



RQF LEVEL 4



TRAINEE'S MANUAL



AUTHOR'S NOTE PAGE (COPYRIGHT)

The competent development body of this manual is Rwanda TVET Board © reproduced with

permission.

All rights reserved.

This work was produced initially with the Rwanda TVET Board, with the support from

the European Union (EU).

This work has copyright but permission is given to all the Administrative and Academic

Staff of the RTB and TVET Schools to make copies by photocopying or other duplicating

processes for use at their workplaces.

This permission does not extend to making copies for use outside the immediate

environment for which they are made, nor making copies for hire or resale to third

parties.

The views expressed in this version of the work do not necessarily represent the views

of RTB. The competent body does not give a warranty nor accept any liability.

RTB owns the copyright to the trainee and trainer's manuals. The training providers may

reproduce these training manuals in part or in full for training purposes only.

Acknowledgment of RTB copyright must be included in any reproductions. Any other use of

the manuals must be referred to the RTB.

© Rwanda TVET Board

Copies available from:

o HQs: Rwanda TVET Board-RTB

Web: www.rtb.gov.rw

KIGALI-RWANDA

Original published version: August 2024.

ACKNOWLEDGEMENTS

Rwanda TVET Board (RTB) would like to recognize all parties who contributed to the development of the trainer's and trainee's manuals for the TVET Certificate IV in Food and Beverage Operations trade for the module: **"FBOCF401 Canapés, Farinaceous and sandwiches."**

Thanks to the EU for financial support and Ubukerarugendo Imbere Project for technical support on the implementation of this project.

We also wish to acknowledge all trainers, technicians and practitioners for their contribution to this project.

The management of Rwanda TVET Board appreciates the efforts of its staff who coordinated this project.

Finally, RTB would like to extend its profound gratitude to the MCT Global team that technically led the entire assignment.

This training manual was developed:



Under Rwanda TVET Board (RTB) guiding policies and directives



Under European Union financing



Under Ubukerarugendo Imbere Project implementation, technical support and guidance

COORDINATION TEAM

Aimable Rwamasirabo

Felix Ntahontuye

Production Team

Authoring and Review

Jean Claude Habarurema

Marie Rose Tuyishimire

Olivier Hategekimana

Conception, Adaptation and Editorial works

Jean Marie Vianney Muhire

Vincent Havugimana

Kanyike John Paul

Formatting, Graphics, Illustrations, and Infographics

Asoka Niyonsaba Jean Claude

Ngamije Hildebrand

Seif Bizimana

Coordination and Technical support

Ubukerarugendo Imbere Project and RTB

Project Implementation

MCT Global Ltd

TABLE OF CONTENT

AUTHOR'S NOTE PAGE (COPYRIGHT)	1
ACKNOWLEDGEMENTS	2
LIST OF FIGURES	6
LIST OF ABBREVIATIONS AND ACRONYMS	7
INTRODUCTION	8
UNIT 1: PREPARE CANAPÉS	10
Topic 1.1: Preparation of tools and equipment for Canapes	16
Topic 1.2: Preparation of Canapés ingredients	34
Topic 1.3: Cooking or preparation of Canapés	40
Topic 1.4: Presentation of canapés	52
Topic 1.5: Holding of Canapés	56
UNIT 2: PREPARE FARINACEOUS	66
Topic 2.1: Preparation of tools and equipment for farinaceous	73
Topic 2.2: Preparation of ingredients for farinaceous	90
Topic 2.3: Cooking farinaceous dishes	97
Topic 2.4: Presentation of farinaceous dishes	113
Topic 2.5: Holding farinaceous dishes	118
UNIT 3: PREPARE SANDWICHES	127
Topic 3.1: Preparation of tools and equipment for sandwiches	132
Topic 3.2: Preparation of Sandwich ingredients	140
Topic 3.3: Presenting sandwich dishes	152
Topic 3.4: Holding of sandwiches dishes	155
REFERENCES	167

LIST OF FIGURES

Figure 1: Various ingredients used to assemble canapé dishes	34
Figure 2: Canapes parts	35
Figure 3: Prepared ingredients for canapés preparation	40
Figure 4: Presentation of canapés dish	54
Figure 5: Canapés holding (cold Holding)	57
Figure 6: Canapés holding (Hot holding)	58
Figure 7: Chapattis	98
Figure 8: Naan bread	99
Figure 9: Croquette potatoes	101
Figure 10: Samosa	103
Figure 11: Pizza image	104
Figure 12: Chapati omelette wraps	107
Figure 13: Pies	109
Figure 14: Presented various farinaceous dishes	114
Figure 15: Holding of farinaceous dishes	118
Figure 16: Beef California burger	146
Figure 17: Club sandwich	148
Figure 18: Croque monsieur sandwich	149
Figure 19: Vegetarian Wrap with Mixed Beans	150
Figure 20: A sandwich	152

LIST OF ABBREVIATIONS AND ACRONYMS

CBET: Competence Base Education and Training

PPE: Personal Protective Equipment

RQF: Rwanda Qualification Framework

RTB: Rwanda TVET Board

TVET: Technical and Vocational Education and Training

INTRODUCTION

This trainee's manual encompasses all necessary skills, knowledge and attitudes required to Apply computer skills. Students undertaking this module shall be exposed to practical activities that will develop and nurture their competences. The writing process of this training manual embraced competency-based education and training (CBET) philosophy by providing practical opportunities reflecting real life situations.

The trainee's manual is subdivided into units, each unit has got various topics, you will start with a self-assessment exercise to help you rate yourself on the level of skills, knowledge and attitudes about the unit.

A discovery activity is followed to help you discover what you already know about the unit.

After these activities, you will learn more about the topics by doing different activities by reading the required knowledge, techniques, steps, procedures and other requirements under the key facts section, you may also get assistance from the trainer. The activities in this training manual are prepared such that they give opportunities to students to work individually and in groups.

After going through all activities, you shall undertake progressive assessments known as formative and finally conclude with your self-reflection to identify your strengths, weaknesses and areas for improvement.

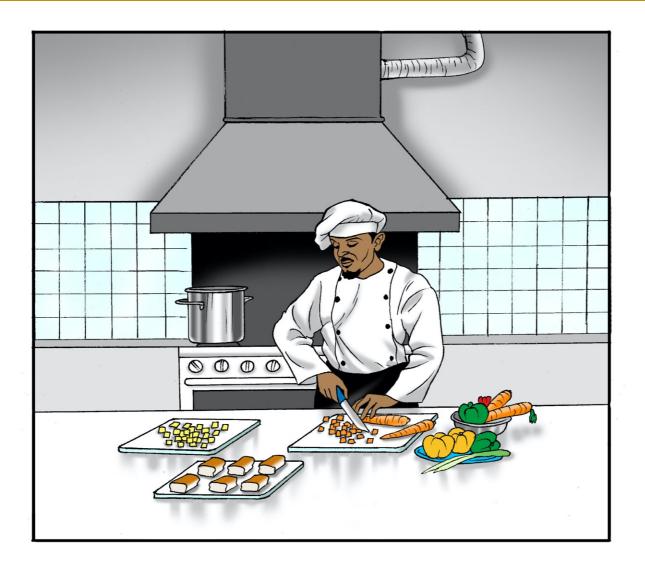
Do not forget to read the point to remember the section which provides the overall key points and takeaways of the unit.

Module Learning Outcomes:

Unit 1: Prepare Canapés

Unit 2: Prepare Farinaceous

Unit 3: Prepare Sandwiches



Unit summary

This unit provides you with the knowledge, skills and attitudes required to Prepare Canapés. It covers the preparation of tools and equipment for Canapés, preparation of Canapes ingredients, Cooking / preparation of Canapes according to the recipe, presentation of Canapes and holding Canapés

Self-Assessment: learning outcome 1

- 1. Referring to the unit illustrations above discuss the following:
 - a. What does the illustration show?
 - b. Based on the illustration, what topics do you think will be covered under this unit?
- 2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
 - d. At the end of this unit, you will assess yourself again.

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Identify tools and equipment for canapés preparation					
Identify canapés ingredients for the recipes					
Maintain properly tools and equipment during use and after					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Select ingredients for canape according to the recipés					
Prepare ingredients for canapes' recipe					
Identify different canapes recipés					
Apply preparation techniques for canapé ingredients					
Apply cooking methods for canapés recipes					
Describe cooking methods for canapés					
Assemble canapé ingredients					
Hold canapé dishes both cold and hold holding					
Taking care when selecting tools and equipment					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Pay attention while preparing canapé ingredients					
Being flexibility when working with team					



Kn	owledge	Ski	ills	At	titudes
1.	Identify tools and equipment for canapé preparation	1.	Select tools and equipment for canapé preparation	1.	Take necessary safety precautions while preparing canape tools and equipment
2.	Identify ingredients for canapé preparation	2.	Select ingredients to be used in canapé preparation	2.	Pay attention on quality while selecting ingredient for canapé
3.	Describe different techniques used when preparing canapes ingredient	3.	Prepare techniques for canapés ingredients	3.	Comply with food safety and hygiene (clean as you go)
4.	Explain presentation techniques for canapé dishes	4.	Present canapé dishes	4.	Be creative and innovative in canapé presentation
5.	Identify holding techniques for canapé	5.	Hold canapé dishes	5.	Punctuality when holding canapé dishes
6.	Describe personal protective equipment use d in kitchen	6.	Use personal protective equipment in kitchen workshop	6.	Carefully when using personal protective equipment



Drawing upon your expertise in various culinary preparations, read and answer the following questions.

- a. What are some examples of dishes typically served at cocktail events?
- b. What do you understand by the term canapé?
- c. What are the specific tools and equipment required for the preparation of canapés?"
- d. What is the canapés preparation procedures?
- e. What are the techniques of canapés holding?

Topic 1.1: Preparation of tools and equipment for Canapes



Activity 1: Problem Solving







- 1. Observe the figure above and answer the questions given
 - a. Write the name for each figure above
 - b. Based on figure above, classify tools and equipment following their uses?
 - c. What is the safety equipment required during canapés preparation activities?

Key fact1.1. a: Preparation of tools and equipment

- Tools used in food preparation are categorized into:
 - ✓ Cutting tools
 - ✓ Measuring tools
 - ✓ Mixing tools
 - ✓ Cooking tools
 - ✓ Presentation tools
- Equipment used in food preparation are categorized into:
 - ✓ Cooking equipment
 - ✓ Food processing equipment
 - √ Holding equipment
 - √ Personal protective equipment (PPE's)

The description of various tools and equipment used to prepare canapes are provided in the table below.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Cutting tools and equipment	Cutting boards colour coded	Different cutting boards with the uses. 1. Yellow: cooked meat 2. Red: raw meat 3. Blue: fish 4. Brown: vegetables 5. Green: fruit, herbs and salads

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
		6. White: bread and dairy products
	Vegetable slicer	Vegetable slicer is a kitchen tool used to design to quickly and easily slice fruits and vegetables into uniform pieces for cooking or serving
	Peeler	Peeler: Special type of knife for removing the skin from fruit or vegetables

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Knives	Knife: is tool, usually with a metal blade and a handle, used for cutting, peeling skin of vegetables or fruit and spreading food items.
Measuring tools and equipment	Measuring cups	Measuring cups: is tool weighing liquid ingredients used when preparing food.
	Measuring spoons	Measuring spoons: is tool weighing small quantity of ingredients used when preparing food.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Scales/balance	Scale: is tools used to measure ingredients during food preparations.
Mixing tools	Mixing containers	Mixing containers: are tools used when mixing or stirring ingredients.
	Wire whisk tools	Wire whisk: is tools used when beating, mixing ingredients to be used based on recipe.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Spatulas	Spatulas: is tool used for stir ring ingredients during preparation or cooking
Cooking tools	Pots	Pots: is tools used cooking food items such as starches, vegetables, fruits and others.
	Pan	Pan: is tool used when cooking food such as sauces, omelet, and other sautéed food.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Food thermometer	Food thermometer: is tool used to measure cooked food temperature to meet the cooking standard.
Storing tools	Storing containers	Storing containers: is used to keep food either cooked or uncooked for ensuring the freshness.
	Plastic wrap/ cling foil	Plastic wrap/ cling foil: is used to wrap food item either cooked or raw.
Safety tools and equipment	Kitchen gloves	Kitchen gloves: is used for food handling to ensure food safety.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Presentation tools	Platters	Platters: is tool used during food presentation.
	Plate	Plate: is tool used during food presentation ready to serve.
	Skews tick	Is used when assemble canape ingredients.
Cooking equipment	Cooker	Cooker: is equipment used to cook food items.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Salamander	Salamander: is equipment is used in preparing food by of broiling
	Microwave machine	Microwave: is equipment used when cooking food items by radiation heat transfer
	Oven	Oven: is equipment used when cooking food items by baking and roasting
Toaster		Used when toast bread for canape ingredients

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Griller machine		Used for grilling canape ingredients such as meat vegetables and fruits.
Food processing equipment	Dicing machine	Dicing machine: is equipment used for cutting or dice food items into desirable size and shape.
	Vegetables cutter into different size	Vegetables cutter machine: is equipment used for cutting or dice food items into desirable size and shape.
	Working tables	Working tables: is equipment used for cutting food items to be used according to the recipe.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Holding equipment	Cold holding / food wormer machine for display	Food wormer machine for display: Is equipment used to display cold food ready to eat for keeping them in good condition / free from danger zone.
	Hot holding/ bain-marie	Hot holding/ bain-marie: Is equipment used to display hot food ready to eat for keeking them in good condition / free from danger zone.
	Food warmer upright heater cabinet	Food warmer upright heater cabinet: Is equipment used to display hot food ready to eat for keeping them in good condition / free from danger zone.
Safety equipment	Chef's uniform (hat, necktie, jacket, apron, trouser, closed shoes and soxes) Chef's hat hat.	Chef's hat: chef and cooks must wear the correct protective hat clothing in food preparation areas at all times as this will help to ensure that any contaminants carried on normal clothing, such as dirt or hair, do not corrupt the food.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Chef's necktie/scarf	Chef's necktie/scarf: is a stylish that adds a touch of elegance to a chef's uniform. These triangular or rectangular pieces of cloth are worn around the neck, typically made from a lightweight and breathable material. Neckerchiefs can be customized with colors or patterns to reflect a specific kitchen's style or branding.
	Chef's trouser	Chef's trouser: is types of cloths material protects the chef from heat, steam, and splashing liquids while cooking in food kitchen.
	Chef's closed shoes	Chef shoes: are designed to prioritise comfort, safety and support. They often feature cushioning, arch support and breathable materials to keep feet comfortable. Slip-resistant soles are essential to prevent accidents on wet or greasy kitchen floors. It should be made in Leather, synthetic or waterproof.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Chef's apron	Chef's apron: is vital in maintaining kitchen hygiene, safety, and professionalism, protect against spills, heat, and other potential hazards, ensuring your well-being and comfort while you work.
	Chef's jacket	Chef's jacket: is types of cloths material protects the chef from heat, steam, and splashing liquids while cooking in food kitchen. the coat has long sleeves to cover the arms when reaching into ovens.
	Gloves	Oven gloves: are tool used to protect your hands from heat and allow you to handle hot pots and pans with ease.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
	Oven gloves LESTARE ARBITRATE	Is use when touching ready-to- eat food with bare hands is one of the main ways that foodborne illnesses spread through the fecal-oral route. Wearing gloves can reduce the risk of contaminating food, but only when they are worn and changed properly.
	First aid tool box Page P	Is used when someone gets sick or injured in kitchen have the medical equipment tool kit to assist or even save that person's life until the emergency services can arrive on the scene in order to take over.





