit parfaits

- ✚ Fruit salsa

- ✚ Fruit chutney

- ✓ Fruits product preparation methods :

- ✚ Cooking

- ✚ Blending

- ✚ Freezing

- ✚ Cutting

- ✚ Pureeing

- ✚ Drying

Resources required for the learning outcome

Equipment	Fridge, Working table, Slicing machine , Cold food display cabinet, Blender machine
Materials	Sugar, Vegetable, fruits, milk, milk products, chocolate, syrups.
Tools	Conical strainer, Sieve, Stock pot, Frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Internet, Projector, Computer, Note books, Boards Knives, Cutting board,

	Mixing bowls , Spinner (for washing)
Facilitation techniques	<ul style="list-style-type: none"> ▪ Brainstorming ▪ Demonstration ▪ Practical exercise ▪ Trainer guided ▪ group discussion
Formative assessment methods /(CAT)	<ul style="list-style-type: none"> ▪ Written assessment ▪ Oral presentation ▪ Performance assessment

Learning outcome 5. Prepare International Canapés	Learning hours: 20
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Indicative content

- **Selection of international canapés Ingredients**
 - ✓ Categories of international canapés
 - ✚ Cold canapés(Bruschetta, Crostini, Sea food, Ham and Cheese, Vegan, Avocado toast, meat)
 - ✚ Hot canapés(Meat, Vegetarian, baked product, sea food,)
 - ✚ Sweet canapés(Cakes, Fruits, Tartlets, Mousse, Pâté de foie)
 - ✓ International canapés Ingredients:
- **Portioning of International Canapés Ingredients**
 - ✓ Portioning techniques for international canapés
- **Preparation of international canapés ingredients**
 - ✓ Preparation techniques
 - ✚ Washing
 - ✚ Cutting
 - ✚ Mincing
 - ✚ Shredding

- ✚ Pickling
- ✚ Toasting
- ✚ Pan searing
- ✚ Caramelization

✓ Cooking methods for:

- ✚ Cold canapés(Bruschetta, Crostini, Sea food, Ham and Cheese, Vegan, Avocado toast, meat)
- ✚ Hot canapés(Meat, Vegetarian, baked product, sea food,)
- ✚ Sweet canapés(Cakes, Fruits, Tartlets, Mousse, Pâté de foie)

• **Presentation of international Canapés**

✓ Assembling of international Canapés ingredients.

✓ Plating of international Canapés

- ✚ Cold canapés(Bruschetta, Crostini, Sea food, Ham and Cheese, Vegan, Avocado toast, meat)
- ✚ Hot canapés(Meat, Vegetarian, baked product, sea food,)
- ✚ Sweet canapés(Cakes, Fruits, Tartlets, Mousse, Pâté de foie)

✓ International canapés garnishing for:

- ✚ Cold canapés(Bruschetta, Crostini, Sea food, Ham and Cheese, Vegan, Avocado toast, meat)
- ✚ Hot canapés(Meat, Vegetarian, baked product, sea food,)
- ✚ Sweet canapés(Cakes, Fruits, Tartlets, Mousse, Pâté de foie)

Resources required for the learning outcome

Equipment	Fridge, Working table, Slicing machine , Cold food display cabinet, Blender machine
Materials	Herbs and spice, Fats and oils, Salt, Vegetable, Fruits, Meat and meat products, Poultry products, Fish and fish products, Seafood and seafood products, Dairy-based products, Farinaceous, preserve, condiments.
Tools	. Conical strainer, Sieve, Stock pot, Frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Internet, Projector, Computer, Note books, Boards Knives, Cutting board, Mixing bowls

Facilitation techniques	<ul style="list-style-type: none"> ▪ Group discussion ▪ Trainer guided ▪ Practical exercise
Formative assessment methods / (CAT)	<ul style="list-style-type: none"> ▪ Written assessment ▪ Oral presentation ▪ Performance assessment ▪ Product-based assessment

Integrated/Summative assessment

Integrated situation

XPM is hotel located in Kicukiro district, Gikondo sector is going to host a group of 10 guests at lunch. The host ordered cold dishes including meat cuts, Salads and fruits. A hotel Garde manger staff are absent you are hired temporarily to prepare those cold dishes within 3 hours.