Read the following scenario and answer the questions provided.

ZES hotel is receiving the order of preparing canapes dishes for guests in cocktail party, supposed that the hotel manager requested you, to prepare all required tools and equipment and maintain them safely during and after work

- 1. Prepare all required tools for preparation of the canapés following the categories below:
 - a. Mixing tools
 - b. Cutting tools
 - c. Cooking tools
 - d. Presentation tools
- 2. Prepare all required equipment for safety, cooking, processing and holding the canapes
- 3. Apply all maintenance practices required for tools and equipment used for canapes preparation.

Key Facts 1.1b: Maintenance of tools and equipment

Some tips to consider for maintenance of kitchen tools and equipment

• Clean equipment regularly

- ✓ Clean kitchen tools regularly by use of the following techniques wiping, washing, sanitizing, and drying any surfaces utensils, pots, pans, knives, and appliances that encounter food or liquids.
- ✓ Cleaning equipment for preventing the build-up of dirt, grease, bacteria, and food particles that can affect the quality, safety, and performance of equipment.
- ✓ Follow the manufacturer's instructions for cleaning specific equipment and use the appropriate cleaning products and tools.

Inspect equipment for signs of wear and tear

- ✓ Inspect kitchen equipment for any signs of wear and tear, such as cracks, dents, rust, leaks, loose parts, or malfunctioning components.
- ✓ Check the electrical cords, plugs, and outlets for any damage or fraying that can cause fire hazards or electrical shocks.

• Perform routine maintenance and servicing

- ✓ Such as oiling, sharpening, calibrating, adjusting, or replacing parts. Maintenance and servicing can help extend the lifespan of your equipment, improve its functionality, and prevent breakdowns or failures.
- ✓ Follow the manufacturer's recommendations for maintenance and servicing schedules and procedures, and keep records of any work done on your equipment.

• Store equipment properly

- ✓ Store kitchen equipment properly when not in use. This means keeping your equipment in a dry, cool, and ventilated place, away from direct sunlight, heat, moisture, or dust.
- ✓ Label kitchen equipment
- ✓ clearly and store it in a way that makes it easy to access and retrieve.
- ✓ Working under covered shelters: It protects tools and equipment from weather
 conditions.





Read the following statement and perform the task provided:

You are selected as canapés maker and you are requested to select tools and equipment needed for a better preparation of canapés. However, some tools and equipment are damaged due to inappropriate maintenance practices. To do so: you are asked to:

- a. Select all tools and equipment required for canapés preparation.
- b. Apply maintenance practice of tool and equipment before, during and after use.

Topic 1.2: Preparation of Canapés ingredients





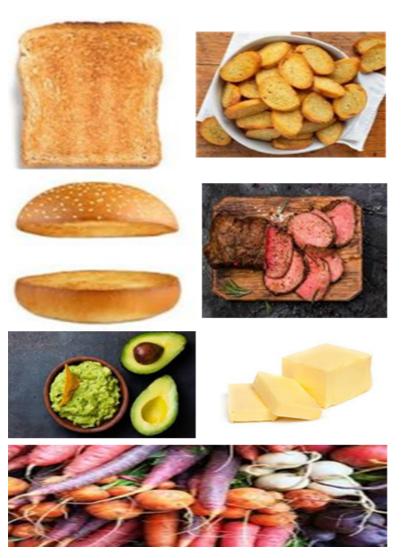


Figure 1: Various ingredients used to assemble canapé dishes

- 1. Observe the figure above and answer the provided questions.
 - a. Write the name for each figure above
 - b. Based on figure above, classify canapés ingredients?

Key Facts 1.2a: Preparation of canapés ingredients

Canapés parts

√ Base:

- ♣ Must be solid enough to support the toppings and so the guest can pick it up in their fingers. Can be different shapes, e.g. squares, triangles or circles.
- ♣ May be covered with a spread to stop the toppings making it soggy.
- This also helps the body stick to the base.
- ♣ Body: The main ingredient, often a meat, fish or cheese.
- ✓ Spreads: spreadable condiments used for moist and raising flavour of canape.
 - **4** Butter
 - Mayonnaise
 - Ketchup

√ Toppings: chopped hard boiled eggs and chopped meat:

- Garnish
 - o Adds color and flavor.
 - o Can also be used to moisten the body, e.g. sour cream.
 - o The size or amount of garnish should not dominate.



Figure 2: Canapes parts

- √ The following are common canapes ingredients vary depending on the type of canapé preparation recipe.
 - **♣ Base:** This can be a small slice of bread (often toasted or crisped), a cracker, a pastry shell, or even a vegetable slice such as cucumber or zucchini.
 - **♣ Spread:** Cream cheese, goat cheese, hummus, pesto, tapenade, or flavored butter are commonly used to add flavor and help toppings adhere to the base.
 - **Toppings:** These can vary widely based on personal preference and the theme of the canapé. Common toppings include:

 - Meats: Thinly sliced deli meats like prosciutto, smoked salmon, cooked shrimp, or chicken.
 - **Les Cheese:** Sliced or crumbled cheese such as cheddar, Swiss, feta, or blue cheese.
 - **Herbs:** Fresh herbs like basil, cilantro, dill, or parsley can add color and flavor.
 - **Condiments:** Drizzles of balsamic glaze, honey, or flavored oils can add a finishing touch.
 - **♣ Garnishes:** These are optional but can elevate the presentation and flavor. Common garnishes include microgreens, edible flowers, chopped nuts, or citrus zest.





Read the scenario below and answer questions provided

In kitchen workshop, it is required to prepare canapé dishes for event celebration of closing academic year for senior six trainees in culinary arts with a keen eye for detail and flair for creativity. To do this you are tasked to:

• Prepare all selected ingredients and make them ready for canapé dishes.

Key Facts 1.2b: Preparation techniques for canapés ingredients

• Washing: a process of removing dirt from a substance like food items by using running water.

Each slice is precision-cut to ensure uniformity and aesthetic appeal, ready to adorn the canapes with vibrant hues and fresh flavours.

• Mincing: a process of grinding an item into very small pieces.

Pay attention to fragrant herbs such as basil, parsley, and chives, delicately mincing them into fine pieces. These aromatic herbs will serve as the perfect garnish, adding a burst of flavour and visual elegance to the canapés.

• **Pickling:** a preservation method where food items are kept in brine solution (salt and water)

In culinary creativity, you embark on a pickling adventure, transforming ordinary ingredients into tangy delights. Thinly sliced radishes and shallots are submerged in a brine of vinegar, sugar, and spices, infusing them with a delightful tanginess that will elevate the canapé new heights.

• Toasting: an act of browning bread slices by using a pan or a toaster machine.

With precision and finesse, be carefully when toast rounds of baguette until they achieve a golden-brown perfection. The crispy texture of the toasted bread will provide the ideal base for the savoury toppings.

 Pan Searing: a method of cooking on where foods are cooked at high temperature until a browned crust form.

Turning up the heat, you expertly pan-sear bite-sized portions of tender beef fillet, marinated in a flavourful blend of herbs and spices. The sizzle of the hot pan fills the kitchen with an irresistible aroma, signalling the creation of a canapé that promises to delight the palate of every guest.

• Caramelization: a process of melting sugar by using heat.

In a culinary spectacle, you harness the transformative power of caramelization, coaxing out the natural sweetness of ripe figs and shallots as they sizzle in a hot pan. The resulting caramelized topping add a luxurious touch to the canapés, balancing sweetness with savory sophistication.





Read the scenario below, it is related to the preparation of canapés ingredient and perform the tasks provided:

XYZ is a catering company providing fast food, supposed that you are the one in charge of preparing ingredients needed for preparing canapés dishes and you are requested to:

- 1. Toast bread and cut into cube and round shape.
- 2. Peel and cut the carrot into cube and round shape.
- 3. Slice and cut the cheese into cube shape
- 4. Slice cucumber into round shape
- 5. Chop parsley

Topic 1.3: Cooking or preparation of Canapés



Activity 1: Problem Solving





Figure 3: Prepared ingredients for canapés preparation

Observe the figure above and answer given questions

- a. Based on figure above, name the type of canapés diches can be produce.
- b. Based on figure above, which cooking /methods can be used when preparing canapés dishes?
- c. what are the steps to pass through while assembling canapés dishes?

Key Facts 1.3a: Cooking/Preparation of canapés

• General steps of assembling canapé recipes

- ✓ Do your mise en place. Gather all the ingredients and equipment you need.
- ✓ Prepare all the bases, spreads, body ingredients and garnishes in separate containers.
- ✓ Clean your work area.
- ✓ Lay out the bases for one type of canapé.
- ✓ Put spread onto each base (if you are using it).
- ✓ Add the body ingredient onto each base.
- ✓ Add the garnish to each canapé.
- ✓ Clean the work area again, then start on another type of canapé. This prevents cross-contamination and mixing of ingredients and flavours.
- ✓ Arrange the canapés attractively on the platter or tray.

• The following are canapes recipes

√ Smoked Salmon Canapés:



♣ Ingredients: Smoked salmon, cream cheese, dill, cucumber slices, small bread rounds or crackers.

■ Method: Spread cream cheese on bread rounds, top with smoked salmon, a sprig of dill, and a slice of cucumber.

✓ Herbed Goat Cheese Crostini:



- ♣ Ingredients: Baguette, goat cheese, fresh herbs (such as thyme, rosemary, or chives), olive oil.
- **Method:** Slice baguette, brush with olive oil, and toast until crisp. Spread goat cheese on top and sprinkle with chopped fresh herbs.

√ Mushroom Puff Pastry Bites



- **♣ Ingredients:** Puff pastry sheets, mushrooms, garlic, thyme, Parmesan cheese.
- ♣ Method of preparation:

- Cut puff pastry into squares and bake until puffed and golden. Sauté mushrooms with garlic and thyme until tender.
- o Top pastry squares with mushroom mixture and grated Parmesan.

✓ Caramelized onion tartines



Ingredients:

- 2 large onions, thinly sliced
- o 2 tablespoons olive oil
- 1 tablespoon butter
- Salt and pepper to taste
- o 1 baguette or loaf of bread, sliced
- o Optional: Gruyere cheese, sliced
- o Optional: Fresh thyme leaves for garnish

Instructions:

- o Heat the olive oil and butter in a large skillet over medium-low heat.
- Add the sliced onions to the skillet and cook, stirring occasionally, until they begin to soften and turn golden brown, about 20-30 minutes.

- Reduce the heat to low and continue to cook the onions, stirring occasionally, until they are deep golden brown and caramelized, about 30-40 minutes.
- o slow cooking is key to developing that sweet caramel flavor.
- Season the onions with salt and pepper to taste.
- While the onions are caramelizing, preheat your oven to 350°F (175°C) and arrange the sliced bread on a baking sheet.
- o **Optional:** If using cheese, place a slice on each slice of bread.
- Toast the bread in the oven until it's lightly golden and the cheese, if using, is melted and bubbly, about 5-7 minutes.
- Once the bread is toasted, remove it from the oven and top each slice with a generous spoonful of the caramelized onions.
- o Garnish with fresh thyme leaves for an extra touch of flavor.
- Serve the tartines warm.

✓ Chicken Canapé Recipe:

4 Ingredients:

- 1 pc Sliced baguette or crackers
- 1 pc cooked chicken breast, shredded or diced
- o A little Cream cheese
- Fresh herbs (such as parsley or chives), chopped
- Salt and pepper to taste
- o **Optional:** lemon zest, garlic powder, or other seasonings of your choice
- o Garnish: sliced cherry tomatoes, microgreens, or thinly sliced cucumber

4 Instructions:

- Prepare the Chicken: If you haven't already cooked the chicken, you can boil, grill, or roast it until fully cooked. Once cooked, shred or dice the chicken into small pieces. Season with salt, pepper.
- Prepare the Cream Cheese Mixture: In a bowl, mix the cream cheese with chopped fresh herbs. You can also add a pinch of salt and pepper for flavour.
 Optionally, you can add lemon zest or garlic powder for extra flavour.

✓ Assemble the Canapés:

- ♣ Spread a thin layer of the cream cheese mixture onto each slice of baguette or cracker.
- ♣ Top the cream cheese with a small amount of the cooked chicken.
- **Garnish:** Add a garnish on top of each canapé for colour and flavour.
- Potato Cake with Caesar Dressing Recipe:

✓ Ingredients:

For the Potato Cake:

- 4 medium potatoes, peeled and grated
- 1 small onion, finely chopped
- o 2 cloves garlic, minced
- o 2 eggs
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- Olive oil or butter for frying

For the Caesar Dressing:

- o 1/2 cup mayonnaise
- 2 tablespoons grated Parmesan cheese

- o 1 tablespoon lemon juice
- o 1 teaspoon Dijon mustard
- o 1 clove garlic, minced
- Salt and pepper to taste
- o **Optional:** anchovy paste for traditional Caesar flavour

✓ Instructions:

Prepare the Potato Cake Batter:

- Place the grated potatoes in a clean kitchen towel and squeeze out excess moisture.
- In a large bowl, combine the grated potatoes, chopped onion, minced garlic, eggs, flour, salt, and pepper. Mix until well combined.

Cook the Potato Cakes:

- o Heat a tablespoon of olive oil or butter in a skillet over medium heat.
- Scoop a portion of the potato mixture (about 1/4 cup) and form it into a patty.
 Place it in the skillet and flatten it slightly with a spatula.
- Cook the potato cakes for 3-4 minutes on each side, or until golden brown and crispy. Repeat with the remaining potato mixture, adding more oil or butter to the skillet as needed.

Prepare the Caesar Dressing:

- o In a small bowl, whisk together the mayonnaise, grated Parmesan cheese, lemon juice, Dijon mustard, minced garlic, salt, and pepper until smooth.
- o Taste and adjust the seasoning as needed.

Serve:

Place the cooked potato cakes on a serving platter.

- Drizzle the Caesar dressing over the potato cakes just before serving, or serve it on the side as a dipping sauce.
- o Garnish with additional grated Parmesan cheese and chopped fresh parsley.

• Cucumber Chicken Mayo Cups make

✓ Ingredients:

- Cucumbers
- 1 cup cooked chicken breast, shredded or diced
- 4 1/4 cup mayonnaise
- 4 1 tablespoon Dijon mustard
- 4 1 tablespoon lemon juice
- 4 2 tablespoons chopped fresh herbs (such as parsley, dill, or chives)
- Salt and pepper to taste
- 4 Optional: cherry tomatoes, sliced olives, or avocado for garnish

✓ Instructions:

Prepare the Cucumbers:

- Wash the cucumbers thoroughly and pat them dry.
- Cut the cucumbers into thick slices, each about 1 to 1.5 inches thick.
- Use a small spoon or melon baller to carefully scoop out some of the seeds and flesh from the centre of each cucumber slice, leaving a shallow well to hold the filling. Be careful not to scoop all the way through the cucumber slices.

Make the Chicken Mayo Filling:

 In a mixing bowl, combine the cooked chicken breast with mayonnaise, Dijon mustard, lemon juice, chopped fresh herbs, salt, and pepper. Stir until well combined and the chicken is evenly coated with the mayo mixture.

Fill the Cucumber Cups:

- Spoon a small amount of the chicken mayo mixture into each cucumber cup, filling them to the top.
- Optionally, garnish each cucumber cup with a slice of cherry tomato, a slice of olive, or a small piece of avocado for extra flavour and colour.

Serve:

- o Arrange the filled cucumber cups on a serving platter.
- o Serve immediately as a refreshing appetizer or snack.





Read the following scenario and answer the questions provided:

XYZ is fast food restaurant offers food and beverage, among the activities involved, preparing canapés are included: Supposed that you are a cook in xyz restaurant and you are tasked to:

- a. Identify any four (4) canapé recipes you may add on the menu for making customer satisfied.
- b. Given ingredients (bread rolls, sliced bread, carrot, onions, cheese, chicken and beef), you are required to prepare canapés recipes respecting the requirements/standards.

Key Facts 3.1b: Preparation/cooking methods for canapés

• Grilling or Broiling:

Grilling or broiling is a great way to add smoky flavour to ingredients such as vegetables, meats, and bread.

Example: Grill slices of baguette or crostini and top them with grilled vegetables or meats.

• Baking:

Baking is a gentle cooking method that works well for ingredients such as puff pastry, phyllo dough, and tart shells.

Example: Bake mini quiches, tartlets, or pastry cups and fill them with various savoury fillings like cheese, vegetables, or seafood.

• Frying:

Frying can add crispiness and texture to ingredients such as wonton wrappers, tortillas, or breaded items.

Example: fry wonton wrappers until golden brown and crispy, then top them with seasoned cream cheese and smoked salmon.

Roasting:

Roasting is a delicious way to bring out the natural sweetness and flavour of vegetables, nuts, and meats.

Example: Roast vegetables such as cherry tomatoes, mushrooms, or bell peppers and serve them on toasted bread rounds or crackers with a drizzle of balsamic glaze.

• Poaching:

Poaching is a gentle cooking method that involves simmering ingredients in liquid until they are cooked through.

Example: Poach shrimp, chicken breast and serve them chilled on cucumber slices, or endive leaves with a dollop of aioli or pesto.

• Assembly Only:

Some canapes recipes prepared without cooking ingredients and are simply assembled using pre-cooked or ready-to-eat ingredients.

Example: Assemble canapes using slices of cured meats, cheese, olives, and other antipasto ingredients on toothpicks or skewers.





Read the following scenario it is related to the preparation of canapé recipes then; perform the provided task.

Canapé peace place house is a fast -food restaurant specialized in canapés making and received the order for varieties of canapé dishes. Suppose that you are hired as skilled canapés dishes maker and you are requested to prepare canapés of Cucumber, Chicken mayo Cups, Chicken Canapés. To do so; you are tasked to:

Assemble canapé dishes mentioned above

Topic 1.4: Presentation of canapés

Activity 1: Problem Solving



Read the scenario below and answer questions related

Some customer's complaints on canapé dish before consuming, as they are not attractive.

- a. What do you think a cook can do for canapés dishes to be more attractive?
- b. Which type of food items used when garnish canapés dishes?
- c. What are techniques applied when plating canapés dishes

Key Facts 1.4a: Presentation of canapés

• Garnishes ingredients for canapes

A list of garnishes ingredients is summarized in table below:

Garnishes						
Coriander leaf	Dill	Fish roe	Fruit			
Gherkins	Olives	Parsley	Parsley leaves			
Cream	A slice of Gherkin	Asparagus tip	Quince paste			
Capers	Cheese	Chervil sprig	Smoked salmon			

• Plating Canapés checklist

- √ The canapés are at the right temperature.
- ✓ The plate is at the right temperature.
- ✓ Contrast in colours and textures is appropriate and attractive.
- ✓ There is not too much garnish.
- ✓ They are not too crowded on the serving plate.
- ✓ There are no drips or smears on the serving plate.

• Steps for presenting canapes

- 1. Select the base
- 2. Prepare the spreads
- 3. Add main ingredients
- 4. Garnish

Arrange on service plate

5. Make final touches

Arrange all canapes correctly by mixing collars for attraction



Figure 4: Presentation of canapés dish





Read the scenario and answer the question provided.

Mt hotel is facing the problem of serving unattractive dishes especially canapés, as a skilled cook; you are asked to apply garnishing technique for smoked salmon and mushroom canapé dishes through the selection of ingredient, preparation and presentation. How can you proceed?





Mt hotel received an event of ten (10) guests, and making order for the following canapés dishes: chicken mayo canapé and Caramelized onion tartines, suppose you are a skilled cook in canapés, you are tasked to:

- a. Prepare chicken mayo canapés and caramelized onion tartines
- b. Select appropriate garnishes for each dish
- c. Present each dish and garnish with appropriate garnishes for making the dish attractive

Topic 1.5: Holding of Canapés





Read the scenario below and answer question related

Mt hotel has a function of guest in cocktail and chef de parties is facing the problem of preparing their order before the estimated time for service.

- a. What do you think a cook can do for Canapé dishes to be served at right temperature?
- b. Differentiate two (2) types of holding techniques applied to ensure safety of canapé to be served?

Key Facts 1.5a: holding Canapés

Canapé holding is defined as a point at which maintaining proper temperatures that can help to ensure the safety of food before being served.

Two main types of canapes holding

✓ Cold holding:

Cold holding is storing food under refrigeration at 5°c or below. Refrigeration prevents food from becoming a hazard by slowing the growth of most bacteria.

Tips to consider when holding cold canapé dishes

- o Keep ready-to-eat dishes in covered containers and away from raw food.
- Store in upper compartment if stored in the same refrigerator, with temperature at 4°C or below.
- Check the temperature of the refrigerator regularly to ensure that the food is kept at designated temperature.
- Adopt appropriate measures to ensure first-in-first-serve of dishes which are cooked or prepared in advance e.g., use date and time coding to show the storage time.

Examples of cold holding equipment:



Figure 5: Canapés holding (cold Holding)

✓ Hot holding:

✓ Keeping hot foods ready to serve to the public is known at "hot holding". Hot holding stops germs from growing when food is kept at hot temperatures. This lowers the risk that someone will get sick from eating food.

Examples of equipment used for hot holding

Hot holding cabinet

Heated display case





Figure 6: Canapés holding (Hot holding)

Tips to consider for hot holding

- o Keep hot food held at above 63°C
- If the temperature drops below 63°C it can only be held for a maximum of 2 hours but you do have the option to reheat to above 75°C or to cool the food.
- o We recommend reheating once only.



Task 15

Supposed that you are a cook in restaurant and you are requested by supervisor to hold canapé dishes of Chicken canapé, cucumber chicken mayo canapés. To do so; you are asked to:

- a. Select appropriate method to use when holding mentioned dishes.
- b. Apply canapé-holding techniques as per standard.





Read the scenario below and perform the given task.

In XY hotel, customers are complaining due to the deterioration of canapés as a result of poor holding techniques. Suppose that you are hired by the hotel, and you are requested by supervisor to store chicken canapés and cucumber chicken mayo canapés at the right temperature.



Analyze the table below, Column A is related to tools and equipment while column B is related to their uses.

Match tools and equipment with their corresponding uses.

ANSWER	Column A	Column B
1	1. Wire whisk tools	A. Is used to measure cooked food temperature to meet the cooking standard.
2	2. Plastic wrap/ cling foil	B. Is used when beating, mixing ingredients to be used based on recipe.
3	3. Food thermometer	C. Is used to wrap food item either cooked or raw.
4	4. Microwave machine	D. Is used when cooking food items by used of radiation heat transfer or reheating food item
		E. is used in when baking ingredients used in farinaceous dishes
		F. is used when melting cheese of slice of sandwiches bread

- 1. Read the following statement, they are related to chef's uniform, answer by True of the statement if correct or False otherwise.
 - a. Che f and cooks must wear the correct protective hat clothing in food preparation areas at all times as this will help to ensure that any contaminants carried on normal clothing, such as dirt or hair, do not corrupt the food.
 - b. Chef's trouser: is types of cloths material protects the chef from heat, steam, and splashing liquids while cooking in food kitchen.
 - c. Chef shoes: are designed to prioritise comfort, safety and support. They often feature cushioning, arch support and breathable materials to keep feet comfortable. Slip-resistant soles are essential to prevent accidents on wet or greasy kitchen floors.
 - d. Chefs' shoes It should be made in cloths, synthetic or waterproof.

- 2. Read the following statement, they are related to the maintenance of tools and equipment, the answer by circling a letter corresponding to the right answer
 - a. Below are tips to consider for maintenance of kitchen tools and equipment except.
 - i. Clean equipment regularly
 - ii. Inspect equipment for signs of wear and tear
 - iii. Perform routine maintenance and servicing
 - iv. Working under weather
 - b. Below are the main parts of canapé parts except
 - i. Base
 - ii. Body
 - iii. Presentation
 - iv. Garnishes
- 3. Some fast -food deliver poor canapé dishes to their customer due to unskilled on preparation techniques of canapé ingredients. As cook explain any two (2) techniques applied when preparing canapé ingredients
- 4. Circle the letter correspond to the wrong answer to the statement below

The following are canapé dishes except:

- a. Cheese burger
- b. Cheese canapé
- c. Tomato canapé
- 5. There are disorder steps of assembling canapé dishes, you are requested to rewrite them systematically.
 - a. Do your mise en place. Gather all the ingredients and equipment you need.
 - b. Prepare all the bases, spreads, body ingredients and garnishes in separate containers.
 - c. Clean your work area.
 - d. Lay out the bases for one type of canapé.

- e. Put spread onto each base (if you are using it).
- f. Add the body ingredient onto each base.
- g. Clean the work area again, then start on another type of canapé. This prevents cross-contamination and mixing of ingredients and flavours.
- h. Arrange the canapés attractively on the platter or tray
- i. Add the garnish to each canapé.
- 6. Fill in the gaps the missing word/s to the statement below:
 - a. Cold holding is storing food under refrigeration at°c or below. Refrigeration prevents food from becoming a hazard by slowing the growth of most bacteria
 - b. Keep hot food held at above...... °C



- Prepare your mise en place before assembling canapes dishes
- Select appropriate tool and equipment for canapes presentation
- Make sure that canapes dishes prepared are free from any food contaminants
- Hold canapes dishes in the right temperature



1. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience of doing	I have a lot of experience with this.	I am confident in my ability to
attitudes	donig this.	CIIIS	this.	With this	do this.
Identify canapés dishes main parts					
Describe canapés tools and equipment					
Assemble canapés dishes					
Present canapés dishes attractiveness					
Garnish canapé dishes					
Hold canapé dishes at the right temperature					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience of doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Carefully holding canapé dish in other to avoid cross-contamination					
Time management when preparing canapés dishes to avoid cross contamination					
Work as a team when preparing canapés dishes					

2. Fill in the table above and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.



Unit summary

This unit provides you with the knowledge, skills and attitudes required to prepare Farinaceous required to prepare Canapés, farinaceous and sandwiches. It covers the preparation of tools and equipment for farinaceous, preparation of ingredients for farinaceous, cooking farinaceous dishes(recipes), presentation of farinaceous dishes and holding farinaceous dishes.

Self-Assessment: Unit 2

- 1. Referring to the unit illustrations above discuss the following:
 - a. What does the illustration show?
 - b. Based on the illustration, what topics do you think will be covered under this unit?
- 2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
 - d. At the end of this unit, you will assess yourself again.

My experience	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Identify tools and equipment for farinaceous preparation					
Identify farinaceous ingredients for the recipes					
Maintain properly tools and equipment during use and after					

My experience	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Select ingredients for farinaceous according to the recipes					
Prepare ingredients for c farinaceous' recipe					
Identify different farinaceous recipes					
Apply preparation techniques for farinaceous ingredients					
Apply cooking methods for farinaceous recipes					
Describe cooking methods for farinaceous					
Assemble farinaceous ingredients					
Hold farinaceous dishes both cold and hold holding					
Taking care when selecting tools and equipment					
Pay attention while preparing farinaceous ingredients					

My experience	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Being flexibility when working with team					
Select ingredients for farinaceous according to the recipes					
Prepare ingredients for farinaceous' recipe					
Identify different farinaceous recipes					
Apply preparation techniques for farinaceous ingredients					
Apply cooking methods for farinaceous recipes					
Describe cooking methods for farinaceous					
Assemble farinaceous ingredients					
Hold farinaceous dishes both cold and hold holding					
Taking care when selecting tools and equipment					

My experience	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Pay attention while preparing farinaceous ingredients					
Being flexibility when working with team					



Kn	owledge	Ski	ills	At	titudes
1.	Identify tools and equipment for canape preparation	1.	Select tools and equipment for canape preparation	1.	Take necessary safety precautions while preparing canape tools and equipment
2.	Identify ingredients for canape preparation	2.	Select ingredients to be used in canape preparation	2.	Pay attention on quality while selecting ingredient for canape
3.	Different techniques used when preparing canapes ingredient	3.	Prepare techniques for canapes ingredients	3.	Comply with food safety and hygiene (clean as you go)
4.	Explain presentation techniques for canape dishes	4.	Present canape dishes	4.	Be creative and innovative in canape presentation
5.	Identify holding techniques for canape	5.	Hold canape dishes	5.	Punctuality when holding canape dishes
6.	Describe personal protective equipment use d in kitchen	6.	Use personal protective equipment in kitchen workshop	6.	Carefully when using personal protective equipment





Based on your expertise in various culinary preparations, read and answer the following questions?