Task: Prepare 10 portions of cold Cuts Roast beef. Prepare an Italian pasta salad, Prepare a strawberry jam and Bruschetta. Prepare it in 3 hours

Resources

Tools	Cutting tools, pan and pots, service tools, Conical strainer, Sieve, Stock pot, frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Boards Knives, cutting board, Mixing bowls, Spinner (for washing)
Equipment	Oven, stoves, blenders, slicer machines, fridges, freezers, cooker, cold pass
Materials/ Consumables	Meat, fruits, seasoning, Pasta, Cheese, Vegetables and flavourings, oil, strawberry, sugar, bread

Assessable outcomes	Assessment criteria (Based on	Observa-	Mar
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	performance criteria)	Indicator	tion		ks allocation
			Yes	No	
1. Perform cold kitchen preliminaries activities /20	1.1 Personal grooming is well maintained according to the professional standards of kitchen	Nails are trimmed			1
		Hands are washed			1
		Work attire is cleaned			1
		Shave is maintained			1
	1.2. Kitchen is properly cleaned in accordance of hygiene and safety HACCP	kitchen hygiene and safety are maintained			2
		Cleaning tools and equipment are used			2
		Cleaning agents are used			2
		Cleaning procedures are applied			3
	1.3. Tools , materials and equipment are effectively selected based on cold kitchen products	Tools are selected			2
		Materials are selected			3
Equipment is selected				2	
2. Prepare Advanced salads /30	2.1 Ingredients are properly identified according to the types of international salads	Ingredients are identified			3
	2.2 International Ingredients are properly washed according to the types of ingredients and washing techniques	Ingredients are washed			3
		Washing techniques are applied			3
		Washing products are used			3
	2.3 Salad ingredients are well prepared following international salad pre-preparation operations	Pasta is boiled			3
		Vegetables are cut			3
		Vegetables are boiled			3
	2.4 Salad ingredients are well	Right plate is used			2

	plated according to the type of complex salad and presentation techniques	Portion size is suitable			2	
		Plating techniques are applied			3	
		Garnishing techniques are applied			2	
3 Prepare cold cuts /20	3.1 Cold cut products are properly selected according to the types of advanced cold-cuts and selection criteria	Cold cut are selected			2	
		Freshness is maintained			2	
		Colour is maintained			2	
		Texture is checked			2	
	3.2 Cold cuts products are well portioned according to the portioning standard and cutting techniques	Portioning techniques are applied			2	
		Portioning tools are used			2	
		Portioning size is maintained			2	
	3.3 Cold cuts product are well presented according to the cold cuts presentation design	Presentation tools are used			2	
		Presentation equipment are used			2	
		Presentation techniques are applied			2	
	4. Prepare advanced fruits products /20	4.1 Ingredients are properly identified according to the types of international fruit products	Ingredients are identified			3
		4.2 Fruits are properly washed according to the types of fruits and washing procedures	Washing tools are used			2
Washing products are used					2	
Washing procedures are applied					2	
Fruits are well cut according to the fruit cutting techniques and styles		Cutting techniques are applied			3	
		Cutting tools are used			2	

	4.4 Fruit products are well prepared according to the type of product and preparation process	Fruit are well prepared			3
		Preparation process are followed			3
5. Prepare Canapé Products /10	5.1. Canapés Ingredients are efficiently selected according to the type of canapé products	Ingredients are selected			1
	5.2 Canapés Ingredients are properly portioned according to the types of Canapés and portioning techniques	Ingredients are portioned			1
		Portion tools are used			1
		Portioning techniques are applied			1
	5. 3 Canapés Ingredients are well produced according to the type of product and preparation process	Types of product are respected			1
		Preparation process are applied			1
	5.4 Canapé products are well presented in accordance of presentation design	Tools are used			1
		Equipment are used			1
		Presentation design are applied			1
		Garnishing are presented			1
Total marks		100			
Percentage Weightage		100%			
Minimum Passing line % (Aggregate):		70%			

List of abbreviations

1. tbsp - tablespoon
 2. tsp - teaspoon
 3. g - gram
 4. kg - kilogram
 5. ml - milliliter
 6. L - liter
 7. °C - degrees Celsius
 8. min - minute
 9. h - hour
 10. oz - ounce
 11. lb - pound
 12. pt - pint
 13. qt - quart
 14. c - cup
 15. oz - ounce
 16. fl oz - fluid ounce
 17. pkg - package
 18. T - tablespoon
 19. t - teaspoon
 20. Tbsp - tablespoon
 21. tsp - teaspoon
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22. gal - gallon

23. mm - millimeter

24. cm - centimeter

25. in - inch



References

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