- a. What are some examples of dishes typically served at cocktail events?
- b. What do you understand by the term farinaceous?
- c. What are the specific tools and equipment required for the preparation of farinaceous?"
- d. What are the selection criteria of tools and equipment used for farinaceous preparation?

Topic 2.1: Preparation of tools and equipment for farinaceous





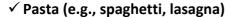
Read the scenario below and answer the given questions

When preparing food mise, en place is very important for smooth-running of the work. Supposed that you have to prepare tools and equipment for farinaceous dishes preparation and you are requested to:

- a. Identify categories of tools and equipment needed for preparation of farinaceous dishes
- b. What is personal protective equipment cook must have before starting work
- c. How do you maintain kitchen tools and equipment safety?

• Farinaceous introduction

Farinaceous foods are those that are rich in starch. This category includes a variety of items such as:





✓ Noodles (e.g., ramen, chow mein)



√ Rice (e.g., risotto, paella)



✓ Polenta



√ Gnocchi



✓ Starchy flours (e.g., wheat flour, cornmeal)



75 | CANAPES, FARINACEOUS AND SANDWICHES - TRAINEE'S MANUAL

Key Facts 2.1.a: Preparation of tools and equipment for Farinaceous

Categories of Tools

✓ Cutting tools: used for slicing, dicing, chopping, and preparing ingredients for cooking. They vary in design and purpose to accommodate different types of food and cutting techniques

Examples: vegetable slicer, pizza cutter, dough divider, knives, egg cutter and grater

✓ Measuring tools: are instruments used to accurately measure ingredients for cooking and baking. They ensure precision and consistency in recipes by quantifying quantities of solids or liquids.

Examples: weighing scale, measuring cups, measuring spoons and measuring jags

✓ Mixing tools: refer to utensils and appliances specifically designed to combine ingredients during food preparation.

Examples: wire wishy, ladles, wooden spoons

✓ Cooking tools: a wide range of utensils and appliances used during the cooking process to prepare, cook, and serve food

Examples: pots, pan, rice pressure cooker.

✓ Presentation tools: Used for presenting the food

Examples: plater, platter,

✓ Storing tool: is essential for maintaining their quality, accessibility, and
ensuring they remain in good condition for extended use.

Examples: refrigerator, freezer, hot cabinet case, cold, cabinet, cold room temperature. Cling foil, aluminium foil, take way boxes, storing containers and paper bags

• Categories equipment for Farinaceous

The following are equipment used in farinaceous dishes preparation

✓ **Cooking equipment:** these are equipment used in cooking farinaceous process

Examples: cooker, salamander, microwave, oven, griller and

✓ Food processing equipment: these are equipment used in preparation of ingredient for farinaceous dishes process.

Examples: slicer, meat grinder machine, dough mixer machine, dough roller machine, dough divider machine, working tables,

✓ Holding equipment: these are equipment used for farinaceous dishes for keeping ingredient of farinaceous dishes.

Examples: refrigerator, freezer, hot cabinet food, and cold cabinet food,

✓ PPEs: personal protective equipment.

Examples: chef's uniforms. Oven gloves,

Key Facts 2.1.b: Maintenance of tools and equipment

Cleaning:

- ✓ Clean tools promptly after each use to prevent food residue from hardening and becoming difficult to remove.
- ✓ Use warm water and mild dish soap for most cleaning tasks. Avoid abrasive cleaners or scouring pads that can damage surfaces.
- ✓ Hand wash items, when possible, especially those with delicate components or non-stick surfaces. Follow manufacturer's instructions for dishwasher-safe items.

• Drying:

- ✓ Ensure all kitchen tools and equipment are thoroughly dried after washing to prevent rust and mold growth.
- ✓ Use a clean dish towel or air-dry on a drying rack rather than leaving items to air dry on their own.

Storage:

- ✓ Store tools and equipment in designated areas that are clean, dry, and wellventilated to prevent moisture build-up.
- ✓ Use appropriate storage solutions such as drawer organizers, knife blocks, or hanging racks to keep items organized and easily accessible.

• Avoiding Damage:

- ✓ Use tools and equipment only for their intended purposes to prevent unnecessary wear and potential damage.
- ✓ Handle knives and sharp tools with care to avoid accidents and maintain their sharpness.
- Avoid using metal utensils on non-stick cookware to prevent scratching.
 - ✓ Regular Inspection:

- ✓ Periodically inspect tools and equipment for signs of wear, damage, or malfunction.
- ✓ Replace worn-out or damaged items promptly to prevent further issues and ensure safety.

• Maintenance Tasks:

- ✓ Follow recommended maintenance tasks such as sharpening knives, descaling coffee makers, or replacing filters in ventilation hoods.
- ✓ Refer to manufacturer's instructions for specific maintenance guidelines for each piece of equipment.

• Safe Handling:

- ✓ Use proper lifting techniques when handling heavy equipment or pots to avoid strain or injury.
- ✓ Keep handles of pots and pans turned inward on the stove to prevent accidental spills.

• Temperature Control:

- ✓ Allow equipment to cool down before cleaning or storing to avoid damage from sudden temperature changes.
- ✓ Avoid overheating non-stick pans or appliances to prevent the breakdown of non-stick coatings.

• Labelling and Organization:

- ✓ Label containers for dry ingredients or use clear storage containers to easily identify contents.
- ✓ Keep similar items together in cabinets or drawers to streamline meal preparation.





Read the scenario below and answer the question related

In school workshop, the working area display a variety of kitchen tools and equipment used in various food preparation and you are request with trainer to:

- a. Select appropriate tools and equipment for farinaceous dishes
- b. Set tool and equipment in kitchen workshop based on the uses.

Key Facts 2.1.c: Farinaceous tools and equipment and their uses

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Cutting Tools:	Bread knives	Used for slicing canapé bread
		Used for multipurpose cutting of food items
	Cutting bread	White cutting board used for cutting bakery and daily products
	Pizza cut	Used for cutting pizza
	Kitchen Grater	Used for grating farinaceous Ingredients such as cheese, lemon.

	T	
Mixing tools	Mixing containers	This is type of container used to mixing ingredients used when preparing canapé dishes.
		Wire whisky used for mixing farinaceous ingredients
		Used for beating farinaceous ingredients
Measuring	Measuring jag	This is type of jag used to measure liquid canapé ingredients.
	Measuring spoons	This is type of spoons used to measure dry canapé ingredients.

	Measuring scale	This is type of scale used to measure canapé ingredients.
	Measuring cups	These are type of cups used to measure dry canapé ingredients.
Cooking tools	Frying pan	These are types frying pan used in cooking canapé ingredients.
Cooking equipment	Oven	Is type of oven used for baking pizza



Food
processing
equipment

Blender machine



is a versatile kitchen appliance used primarily for blending, mixing, pureeing, or emulsifying food and other substances

Dough mixer machine



Used for mixing farinaceous ingredients.

Dough sheeter machine



Used for rolling dough for farinaceous dishes

Dough cuter machine

Used for cutting dough for farinaceous dishes



Holding equipment

Refrigerator



Used for holding food and ingredient for farinaceous dishes in cold temperature

Freezer

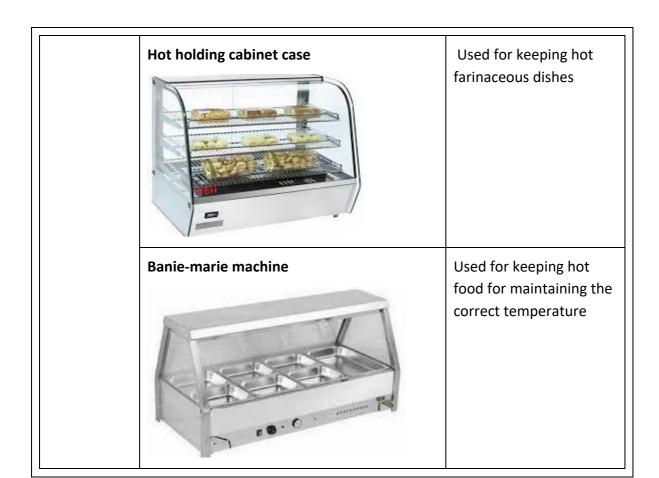


Used for holding food and ingredient for farinaceous dishes in deep-cold temperature

Cold cabinet case



Used for keeping cold farinaceous dishes







Read the scenario and answer given questions.

Mr. Samosa shop is specialized in farinaceous dishes preparation and the manager want to open a new outlet in your village. As skilled farinaceous dishes maker; you are request to:

- a. Identify the tools needed for new outlet to operate
- b. Identify the equipment for a new outlet to operate.

Topic 2.2: Preparation of ingredients for farinaceous





Read the scenario below and answer the question related

Farinaceous dishes are commonly served in restaurant, supposed that you are a cook and requested you to prepare farinaceous dishes.

- a. What are the ingredients will you need for farinaceous dishes making
- b. What are the preparation techniques should you apply for farinaceous dishes

Key Facts 2.2a: Preparation of ingredients for farinaceous dishes

Mixing:

Mixing ingredients for farinaceous dishes, which include dishes like samosas, capaties, paie, and other baked goods, requires attention to detail to achieve the desired texture and consistency.

✓ Genera guide on mixing ingredients effectively

- Measure Ingredients Accurately: Use measuring cups and spoons for dry ingredients (flour, sugar, etc.) and liquid measuring cups for liquids (water, milk, etc.). Accurate measurements ensure consistency in your final product.
- ♣ Room Temperature Ingredients: some recipes' ingredients such as eggs, butter, and milk to be at room temperature. This helps them mix more evenly and promotes better incorporation of air into the mixture.
- Avoid Overmixing
- Use the Right Equipment
- 4 Follow Recipe Instructions

✓ Mixing Techniques

- Creaming
- 4 Folding
- Beating
- Kneading
- Gradual Mixing

Shaping:

Involves applying specific techniques depending on the type of dish you are preparing, such as samosas, pie, pizza, spring rolls other farinaceous goods

• Rolling:

Is flattening dough for farinaceous dishes, on cleaned workplace and flat surface that is lightly dusted with flour to prevent sticking. Marble, wood, or a silicone mat are common choices.

√ Steps to Roll Farinaceous Dough:

Prepare the Dough:

Ensure your dough is properly chilled if the recipe calls for it. This makes it easier to handle and roll without sticking.

Flour the Work Surface:

Lightly dust your work surface and rolling pin with flour to prevent the dough from sticking. Too much flour can toughen the dough, so use it sparingly.

- ♣ Shape the Dough: For round dough portions (e.g., pie crust, biscuits), pat the dough into a round disc with your hands before rolling. For rectangular or square dough (e.g., pastry), shape it into a rough rectangle or square.
- **↓ Initial** *Roll:* Place the dough in the center of the floured surface. Begin rolling from the center outward, applying even pressure and rotating the dough occasionally to maintain an even thickness.
- ♣ Maintain Thickness: Aim for an even thickness across the entire surface
 of the dough. Check periodically by placing your hand or a ruler over
 different areas of the dough.
- **♣ Turn and Rotate:** To ensure the dough do not stick and maintains an even shape, periodically lift and lightly flour both the dough and the rolling pin. Rotate the dough 90 degrees after each roll to maintain a consistent shape.

• Coating:

Involves applying various toppings, glazes, or coatings to enhance their flavour, appearance, or texture.

✓ Pies and Tarts:

- **Egg Wash:** Brush beaten egg lightly over the crust of pies or tarts before baking. This enhances browning and gives a shiny finish.
- **Sugar Dusting:** Dust the top of fruit pies or tarts with granulated or powdered sugar after baking for added sweetness and visual appeal. ■
- **4** Tips for Coating Farinaceous Dishes:
 - Apply Coatings Before or After Baking: Depending on the recipe,
 coatings like egg washes or seeds are applied before baking, while
 glazes or frostings are applied after baking and cooling.
- Consider Flavor Combinations: Choose coatings that complement the flavors of your dish. For example, sesame seeds work well on savory bread, while colored sugars are perfect for sweet cookies

✓ Gratinating:

- Importance of gratinating
- **★ Texture Contrast:** The crispy, golden-brown crust created through gratinating provides a delightful contrast to the soft or creamy texture of the base dish.
- Flavour Enhancement: The topping used for gratinating often includes ingredients like cheese, breadcrumbs, herbs, or garlic, which not only add texture but also contribute additional flavours.
- **↓ Visual Appeal:** A well-gratinated dish is visually appealing with its golden-brown crust that signals to diners that the dish has been carefully prepared and is ready to be enjoyed.
- ♣ Versatility: Gratinating is a versatile technique that can be applied to a wide variety of farinaceous dishes, including pasta bakes, potato gratins, vegetable gratins, and even certain types of casseroles. It allows

for creativity in combining different ingredients and flavors while still achieving a satisfying end result.

Consistency and Control: When gratinating, you have control over how brown and crispy you want the topping to be.

√ Importance of coating

- ♣ Flavour Enrichment: Coatings often include ingredients like herbs, spices, cheeses, or sugars, which not only add flavour but also provide a concentrated burst of taste with each bite. For example, savoury coatings can add savoury notes, while sweet coatings can enhance sweetness and aroma.
- ➡ Visual Appeal: A well-applied coating can significantly enhance the
 appearance of a dish. It adds colour contrast, texture variation, and
 overall visual interest, making the dish more appealing and appetizing
 to diners.
- ♣ Moisture Retention: In some cases, coatings can help retain moisture within the dish during cooking or baking.
- Crispiness and Crunch: Coatings that are baked or fried develop a crispy texture, which adds a satisfying crunch to the dish.
- ♣ Preservation and Protection: Coatings can also act as a protective layer during cooking, preventing delicate ingredients from sticking to pans or losing their shape.

Stuffing and sealing:

Involves techniques that are crucial for creating filled farinaceous or other dishes

where a filling needs to be enclosed within a dough or pastry.

✓ Preparing the Filling

- ♣ Make sure your filling is cooked and cooled: This is important to ensure it's the right consistency and won't leak or make the dough soggy.
- Season your filling to taste: Before adding it into the dough
- ♣ Understand the Purpose: Sealing in culinary terms often refers to adding a layer or covering to keep moisture in and flavours intact.





Read the scenario below and answer questions provided below:

Suppose that you are in kitchen workshop having varieties of ingredients ready to prepare farinaceous dishes. You are requested to:

• Provide any two (2) farinaceous dishes and prepare the required ingredients according to the recipe.





Read the scenario below and answer the questions related

Smart snack fast food is local business offer farinaceous dishes as their specialty. Suppose that you are hired by the business manager and you are requested to:

- Perform mixing and rolling (flat shape) of farinaceous foods having the following ingredient in place:
 - ✓ Flour,
 - ✓ Sugar,
 - ✓ Eggs,
 - ✓ Water,
 - ✓ Oil,
 - ✓ Salt.
 - ✓ Yeast,
 - ✓ Baking Powder.

Topic 2.3: Cooking farinaceous dishes





Read the following scenario and answer the provided question:

XR fast food is local restaurant offering farinaceous dishes as specialty, suppose that you are one their cook and you are requested by the restaurant manager to apply cooking techniques for samosa and capati as per the standard.

- a. What are the cooking procedures should you follow?
- b. Discus any other cooking procedures followed while cooking various farinaceous dishes.

Key Facts 3.1a: Cooking of Farinaceous dishes

• Different recipes of farinaceous dishes

✓ Roti/Chapati

Ingredients	Preparation procedures
 ♣ Wholemeal flour 140g ♣ Plain flour, plus extra for dusting 140g ♣ Salt 1 tsp ♣ Olive oil, plus extra for greasing 2 tbsp ♣ Water or as needed 180ml 	Step1 In a large bowl, stir together the flours and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky. Step 2
Figure 7: Chapattis	 Knead the dough on a lightly floured surface for 5-10 mins until it is smooth. Divide into 10 pieces, or less if you want bigger breads. Roll each piece into a ball. Let rest for a few mins. Heat a frying pan over medium heat until hot, and grease lightly. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin. Step 4
	 When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side. Put on a plate and keep warm while you cook the rest of the chapatis.

✓ Naan bread

Ingredients and quantity Preparation procedures 4 g instant / rapid rise yeast Mix yeast with warm water and sugar in a small bowl. Cover with cling wrap, 125 ml warm water leave for 10 minutes until foamy. 15 g white sugar Egg and milk: Whisk milk and egg 30 g milk full fat together. 27 g whisked egg Flour: Sift flour and salt into a separate 1/2 g salt Add wet ingredients: Make a well in the 270 g bread flour, or all-purpose. flour, add yeast mixture, and butter and **♣** 30g / 2 tbsp ghee or unsalted butter egg mixture. Finishes: Mix together with a spatula. Once the 4 30g / 2 tbsp tbsp ghee or butter, melted flour is mostly incorporated, switch to your hands and bring it together into a ♣ 1 small garlic clove for Garlic Butter ball. Coriander/cilantro, finely chopped Cover the bowl with cling-wrap, then leave in a warm place for 1 - 1.5 hrs. until it doubles in size. Cut into 6 pieces: Place the dough on a lightly floured surface. Cut into 6 equal pieces, then shape into balls into spheres with a smooth surface by stretching the surface and tucking it under Figure 8: Naan bread Place balls on a lightly-floured tray or plate. Sprinkle lightly with flour, cover loosely with a lightweight tea towel. Put in a warm place to rise for 15 minutes until it increases in size by about 50%. Roll out: Place a round on a lightlyfloured work surface, flatten with your hand.

Rub a cast iron skillet with a very light coat of oil using 1/2 tsp oil on a paper towel. Set over high heat until you see wisps of smoke. Cook naan: Place a naan dough in the skillet and cook for 1 to 1 1/2 minutes until the underside is deep golden / slightly charred – the surface should get bubbly. Flip then cook the other side for 1 minute until the bubbles become deep golden brown. Heat skillet: Rub a cast iron skillet with a very light coat of oil using 1/2 tsp oil on a paper towl (unless already well seasoned). Set over high heat until you see wisps of smoke. Look naan: Place a naan dough in the skillet and cook until the underside is deep golden / slightly charred - the surface should get bubbly. Flip then cook the other side until the bubbles become deep golden brown. ♣ Until golden – it will puff up! Turn and

✓ Croquettes potatoes

Ingredient and quantity	Preparation procedures
2 large potatoes (about 500g), peeled and diced	Cook the Potatoes: # Place the diced potatoes in a pot of
♣ Salt, to taste	salted water. Bring to a boil and
1 tablespoon butter	cook until the potatoes are fork- tender, about 10-12 minutes.
1/4 cup milk	

cook the other side for around 45

seconds.

- 1/2 cup grated cheese (cheddar or mozzarella)
- 1/4 teaspoon black pepper
- 1/4 teaspoon garlic powder (optional)
- 1/4 cup finely chopped parsley or chives (optional)
- 4 1 cup breadcrumbs
- 4 2 eggs, beaten
- Oil, for frying



Figure 9: Croquette potatoes

Drain the potatoes and return them to the pot.

Mash the Potatoes:

- Mash the cooked potatoes while they are still hot. Add butter, milk, grated cheese, salt, black pepper, garlic powder (if using), and chopped parsley or chives (if using).
- Mix well until everything is combined and the mixture is smooth.

Shape the Croquettes:

- ➡ Take about 2 tablespoons of the potato mixture and shape it into a cylinder or oval shape, about 2 inches long.
- Repeat with the remaining mixture.

Coat the Croquettes:

- Prepare two shallow bowls: one with beaten eggs and another with breadcrumbs.
- Dip each potato cylinder into the beaten eggs, then roll it in breadcrumbs until evenly coated.
- Set aside on a plate.

Fry the Croquettes:

- Heat oil in a deep skillet or frying pan over medium-high heat.
- Carefully place a few croquettes at a time into the hot oil. Fry until golden brown and crispy, turning occasionally to ensure even cooking, about 3-4 minutes per batch.
- Remove the croquettes with a slotted spoon and drain on paper towels to remove excess oil.

Serve:

Serve the potato croquettes hot, optionally with dipping sauce like

garlic aioli, ketchup, or any sauce of your choice.

✓ Samosa

Ingredients and quantity	Preparation techniques and procedures
For the dough:	Prepare the dough:
 4 2 cups all-purpose flour 4 1/2 teaspoon salt 4 1/4 cup vegetable oil 4 1/2 cup water, or as needed 4 For the filling: 4 250g ground beef or lamb 4 1 medium onion, finely chopped 4 2 cloves garlic, minced 4 1 teaspoon grated ginger 	 ♣ In a large bowl, combine the flour and salt. Add the vegetable oil and mix with your fingers until the mixture resembles breadcrumbs. ♣ Gradually add water, a little at a time, and knead until you get a smooth and firm dough. Cover the dough with a damp cloth and let it rest for at least 30 minutes. Prepare the filling: ♣ Heat 1 tablespoon of oil in a pan over
 1 green chili, finely chopped (adjust to taste) 1/2 teaspoon cumin powder 1/2 teaspoon coriander powder 1/2 teaspoon turmeric powder 1/2 teaspoon garam masala Salt, to taste 	 medium heat. Add the chopped onions and sauté until translucent. Add the minced garlic, grated ginger, and chopped green chili. Sauté for another 2 minutes until fragrant. Add the ground beef or lamb to the pan. Break it up with a spatula and cook until browned and cooked through.
 Freshly ground black pepper, to taste 1 tablespoon chopped fresh cilantro (coriander leaves) 1 tablespoon chopped fresh mint leaves Juice of 1/2 lemon Oil, for frying 	 Stir in the cumin powder, coriander powder, turmeric powder, garam masala, salt, and black pepper. Mix well to combine and cook for another 2-3 minutes. Add the chopped cilantro, mint leaves, and lemon juice. Mix well and cook for another minute. Remove from heat and let the filling cool



Figure 10: Samosa

Assembling and frying the samosas:

♣ Shape and fill the samosas:

- Divide the rested dough into small lemon-sized balls. Roll each ball into a thin oval or round shape (about 6 inches in diameter).
- Cut each rolled-out dough circle in half to form two semi-circles.
- Take one semi-circle and fold it into a cone shape, sealing the edges with a little water.
- Fill the cone with about 1-2 tablespoons of the cooled meat filling.
- Seal the open edge of the cone by pressing the edges together firmly.
 Repeat with the remaining dough and filling.

Fry the samosas:

- Heat oil in a deep pan or pot over medium heat.
- Fry the samosas in batches, a few at a time, until they are golden brown and crispy, turning occasionally to ensure even cooking.
- This should take about 5-6 minutes per batch.
- Remove the fried samosas with a slotted spoon and drain on paper towels to remove excess oil.

Serve:

 Serve the hot and crispy meat samosas with mint chutney, tamarind chutney, or your favorite dipping sauce.

✓ Pizza

Ingredients and quantity	Preparation procedures
For the dough:	Making the pizza dough:
4 2 cups all-purpose flour	Activate the yeast:
♣ 1/2 teaspoon salt	In a small bowl, combine warm water,
♣ 1/4 cup vegetable oil	sugar, and yeast. Stir gently and let it sit for about 5-10 minutes until foamy.
♣ 1/2 cup water, or as needed	Prepare the dough:
For the filling:	
4 250g ground beef or lamb	In a large mixing bowl or the bowl of a stand mixer fitted with a dough hook,
4 1 medium onion, finely chopped	combine the flour and salt.
4 2 cloves garlic, minced	Make a well in the center and pour in the
1 teaspoon grated ginger	yeast mixture and olive oil.
4 1 green chili, finely chopped (adjust to	Mix until the dough comes together.
taste)	Knead the dough:
4 1/2 teaspoon cumin powder	Using a stand mixer, knead the dough on medium speed for about 5-7 minutes
4 1/2 teaspoon coriander powder	until smooth and elastic.
4 1/2 teaspoon turmeric powder	kneading by hand, transfer the dough to
4 1/2 teaspoon garam masala	a floured surface and knead for about 10
Salt, to taste	minutes.
Freshly ground black pepper, to taste	Shape the dough into a ball and place it in a lightly oiled bowl.
# 1 tablespoon chopped fresh cilantro	Cover with a damp cloth or plastic wrap
(coriander leaves)	and let it rise in a warm place for about
1 tablespoon chopped fresh mint leaves	1-2 hours until doubled in size.
Juice of 1/2 lemon	Preparing the pizza sauce:
Oil, for frying	Heat olive oil in a saucepan over medium
	heat.
	Add minced garlic and sauté for about 1 minute until fragrant.
	Stir in crushed tomatoes, dried oregano,
Figure 11: Pizza image	dried basil, salt, and pepper. Bring to a simmer and cook for about 15-20

- minutes, stirring occasionally, until the sauce thickens slightly.
- Remove from heat and let it cool.

Assembling and baking the pizza:

Preheat the oven:

- Preheat your oven to the highest temperature it can go, typically around 500°F (260°C) or higher if possible.
- Place a pizza stone or baking sheet in the oven to preheat as well.

Shape the dough:

- Once the dough has doubled in size, punch it down and divide it into two equal portions.
- On a floured surface, stretch or roll out each portion of dough into your desired pizza shape (round or rectangular).

Assemble the pizza:

- Place the stretched dough onto a piece of parchment paper (for easy transfer to the oven).
- Spread a generous amount of pizza sauce over the dough, leaving a small border around the edges.
- Sprinkle shredded mozzarella cheese evenly over the sauce.
- Add your desired toppings such as pepperoni, bell peppers, mushrooms, onions, and fresh basil leaves.

Bake the pizza:

 Carefully transfer the parchment paper with the assembled pizza onto the preheated pizza stone or baking sheet in the oven.

 Bake for about 10-12 minutes, or until the crust is golden brown and the cheese is bubbly and melted. Finish and serve:
 Remove the pizza from the oven and let it cool slightly before slicing. Optionally, sprinkle grated Parmesan cheese and fresh basil leaves on top.

✓ Wraps

- Chapati omelette wraps

Ingredient and quantity	Preparation procedures
Cup all-purpose flour	Prepare the Chapati:
♣ 1/2 teaspoon salt	♣ In a large bowl, combine the flour and
4 1 tablespoon vegetable oil	salt. Gradually add water and knead until you get a smooth and elastic dough. Add
♣ Water, as needed	the vegetable oil and knead again until
Extra flour for dusting	well incorporated.
For Omelet:	Divide the dough into 4 equal portions
♣ 4 eggs	and roll each portion into a smooth ball.
Salt and pepper, to taste	 On a lightly floured surface, roll out each ball of dough into a thin circle (about 6-8
1 tablespoon milk or water (optional)	inches in diameter).
4 1 tablespoon butter or oil for cooking	Heat a skillet or griddle over medium-
For Vegetable Filling:	high heat. Place a rolled-out chapati on the hot skillet and cook until bubbles
4 1 medium cucumber, thinly sliced	start to form, then flip and cook the
1 medium carrot, peeled and grated or cut into thin strips	other side until golden brown spots appear.
4 1 bell pepper (any color), thinly sliced	Repeat with the remaining chapatis.
♣ 1/2 cup shredded cabbage or lettuce	♣ Set aside.
4 1/4 cup thinly sliced red onion	Prepare the Omelet:
1/4 cup chopped fresh cilantro (coriander)	In a bowl, beat the eggs with salt, pepper, and milk or water (if using) until
♣ Juice of 1 lemon	well combined.

- Salt and pepper, to taste
- Hot sauce or chili flakes (optional)





Figure 12: Chapati omelette wraps

- Heat butter or oil in a non-stick skillet over medium heat. Pour in the beaten eggs and cook, gently lifting the edges with a spatula and tilting the pan to let the uncooked egg flow underneath, until the omelet is set and cooked through.
- Flip if desired to cook both sides evenly.
- Remove from heat and set aside.

Prepare the Vegetable Filling:

- In a bowl, combine sliced cucumber, grated carrot, bell pepper slices, shredded cabbage or lettuce, sliced red onion, and chopped cilantro.
- Drizzle lemon juice over the vegetables and season with salt and pepper. Add hot sauce or chili flakes if desired for extra spice.

Assemble the Wraps:

- Lay a chapati flat on a clean surface.
- Place a portion of the omelet in the center of the chapati.
- Spoon a generous amount of vegetable filling over the omelet.
- Roll up the chapati tightly to form a wrap. Secure with a toothpick if necessary.
- Repeat with the remaining chapatis, omelet, and vegetable filling.

Serve:

- Lut the wraps in half diagonally or serve them whole.
- Serve immediately

- Pies

Ingredients and quantity	Preparation techniques and procedures
For the Pie Crust:	Make the Pie Crust:
2 1/2 cups all-purpose flour1 cup unsalted butter, cold and cut	In a large bowl, combine the flour, salt, and sugar. Mix well.
into cubes 4 1 teaspoon salt	Add the cold cubed butter to the flour mixture. Using a pastry cutter or your fingers,
1 tablespoon granulated sugar	work the butter into the flour until the mixture resembles coarse crumbs with some
4 6-8 tablespoons ice water	pea-sized pieces of butter remaining.
For the Apple Filling:	Gradually add ice water, 1 tablespoon at a time, mixing with a fork or your hands until
6-7 medium apples (such as Granny Smith or Honeycrisp), peeled, cored,	the dough just begins to come together.
and thinly sliced	Divide the dough in half, shape each half into a disc, and wrap tightly in plastic wrap.
	Refrigerate for at least 1 hour, or overnight.
1/4 cup brown sugar	Prepare the Apple Filling:
1 tablespoon lemon juice1 teaspoon ground cinnamon	In a large bowl, toss the sliced apples with lemon juice to prevent browning.
	In a separate bowl, mix together granulated
1/4 teaspoon ground allspice (optional)	sugar, brown sugar, cinnamon, nutmeg, allspice (if using), and flour.
♣ 2 tablespoons all-purpose flour	Add the sugar-spice mixture to the apples and
4 1 tablespoon unsalted butter, cut	toss until the apples are evenly coated.
into small pieces	Assemble the Pie:
For Assembly:	Preheat your oven to 400°F (200°C). Place a baking sheet lined with parchment paper or
4 1 egg, beaten (for egg wash)	foil in the oven to preheat as well.
♣ 1 tablespoon granulated sugar (for sprinkling on top)	On a lightly floured surface, roll out one disc of chilled pie dough into a circle about 12 inches in diameter. Carefully transfer it to a 9- inch pie dish, gently pressing it into the bottom and sides.
	Pour the apple filling into the pie crust, spreading it evenly. Dot the filling with small pieces of butter.





Figure 13: Pies

Top and Seal the Pie:

- Roll out the second disc of chilled pie dough into a circle about 12 inches in diameter.

 Place it over the apple filling.
- ➡ Trim any excess dough from the edges, leaving about a 1-inch overhang. Fold the overhang under itself and crimp the edges to seal the pie. You can use a fork or your fingers to create a decorative edge.

Bake the Pie:

- Brush the top of the pie crust with beaten egg and sprinkle evenly with granulated sugar.
- Cut slits in the top crust to allow steam to escape during baking.
- ♣ Place the pie on the preheated baking sheet in the oven. Bake for 45-55 minutes, or until the crust is golden brown and the filling is bubbly.
- If the edges of the crust start to brown too quickly, you can cover them loosely with foil halfway through baking.

Cool and Serve:

- Allow the pie to cool on a wire rack for at least 2 hours before slicing. This helps the filling set.
- Serve warm or at room temperature





Task 25:

Read the scenario below and answer provided question

Suppose that you are in kitchen workshop having varieties of ingredients and you are requested to prepare a menu of meat samosas dishes. As skilled cook in farinaceous dishes, you are tasked to:

- a. Describe the cooking methods to be applied.
- b. Prepare meat samosas dishes from the available ingredients.

Key Facts 3.1b: cooking methods for farinaceous

- **Dry Cooking Methods:** a category of cooking methods which doesn't requires liquid.
 - ✓ Heat Transfer: In dry cooking methods, heat is transferred to the food item
 without the use of moisture.
 - ✓ **Direct Heat:** These methods often involve cooking food directly with an open flame, hot air, or a hot surface.
 - ✓ Common dry cooking methods include grilling, roasting, baking, sautéing, broiling, and frying (with less oil).

• Moist Cooking Methods:

- ✓ Heat Transfer: Moist cooking methods use water, liquid, or steam to transfer heat to food.
- ✓ Indirect Heat: Food is usually cooked in a closed environment where steam or liquid surrounds the food.
- ✓ Moist cooking methods include boiling, simmering, steaming, poaching, braising, and stewing.
- ✓ Boiling: This method involves cooking the farinaceous ingredients in boiling water or broth until they become soft and tender.
- ✓ Examples include pasta, rice, and grains like quinoa or barley.
- ✓ **Steaming:** Farinaceous ingredients can be cooked by steaming, where they are exposed to steam in a covered container. This method is often used for dishes like dumplings, steamed buns, and certain types of puddings.
- ✓ Baking: Baking involves cooking farinaceous ingredients in an oven using dry heat. This method is used for bread, cakes, pastries, and some types of casseroles and gratins.

- ✓ **Frying:** Farinaceous ingredients can be fried in oil or fat. This can range from shallow frying (pan frying) for items like pancakes or latkes, to deep frying for items like donuts or fritters.
- ✓ **Sautéing:** This method involves cooking small pieces of farinaceous ingredients quickly in a small amount of fat over medium-high heat. It's often used for preparing dishes like risotto or pilaf.
- ✓ **Simmering:** Farinaceous ingredients can be cooked gently in a liquid just below boiling point. This method is used for dishes like porridge, polenta, and certain types of soups and stews.
- ✓ Grilling: Some farinaceous items, particularly those that are shaped or formed, can be cooked on a grill over direct heat. Examples include grilled flatbreads and certain types of cakes or breads.
- ✓ Microwaving: Although less common, some farinaceous dishes can be cooked in a microwave using specialized techniques or microwave-safe containers.





Read the scenario below and perform the task provided.

Living sweet snack and coffee shop is a fast- food house offer varieties of food including farinaceous dishes, the menu was updated by adding in new recipes such as beef samosas, vegetable pizza, and croquette potatoes. As skilled cook in farinaceous dishes, you are requested to:

- a. Select all tools and equipment required for each dish mentioned above.
- b. Prepare all required ingredients
- c. Cook beef samosas, vegetable pizza, and croquette potatoes.

Topic 2.4: Presentation of farinaceous dishes





Read the scenario below and answer the questions related

Margherita Pizza is known for its name and it is more delicious, however; clients are complaining due to its look; as skilled farinaceous dishes maker.

- a. What do you think is not respected before serving the order?
- b. What is the type of garnishes used for farinaceous dishes presentation

Key Facts 2.4: Presentation of farinaceous dishes

When presenting farinaceous dishes; it is important to focus on both visual appeal and practicality.







Figure 14: Presented various farinaceous dishes

• Guidelines for farinaceous presentation dishes

- ✓ **Plating:** Choose plates or bowls that complement the dish in terms of size, shape, and color. Avoid overcrowding the plate; leave some negative space around the food to highlight its presentation.
- ✓ **Color Balance:** Consider the colors of the dish components. For example, pizza with a rich of tomato sauce butter to used other types of different color with tomato for balance color.
- ✓ **Garnishing:** Use garnishes sparingly and purposefully and add visual interest and enhance flavors. Garnishes should complement the dish without overwhelming it.

Some garnishing includes:

- Herbs: Fresh herbs such as parsley, basil, cilantro, or thyme can be finely chopped and sprinkled over farinaceous dishes.
- Cheese: Grated or shaved Parmesan, cheeses can be sprinkled over farinaceous dishes to add richness flavour.

- Sauces: Drizzling a flavourful sauce such as pesto, marinara, alfredo, or a vinaigrette over farinaceous dishes not only enhances flavor but also adds a decorative touch.
- Vegetables: Roasted cherry tomatoes, grilled asparagus, sautéed mushrooms, or caramelized onions, slice of lemon, can be served alongside or on top of pasta, farinaceous dishes for added flavour and colour contrast.
- Protein: Slices of grilled chicken, shrimp, or a poached egg can be placed on top of farinaceous dishes.
- Fresh Citrus Zest: Finely grated lemon, lime, or orange zest can be sprinkled
 over farinaceous dishes to add a bright, citrusy flavor.
- Freshly Ground Pepper: A sprinkle of freshly ground black pepper or a dash
 of red pepper flakes can add a touch of heat and spice.
- Edible Flowers: Delicate, edible flowers like nasturtiums, pansies, or chive blossoms can be used to garnish farinaceous dishes for attractiveness and elegant presentation.
- Cream or Yogurt: A small dollop of sour cream, Greek yogurt, or crème fraîche can be added to creamy pasta dishes or risottos as a finishing touch.
- Texture Contrast: Incorporate elements that provide texture contrast, such as toasted breadcrumbs on pasta, crispy fried shallots on rice dishes, or a sprinkle of nuts on couscous.
- Sauces and Juices: If the dish includes a sauce or broth, drizzle it strategically around the plate or bowl. Avoid drowning the dish; the sauce should enhance, not overwhelm.
- ✓ **Temperature considerations:** Ensure the dish is served at the appropriate temperature. For instance, pasta dishes should be hot, while salads with grains like quinoa might be served cold or at room temperature.

- ✓ **Portioning:** Pay attention to portion sizes. Serve an appropriate amount that satisfies without overwhelming the diner.
- ✓ Clean Edges: Wipe any smudges or spills off the rim or edges of the plate before serving to ensure a clean presentation.
- ✓ **Consistency:** Maintain consistency in presentation when serving multiple portions of the same dish, especially in a restaurant setting. Consistency adds to the professionalism and appeal of the dish.
- ✓ Consider the Dining Experience: Think about how the dish will be eaten.

 Provide appropriate utensils if needed, such as a fork for pasta or a spoon for sauce.





Read the scenario below and answer the given question.

Suppose that you are hired as skilled farinaceous dishes maker and you have a variety of ingredients in place, you are requested to:

- a. Select appropriate garnishes ingredient for farinaceous dishes
- b. Select appropriate presentation tools for farinaceous dishes
- c. Prepare selected garnishes ingredients into attractive cuts.





Read the scenario below and perform the provided task.

Baker Ltd is fast food restaurant specialized in farinaceous food making, however; clients are complaining due to poor quality and presentation. Suppose that you are hired by the manager as skilled Farinaceous dishes maker and you are requested to prepare and present Meat samosas, pizza and lasagna dishes

Topic 2.5: Holding farinaceous dishes



Activity 1: Problem Solving





Figure 15: Holding of farinaceous dishes



Task 30:

Observe the figure above and answer the question related

- a. What do you think is the purpose of keeping the food as per the above figure?
- b. Differentiate two types of equipment used when keeping food for sell or future used

Key Facts 2.5: Holding farinaceous dishes

Holding techniques

✓ Hot holding: Hot holding refers to the practice of maintaining cooked food at a specific temperature range to keep it safe and palatable before serving. This is typically done in food service settings such as restaurants, catering events, or cafeterias where large quantities of food are prepared in advance and need to be kept warm until they are served to customers or guests.

Hot holding equipment:

- Steam Tables: These are perhaps the most common type of hot holding equipment. They use steam to keep food containers. Steam tables can have one or more compartments with adjustable temperature controls.
- Heat Lamps: Heat lamps are used to keep food warm by radiating heat from above. They are often used for food items and farinaceous dishes.
- Hot Food Holding Cabinets: These are insulated cabinets that use either
 dry heat or moist heat (with a water pan) to keep food warm. They come in
 various sizes and configurations, including pass-through models for easy
 access from both sides.
- Drawer Warmers: Drawer warmers are compact units with multiple drawers that can hold pans of food. They use either radiant heat or convection to maintain temperature.
- Countertop Warmers: These are smaller units designed to sit on countertops and keep smaller amounts of food warm. They are often used for items like sauces, gravies, or toppings.
- Banquet Carts: These are large, mobile carts used for transporting and holding large quantities of food at banquets or catering events. They often have multiple shelves and use either dry or moist heat.

- Warming Trays: Electric warming trays are used for individual plates or small serving dishes to keep food warm at buffet-style setups.
- Heat Holding Drawers: Similar to drawer warmers but with a focus on maintaining precise temperatures for specific types of food, often used in commercial kitchens.
- **Cold holding:** Cold holding" refers to the practice of keeping perishable foods at a safe temperature to prevent the growth of harmful bacteria. Typically, cold holding involves storing food at temperatures below 41°F (5°C) to slow down bacterial growth and maintain food safety.

Cold holding equipment

- Refrigerators and Freezers: These are the most common cold storage devices in both commercial and residential kitchens. They come in various sizes and configurations, from walk-in coolers in restaurants to small bar refrigerators.
- **♣ Cold Tables:** These are used in buffet-style settings or self-service restaurants to keep farinaceous dishes, and other cold dishes at safe temperatures.
- ♣ Display Cases: Found in delis, bakeries, and grocery stores, these cases keep perishable items like meats, cheeses, and prepared foods cool while showcasing them to customers.
- ♣ Blast Chillers: Common in commercial kitchens, blast chillers rapidly cool hot food to safe storage temperatures to prevent bacterial growth before transferring to refrigerators or freezers.
- Walk-in Coolers and Freezers: These are large storage areas used in commercial kitchens and foodservice operations to store bulk quantities of perishable foods at appropriate temperatures.

- **4** Countertop Refrigerators: Compact refrigeration units used in smaller food establishments or for specialized needs, such as keeping toppings cool at a sandwich station or ingredients chilled at a bar.
- **Undercounter Refrigerators:** Similar to countertop models but designed to fit under standard kitchen counters, commonly used in restaurants and bars for quick access to chilled ingredients.
- **Les Cold Storage Containers:** Portable refrigerated containers used in catering, outdoor events, or temporary foodservice operations to store perishable items.



Activity 2: Guided Practice



Read the scenario below and answer question related

Bakers Ltd .co facing the problem of lack storing tools and equipment for farinaceous therefore farinaceous dishes spoilage, supposed that you are the one who hire for selecting the best quality of holding tools and equipment.

• Select cold and hot holding for farinaceous dishes





Read the scenario below and answer question related

Home fast food is restaurant in your village offer delicious farinaceous dishes to the customer due to the best services the manager received the following farinaceous dishes order (1) meat samosas, (2) vegetable pizza, (3) chicken lasagna, and you are requested to:

• Apply holding techniques of the aforementioned farinaceous dishes.



1. Read the following statement in table, Column a is related to Tools and equipment while column B is related with their uses.

Answer by matching column A and B respectively.

Answer	Column A	Column B
1	1. Measuring jag	a) Used for grating farinaceous Ingredients such as cheese, lemon.
2	2. Measuring spoon	b) Used for weighing liquid ingredients
3	3. Grater	c) Used for weighing dry ingredients
		d) Squeezing lemon
		e) Cutting vegetables into cube

2.	Complete the given statement by one of the following cooking methods: (1) Boiling, (2) Steaming, (3) Stewing, (4) Panfrying, (5) Roasting, (6) Baking, and (7) Deep-frying.
	a. Dry cooking methods involve cooking such as
	b. Moist cooking methods involve cooking methods such as

missing ingredients for the recipe.

3. You are given ingredient for making meat samosas and you are requested to complete the

Ingredients

a.	Dough of samosas composed with wheat flour and
b.	Cooked minced meat for beef samosas added herbs, spices and
c.	We Cook pizza farinaceous dish by used of

- 4. Read the following statement and answer by circling the right answer.
 - a. When presenting meat samosas butter to garnish with
 - i. Olive oil
 - ii. Bay leaves
 - iii. Slice of lemon
 - iv. Slice of orange
 - b. Pizza is topped with
 - i. Grated carrot
 - ii. Cucumber
 - iii. Chopped celery
 - iv. Grated cheese
- 5. Analyze the table below, column A is indicating tools and equipment while column B is the food to hold.

Answer by matching column A with column B

Answer	Column A	Column B
1	1. Refrigerator	a) Raw minced meat
2	2. Freezer	b) Chicken Lasagna that used in future
3	3. Hot cabinet display case	c) Spice used in farinaceous dishes such as turmeric, white pepper and aromat
4	4. Room temperature	d) Samosas read to sell



- Always select of tools, equipment and ingredients before preparing farinaceous dishes.
- Apply preparation techniques according to farinaceous dish to be prepared.
- Always present correctly farinaceous dishes with appropriate plate and garnishes.
- Store farinaceous dishes in right temperature.



1. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience of doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Describe farinaceous tools and equipment					
Select farinaceous dishes and equipment					
Describe farinaceous ingredients according to the recipe.					
Select farinaceous ingredients according the recipe.					
Prepare farinaceous ingredients according to the recipe.					
Identify farinaceous dishes					
Prepare different farinaceous dishes					
Garnish farinaceous dishes					
Present farinaceous dishes					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience of doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Differentiate holding techniques for farinaceous dishes					
Holding farinaceous dishes according to their types					
Be conscious when holding farinaceous dishes					

2. Fill in the table above and share results with the trainer for further guidance.

Areas of strength	reas of strength Areas for improvement Actio	
1.	1.	1.
2.	2.	2.
3.	3.	3.



Unit summary

This unit provides you with the knowledge, skills and attitudes required to canapes, farinaceous and sandwiches required to prepare canapés, farinaceous and sandwiches It covers the Preparation of tools and equipment for sandwiches, Preparation of Sandwich ingredients, presenting sandwich dishes and holding sandwiches dishes.

Self-Assessment: Unit 3

- 1. Referring to the unit illustrations above discuss the following:
 - a. What does the illustration show?
 - b. Based on the illustration, what topics do you think will be covered under this unit.
- 2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.
 - d. At the end of this unit, you will assess yourself again.

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Identification of sandwiches tools and equipment					
selection of tool and equipment for sandwiches dishes					
Maintain safety of tools and equipment for sandwich dishes preparation					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Identification of sandwich ingredients					
Selection of sandwich ingredients					
Preparation of sandwich dishes					
Pay attention when handling sandwich ingredients					
Differentiate pats of sandwiches					
Presentation of sandwiches					
Being creative when presenting sandwich dishes					
Garnish sandwich dishes					
Identification of holding types for sandwiches					



Kn	owledge	Ski	Ils	Ati	titudes
1.	Explain tools and equipment for sandwiches preparation	1.	Select appropriate tool and equipment for sandwich	1.	Carefully when selecting tools and equipment for sandwich dishes
2.	Describe sandwich ingredients according to the recipe	2.	Assemble sandwiches ingredients	2.	Pay attention when handling sandwiches ingredients
3.	Differentiate types of sandwiches	3.	Prepare different types of sandwich dishes	3.	Being creative when preparing sandwich dishes
4.	Guideline of presentation sandwiches dishes	4.	Perform presentation of sandwiches	4.	Comply with safety precautions at the workplace
5.	Identify garnishes for sandwich dishes	5.	Prepare garnishes for sandwich dishes	5.	Be innovative when garnish sandwich dishes.
6.	Differentiate two types of holding sandwiches	6.	Hold sandwich dishes	6.	Being Consciousness on food safety and set holding equipment temperature.





Kagugu coffee shops preparing is offering a variety of snack and sandwiches. Based on your experience answer the questions below:

- a. Differentiate tools and equipment used when preparing sandwiches basing on their uses?
- b. What are ingredients needed for preparing sandwich dishes
- c. What are main parts of sandwich dishes

- d. What are the preparation techniques of sandwich dishes?
- e. How should be keep sandwiches ready to eat?

Topic 3.0. introduction to sandwich

Sandwich is an item of food consisting of two or more slices of bread with meat, cheese, or other filling between them, eaten as a light meal.

A sandwich is a <u>dish</u> typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein bread serves as a container or wrapper for another food type. [1][2][3] The sandwich began as a portable, convenient <u>finger food</u> in the Western world, though over time it has become prevalent worldwide.

Topic 3.1: Preparation of tools and equipment for sandwiches





Mr. x is a fast-food offering sandwich as one of their products and wants to launch a new fast-food shop with objective of providing quality customer service.

- a. What are tools and equipment needed for smooth running of new Mr. x fast food shop?
- b. How should you maintain those tools and equipment safety?

Key Facts 3.1a: Preparation of tools and equipment for sandwiches

- Tools used in sandwiches making are categorized into:
 - ✓ Mixing tools
 - ✓ Measuring tools:
 - ✓ Measuring Cups:
 - ✓ Measuring Spoons:
 - ✓ Liquid Measuring Cups:
 - ✓ Kitchen Scales:
 - ✓ Cutting tools:
 - ✓ Cooking tools:
 - ✓ Presentation tools:
- Equipment used in sandwiches making are categorized into:
 - √ Cooking equipment
 - √ Food processing equipment
 - √ Holding equipment

All the above-mentioned tools and equipment are described in below table.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment					
Image of Tools and equipment and their uses for sandwiches							
Cutting tools	bread knife	Saw knife used to slice bread and sandwich dishes.					

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
		White cutting board is used for cutting and preparing sandwich ingredients and sandwich dishes in the kitchen.
	Mixing bowls and wishy	Used for mixing sandwich ingredients especially for spreading
		Used for measuring ingredient for sandwich dishes.
		Pan used for cooking sandwich ingredients.
		Grilling pan used for grill sandwich ingredients.
Presentation tools		Plate used to serve sandwich dishes

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Cooking equipment	Salamander	Used for cooking sandwiches ingredients such as melting cheese, and browning bread
		Cooker with oven used for cooking sandwich ingredients.
	Griller	Used for grilling sandwich ingredients
	Toaster machine	Used for toasting bread to be used for sandwich dishes.
	Slicer machine	Used for slicing sandwich ingredients such as meat, salami, bacon and vegetables.

Category of tools and equipment	Tools and equipment	Use of the tools and equipment
Holding equipment	Display cabinet case	Holding dishes for sandwich.
	Refrigerator	Keeping sandwich ingredients to be used
	Cold cabinet case display	Keeping cold sandwich dishes.





Read the scenario below and answer the questions provided.

The school workshop disposes several tools and equipment, however, some of them are not properly working due to inappropriate maintenance. Suppose that you are selected to make sandwich:

- a. What are the tools and equipment should you select?
- b. What are the required maintenance practices for keeping tools and equipment in good working conditions?

Key facts 3.1b: Maintenance of tools and equipment

• Tips for tools and equipment maintenance

✓ Regular Inspection:

Inspect tools and equipment before and after each use. Look for signs of wear, damage, or malfunction such as cracks, loose parts, or rust.

✓ Cleaning:

Clean tools and equipment after use to remove dirt, dust, and debris.

• Storage:

- ✓ Store tools and equipment in a dry, clean environment.
- ✓ Use appropriate storage solutions such as toolboxes, cabinets, or racks to prevent damage and keep them organized.

• Sharpening and Maintenance:

- ✓ Regularly sharpen cutting tools such as saw blades, chisels, and knives to maintain their effectiveness and prevent accidents.
- ✓ Replace worn-out or damaged parts promptly according to the manufacturer's recommendations.

• Lubrication:

✓ Apply lubricants or protective coatings as recommended by the manufacturer to prevent rust and ensure smooth operation of moving parts.

Instruction use

✓ Follow manufacturer instructions and guidelines for operation to avoid misuse or damage.

Documentation:

✓ Keep records of maintenance activities, inspections, and repairs. This helps track the condition of tools and equipment over time and plan for replacements or upgrades as necessary.

Manufacturer's Recommendations:

✓ Always follow the maintenance recommendations and schedules provided by the manufacturer. They are tailored to the specific needs and requirements of each tool or piece of equipment.





Read the scenario below perform the provided task.

Best snacks shop in a business oriented on sandwich dishes preparation and want to hire skilled employee on tools and equipment maintenance, supposed that you hired to this position. You are requested to:

- a. Make a list of tools and equipment specific to sandwich available is store.
- b. Apply maintenance practices of the damaged tools and equipment.

Topic 3.2: Preparation of Sandwich ingredients





Read the scenario below and answer the question provided.

Best snacks shop received the order of making variety sandwiches, suppose that you are one of their cooks, and you are tasked to prepare the order. To do this, you are requested to:

- a. Differentiate the type of sandwich
- b. Prepare a list of ingredients needed for sandwich preparation
- c. Prepare a list of accompaniment ingredients for sandwich dishes
- d. Prepare all ingredient required for Sandwich.

- Key Facts 3.2a: Preparation of Sandwich ingredients
- The following are ingredients used for sandwich preparation
- Bread: Choose bread depend on the type of sandwich recipe, such as whole-wheat, white, ciabatta, or a baguette and buns bread.
- Spread: Refers to a condiment or mixture that is spread over bread for sandwich to add flavour and moisture.
- Examples of sandwich spread: Mayonnaise, ketchup, mustard,
 Cocktail sauce and cream cheese.
- Fillings: Refers to the main ingredients that go between the bread slices or within a wrap.
- Some examples of fillings are given below:
- Meat Fillings:
- o Roast Beef: Slices of roast beef, often seasoned or marinated.
- Turkey: Slices of roasted or smoked turkey breast.
- o Ham: Slices of cured or smoked ham.
- Chicken: Grilled or roasted chicken breast, often seasoned or marinated.
- o Bacon: Crispy strips of bacon, adding a salty and smoky flavour.
- Cheese Fillings:
- o Cheddar: Sharp or mild cheddar cheese, sliced or shredded.
- Swiss: Swiss cheese, known for its nutty and slightly sweet flavor.
- Local cheese: It often has unique flavours and qualities that reflect the region it comes from.
- American: Processed American cheese, known for its meltability and mild flavour.
- Vegetable Fillings:

- Lettuce: Crisp leaves of lettuce, adding crunch and freshness.
- Tomato: Sliced ripe tomatoes, adding juiciness and sweetness.
- Cucumber: Thinly sliced cucumbers, adding crunch and a mild flavor.
- Avocado: Slices or mashed avocado, adding creaminess and healthy fats.
- Onions: Slice fresh or sautéed onion such as white or red onions
- o Egg Fillings:
- Egg Salad: Chopped hard-boiled eggs mixed with mayonnaise and seasonings.
- Devilled Egg: Sliced hard-boiled eggs seasoned with mustard and mayonnaise.
- Scrambled Egg: Soft scrambled eggs, often seasoned with salt and pepper.
- Seafood Fillings:
- Tuna Salad: Flaked tuna mixed with mayonnaise or dressing, sometimes with celery or onions.
- Salmon: Smoked or grilled salmon fillet, often with cream cheese or dill.
- Shrimp: Cooked shrimp, sometimes mixed with a creamy dressing or cocktail sauce.
- Other Fillings:
- Pulled Pork: Slow-cooked pulled pork, usually in barbecue sauce.
- Meatballs: Small seasoned meatballs, often in marinara sauce with cheese.
- Identification of sandwich accompaniment

- There are types of side dishes served with sandwich, accompaniments may include one or more of the following:
- o Raw vegetables
- Salad or fruit
- o Grilled, marinated vegetables
- Pickle spears, or green or black olives
- Chips or French fries
- Description of types of sandwiches dishes
- Sandwiches are classified into:
- Cold sandwiches and hot sandwiches
- Hot sandwiches are often grilled, toasted, or heated in some way to melt cheese and warm the fillings
- Cold Ingredients: Cold sandwiches are typically assembled with cold cuts (e.g., sliced deli meats like turkey, ham), cheeses, and vegetables.
- Finger Sandwiches: These are small, closed sandwiches often have their crusts removed, and are usually cut into various shapes. Finger sandwiches are also sometimes used as appetizers.
- Wraps: These easy-to-eat sandwiches are made with soft, flat breads that are folded, or wrapped, around the fillings. A wide variety of fillings can be used in these sandwiches.

Types of sandwiches based on their structure are:

- o Closed Sandwiches: These sandwiches have two slices of bread with the filling placed in between them.
- o **Open-face Sandwiches**: The spread and fillings of an open-face sandwich are added to the top of one or two pieces of bread. The bread slices are not closed together after the filling.
- o Triple-Decker Sandwiches: These sandwiches include three slices of bread that are stacked. Fillings are placed between each layer.



Activity 2: Guided Practice



Read the scenario below and answer question provided:

The school workshop store disposes a variety of ingredients used in making sandwiches and you are requested to:

- a. Select all required ingredients for spread, base and fillings of sandwiches.
- b. Suggest at least any five (5) dishes may be prepare for the ingredients selected
- c. Write down the preparation procedures of the selected sandwich ingredients

Key facts 3.2c: Preparation procedures of sandwich ingredients

Preparing Breads:

- ✓ **Choose the Right Bread:** Use bread that suits the type of sandwich you are preparing. Slice Bread Correctly: Cut bread slices evenly to ensure the sandwich holds together well and looks appealing. Aim for slices that are neither too thick nor too thin, typically around 1/2 to 3/4 inch (1.3 to 2 cm) thick.
- ✓ Toast or Grill for Texture: Depending on preference, lightly toast or grill the
 bread slices before assembling the sandwich. This adds a nice crunch and
 prevents the bread from becoming soggy when using moist fillings like tomatoes
 or sauces.

Preparing fillings:

✓ Layer Fillings Thoughtfully: Layer the fillings in a way that makes sense for the sandwich. Start with a base of sturdier ingredients (like lettuce or cheese) to protect the bread from moisture, then add meats or proteins, followed by softer items (like tomatoes) and finally any additional condiments or toppings.

• Preparing spread:

✓ **Spread Condiments Evenly:** Spread condiments like mayonnaise, mustard, or spreads evenly across the bread slices. This ensures every bite has a balanced flavor and prevents one part of the sandwich from being too dry or overly flavored.

Assembling and garnishing sandwich

- ✓ Choose the best breads
- ✓ Prepare spreads add vegetables
- ✓ add extra flavor elements
- ✓ top with cheese

- ✓ add final slice of bread
- ✓ press and cut sandwich
- √ final garnish and present

• Building a Sandwich

Some sandwiches recipes building

√ Beef California burger



Figure 16: Beef California burger

Ingredients

- o 4 oz (125 g) Hamburger patty
- o 2 tsp Butter
- o 10 mL Mayonnaise
- 1 Lettuce leaf
- o 1 Thin slice of onion (optional)
- o 1 Tomato slice

Procedures

- o Cook the hamburger patty on a griddle or grill to desired doneness.
- While the meat is cooking, prepare the roll. Butter the bottom half very lightly.

- Spread the top half with mayonnaise.
- o Place the halves of the roll side by side on a serving plate.
- On the top half, place the lettuce leaf, the onion slice (if used), and the tomato slice.
- o When the hamburger patty is cooked, place it on the bottom half of the roll.
- Serve immediately, open faced.

Variations

California Cheeseburger

Prepare as in the basic recipe, except place a slice of cheddar or American cheese on the hamburger patty 1 minute before it is done. Cook until the cheese melts.

Cheeseburger (Plain)

 Omit mayonnaise, lettuce, onion, and tomato, but add the slice of cheese as in California Cheeseburger.

Cheeseburger with Bacon

 Prepare like a cheeseburger, but place 2 half-strips of cooked bacon on the cheese.

California Cheeseburger Deluxe

 Prepare like a California Cheeseburger, but place 2 half-strips of bacon on the cheese.

√ Club sandwich



Figure 17: Club sandwich

Ingredients

- o 3 slices White bread, toasted
- o as needed Mayonnaise
- o 2 leaves Lettuce
- o 2 slices Tomato, about 1/4 in. (0.5 cm) thick
- 3 strips Bacon, cooked crisp
- o 60 g Sliced turkey or chicken breast

Procedures

- o Place the toast slices on a clean work surface.
- Spread the tops with mayonnaise.
- On the first slice, place 1 lettuce leaf, then 2 slices of tomato, then 3 strips of bacon.
- o Place the second slice of toast on top, spread side down.
- Spread the top with mayonnaise.
- o On top of this, place the turkey or chicken, then the other lettuce leaf.
- o Top with the third slice of toast, spread side down.
- o Place frilled picks on all 4 sides of the sandwich.
- o Cut the sandwich from corner to corner into 4 triangles.

- o Each triangle will have a pick through the center to hold it together.
- o Place on a plate with the points up.
- The center of the plate may be filled with potato chips, French fries, or another garnish or accompaniment.

Variations

- Bacon, Lettuce, and Tomato Sandwich (BLT)
- Using only 2 slices of toast, prepare the basic recipe through step 3.
- o Omit remaining ingredients. Cut sandwich in half diagonally for service.
- o Omelet, chicken, avocado, lettuce and tomato sandwiches
 - Using only 2of toast, prepare the basic recipe through step 3 omit the remaining ingredients. cut sandwich in half diagonally for service.

√ Croque monsieur sandwich



Figure 18: Croque monsieur sandwich

- o 1 oz (30 g) Gruyère cheese and
- o 11/2 oz ham, sliced thin. As variations
- Heated in toast until lightly browned

√ Vegetarian Wrap with Mixed Beans









Figure 19: Vegetarian Wrap with Mixed Beans

Ingredients

- o 1 Flour tortilla, (25 cm) in diameter
- o needed Olive oil
- o 15–30 g Lettuce leaves
- o 90 g Mixed Bean Salad
- o 45 g cooked rice, white or brown, cold
- o 15 g green bell pepper, diced

Procedures

- o Lay the tortilla flat on the workbench.
- o Brush it very lightly with olive oil.
- Arrange the lettuce leaves in the centre of the tortilla, leaving a border of about 2 in. (5 cm) uncovered.

- o Place the bean salad in a sieve to drain excess vinaigrette, reserving the vinaigrette.
- o Mix the bean salad and the rice. If the mixture is dry, add enough of the dressing back to the mixture so it is just sufficiently moistened.
- o Mix in the diced pepper.
- Place the bean mixture on the tortilla in an oblong mound.
- Roll and wrap the tortilla tightly around the filling





Read the scenario below and perform the task provided.

Brith snacks shop is one of sandwich seller in our country. Supposed that you are one of their cook and you are tasked to prepare the Club sandwiches, Cheeseburger and Cloque monsieur.

Topic 3.3: Presenting sandwich dishes



Activity 1: Problem Solving



Figure 20: A sandwich



Task 40:

Observe the figure above and answer the below.

- a. What do you observe on the above figure?
- b. Based on the figure, what is the observable image? How can you describe it?

Key Facts 3.3: Presenting sandwich dishes

Plating Sandwich

√ Tips to consider when presenting sandwiches

- **♣ Use Fresh Ingredients:** Select fresh with high-quality ingredients. Freshly baked bread, crisp lettuce, vibrant tomatoes, and quality meats and cheeses make a big difference.
- **♣ Focus on Colour:** Aim for a variety of colours to make the sandwich visually appealing. Use different coloured vegetables like red tomatoes, green lettuce, and yellow peppers to create contrast.
- **Layering:** Pay attention on layering the ingredients. Place colourful ingredients like tomatoes or avocado slices near the edges to showcase them. Alternating colours can create a visually pleasing pattern.
- **Cutting Techniques:** Instead of serving whole sandwiches, consider cutting them into smaller, bite-sized portions or diagonally into triangles. This not only looks more appealing but also makes them easier to eat.
- **♣ Garnishes:** Add garnishes around the plate to complement the sandwich. Fresh herbs, such as parsley or basil leaves, can add a pop of colour and freshness. A few cherry tomatoes or pickles can also be used decoratively.
- ♣ Plate Presentation: Choose an appropriate plate or serving board that complements the sandwich. A wooden board or a colourful ceramic plate can add to the visual appeal.
- **♣** Sauces and Spreads: when sandwich includes sauces or spreads, consider drizzling them in an attractive pattern on top of the sandwich or using them as a dip on the side.
- Balance and Proportion: Ensure that the sandwich is balanced in terms of ingredients and that there's a good ratio of bread to fillings. Avoid overstuffing, which can make the sandwich look messy.
- **Temperature and Freshness**: Serve sandwiches promptly to maintain freshness. Cold sandwiches should be chilled until serving, while hot sandwiches should be served warm.
- **Don't overloading sandwich on plate:** This is making customer messy.

4 Creative Presentation: For themed events or special occasions, consider shaping sandwiches differently (like pinwheels or sliders) or arranging them in a creative pattern on the plate.



Activity 2: Guided Practice



The school workshop presents a variety one sandwiches, suppose that you are tasked to present Club sandwich and Beef burger sandwich. How can you proceed?



Activity 3: Application



Bright house offered sandwich is specialized in offering sandwiches to the clients suppose that you are hired as a skilled cook in presenting sandwiches.

You are tasked to:

• Prepare, present and garnish cheese beef burger, club sandwich and croque monsieur sandwiches as per standard.

Topic 3.4: Holding of sandwiches dishes





Read the scenario below and answer the questions provided.

Mr sandwiches is a shop offering sandwiches to its customers, however; customers are complaining about poor sandwiches due to poor storage of products before selling. Suppose that you are hired as skilled cook in sandwich making.

- a. What are the requirements for keeping the sandwiches safely?
- b. What should be the sandwiches holding practices?

Key Facts 3.4a: Sandwich dishes holding

Cold holding

Refers to the process of maintaining perishable foods at safe temperatures to prevent bacterial growth and ensure food safety. This is especially crucial for foods that require refrigeration or cooling to remain safe for consumption.

Example:

- ✓ **Temperature Range:** Perishable foods should be kept at or below 41°F (5°C) to inhibit bacterial growth. This temperature range is considered safe for preventing the growth of harmful bacteria that can cause foodborne illnesses.
- ✓ Some examples are iced packs, Coolers and Insulated Bags, Coolers and Insulated Bags, Chilled Display Case, Refrigerators,

Hot holding

Refers to the process of keeping cooked foods at safe temperatures after cooking and before serving to maintain their quality and prevent bacterial growth. Proper hot holding is essential in food service to ensure food safety and compliance with health regulations.

✓ Some examples are Aluminium Foil or Wraps, Thermal Food Containers,
Thermometers, Insulated Food Bags or Boxes, Chafing Dishes, Heat Lamps,
Warming Drawers, Hot Holding Cabinets.



Task 44

The school workshop disposes a variety of sandwiches made for the next order. Suppose that you are asked to keep them for two hours before being delivered.

- a. What are the tools and equipment should you use?
- b. What are techniques should you apply?

Key Facts 3.4b: Sandwich holding techniques

• Tips for holding sandwiches effectively.

Based temperature control, two (2) types of sandwiches are differentiated.

- ✓ Hot Sandwiches: Keep hot sandwiches at a minimum temperature of 140°F

 (60°C) to prevent bacterial growth. Use warming tools and equipment such as heat lamps, warming drawers, or chafing dishes to maintain temperature.
- ✓ **Cold Sandwiches:** Keep cold sandwiches below 41°F (5°C) to prevent bacterial growth and maintain freshness. Use refrigerators, coolers, or insulated bags with ice packs for storage.

• Packaging and Wrapping:

- ✓ Use food-grade wrappers or containers that are appropriate for the type of sandwich (e.g., wax paper, deli wrap, foil) to maintain freshness and prevent moisture loss.
- ✓ Ensure sandwiches are tightly wrapped or sealed to preserve their integrity and prevent fillings from spilling out.

• Storage and Display:

- ✓ **Commercial Settings:** Display sandwiches in refrigerated or heated display cases to maintain their temperature and quality before serving.
- ✓ Transportation: Use insulated bags or coolers with ice packs to transport sandwiches, ensuring they stay at the proper temperature until serving.

Handling and Serving:

- ✓ Use clean utensils and gloves when handling sandwiches to prevent crosscontamination.
- ✓ Serve sandwiches promptly after preparation or heating to ensure they are enjoyed at their best quality.

✓ Consider using trays or racks to organize and present sandwiches neatly, especially in buffet or catering settings.

Monitoring and Rotation:

- ✓ Regularly monitor the temperature of hot and cold holding equipment to ensure sandwiches are kept within safe temperature ranges.
- ✓ Rotate sandwiches to ensure older batches are used first (especially in buffet settings) to maintain freshness.

• Food Safety Practices:

- ✓ Follow food safety guidelines and regulations regarding holding temperatures, hygiene, and sanitation to prevent foodborne illness.
- ✓ Train staff on proper handling and storage techniques to maintain food quality
 and safety standards.



PT snack ltd, is sandwich producers in your village, they received two orders; the first is cold vegetables sandwiches with chips and the second is hot cheeseburger with salad. The orders should be kept for one hour before being delivered. As a skilled sandwich maker, you are tasked to:

- a. Select appropriate storing tool and equipment for holding the orders based on their types.
- b. Store the orders safely as per standard.



- 1. Read the statement below and answer by circling the letter corresponding to the right answer.
 - a. The following are the parts of sandwiches except:
 - i. Base
 - ii. Filling
 - iii. Spread
 - iv. Fruit
 - b. The below are ingredient of croque monsieur except:
 - i. Sliced of white bread
 - ii. Cheese
 - iii. Spanish omolet
 - iv. Ham or salami
 - c. Which of the following is the bread used when preparing cheese burger sandwiches
 - i. Baguette bread
 - ii. Hard bread rolls
 - iii. Soft bread rolls
 - iv. Buns bread with sesame seeds
 - v. Sliced white bread
 - 2. Analyse the table below, Column A indicate holding tools and equipment based on types of sandwich while column B indicate describe their uses. Answer by matching colum A and B in provided answer column

Answer	Colum A	Colum B	
1	1. Heat Lamps	a) These are ideal for holding hot sandwiches at a controlled temperature without drying them out.	
2	2. Warming Drawers	b) Used to keep sandwiches warm by emitting infrared heat, commonly used in buffet settings or quick-service restaurants.	
3	3. Refrigerated Display Cases	c) These cabinets maintain a consistent temperature above 140°F (60°C) and are suitable for holding larger quantities of hot sandwiches.	
4	4. Hot Holding Cabinets	d) Used to showcase and hold cold sandwiches at temperatures below 41°F (5°C) while maintaining visibility and accessibility	



- Select appropriate holding tools and equipment when storing sandwich dishes
- Set holding equipment at the right temperature
- Differentiate cold and hot hiding tools and equipment
- Ensure that sandwiches are held at the proper temperatures, maintain their quality, and adhere to food safety standards throughout storage and service.

Self-Reflection

- Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes after covering this unit.
- There are no right or wrong ways to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning

Process.

- 1. Think about yourself:
 - a. Do you think you have the knowledge, skills or attitudes to do the task?
 - b. How well?
- 2. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Identify tools and equipment for sandwich dishes					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Identify sandwich ingredients for the recipes					
Maintain properly tools and equipment during use and after					
Select ingredients for sandwich according to the recipés					
Prepare ingredients for sandwiches' recipé					
Identify different canapes recipe					
Apply preparation techniques for sandwich ingredients					
Apply cooking methods for sandwich recipes					
Describe cooking methods for sandwiches					
Assemble sandwich ingredients					

My experience Knowledge, skills and attitudes	I don't have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Hold sandwich dishes both cold and hold holding					
Taking care when selecting tools and equipment					
Pay attention while preparing sandwich ingredients					
Being flexibility when working with team					

1. Fill in the table above and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.



Read the integrated situation below and perform the tasks provided:

FDH co. Ltd, is fast food restaurant locate in Remera sector of Gasabo District, offering fast food products as canapés, farinaceous dishes and sandwich dishes among others. However, the clients are complaining on their product quality due to unskilled cook of farinaceous, canapé and sandwich dishes. To overcome this, the company manager decided to hire a skilled employee. Supposed that the company hires you and you are task to:

- a. Select the required tools and equipment for farinaceous, canapé and sandwiches dishes
- b. Prepare ingredients for the below dishes:
 - i. Beef samosas, chapattis, pizza
 - ii. Cheese canapé, chicken canapé
 - iii. Beef burger and club sandwiches
- c. Prepare, present and garnish aforementioned dishes.

This task should be completed within three hours. Note that all tools, material, ingredients and equipment are available.

- 1. Dodgshun, G., Peters, M., & O'Dea, D. (2011). Cookery for the hospitality industry. Cambridge University Press.
- 2. Francatelli, C. E. (2014). The Modern Cook: A Practical Guide to the Culinary Art in All Its Branches. Routledge.
- 3. Goody, J. (1982). Cooking, cuisine and class: a study in comparative sociology. Cambridge University Press.
- 4. Ronald, M. (2022). The Century Cook Book. DigiCat.
- 5. Sîrbu, A. (2023). Bakery and Farinaceous Products. In Food Safety Management (pp. 117-140). Academic Press.
- 6. Stern, J., & Stern, M. (2007).Roadfood Sandwiches: Recipes and Lore from Our Favorite Shops Coast to Coast. Houghton Mifflin Harcourt.
- 7. Haas, E., & James, P. (2009). More vegetables, please!: Over 100 easy and delicious recipes for eating healthy foods each and every day. New Harbinger Publications.
- 8. https://depositphotos.com/photos/canape.html
- 9. https://hmhub.in/5th-sem-food-production-notes/making-of-sandwich/
- 10. https://www.theculinarypro.com/plate-presentations

