higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

(11011014)

12 November 2024 (X-paper)
09:00–12:00

This question paper consists of 12 pages.

067Q1N2412

Copyright reserved

DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
FOOD PREPARATION
NQF LEVEL 4
TIME: 3 HOURS
MARKS: 200

INSTRUCTIONS AND INFORMATION

1. Answer all the questions.
2. Read all the questions carefully.
3. Number the answers according to the numbering system used in this question paper.
4. Use only a black or blue pen.
5. Write neatly and legibly.

Copyright reserved

QUESTION 1

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.10) in the ANSWER BOOK.

1.1.1 This thickening agent is rarely used since it is very expensive.

A Arrowroot
B Whitewash
C Cake flour
D Waxy maize

1.1.2 Another name for Maizena.

A Pastry flour
B Potato flour
C Cornflour
D Rice flour

1.1.3 A mixture of equal parts of soft raw butter and flour worked together to form a smooth paste of thickening agent.

A Beurre blanc
B Au beurre
C Beurre manié
D Beurre noisette

1.1.4 ... is the base used to make velouté sauces.

A Brown stock
B Flavoured milk
C Tomato puree
D White stock

1.1.5 Dairy and meat products cannot be served together in this culture.

A Orthodox Catholic
B Hindu
C Orthodox Jew
D Muslim

1.1.6 A dish that is topped with a cheese and breadcrumb and butter mixture and grilled until brown and crispy.

A Casserole
B Moussaka
C Gratin
D Bobotie

Copyright reserved

1.1.7 Another name for eggplant is …

A aubergine.
B okra.
C courgette.
D cucumber.

1.1.8 To prepare gelatine moulds, one must rinse them in … water.

A warm
B cold
C hot
D boiling

1.1.9 Whipped cream that is lightly sweetened with sugar and flavoured with vanilla.

A Chantilly cream
B Caramel cream
C Bavarian cream
D Heavy cream

1.1.10 This is a suitable preparation method for making chocolate mousse.

A Puréeing
B Creaming
C Aeration
D Filling

(10 × 1) (10)

In a busy restaurant kitchen, Executive Chef Mia's team struggles amidst chaos, neglecting cleanliness, food safety, and efficiency. Unhappy with the current situation and her staff's management, chef Mia reinforces the 'clean as you go' principle.

1.2 Explain how the ‘clean as you go’ principle can be achieved when preparing and cooking sauces. (8)

1.3 Hollandaise sauce is the perfect accompaniment to steamed asparagus.

1.3.1 Name FIVE ingredients used to prepare this sauce. (5)

1.3.2 Compile a step-by-step guide to making a Hollandaise sauce. (5)

Copyright reserved

1.4 Portion control is very important in the food industry. What effect would the following have on the establishment?

1.4.1 Serving customers a 300 g steak instead of a 200 g steak but charging them for a 200 g steak.

1.4.2 Serving one customer one chicken breast fillet and another customer at the same table two chicken breast fillets.

(2 × 1) (2)

1.5 Categorise the garnishes/accompaniments listed below under the correct headings by completing the table in the ANSWER BOOK.

apple sauce; stewed dried fruit; maître d'hotel butter; fried onion rings; mint jelly; mushrooms; think gravy; rosemary; matchstick potatoes; sage and onion stuffing

GRILLED STEAK	ROAST LEG OF PORK	ROAST LEG OF LAMB
1.5.1 (4)	1.5.2 (4)	1.5.3 (2)

(10)
[40]

QUESTION 2

2.1 Give ONE term for each of the following descriptions by writing it next to the question number (2.1.1–2.1.5) in the ANSWER BOOK.

2.1.1 To cover the surface of a dessert with a thick layer of cocoa powder.

2.1.2 Put fruit in a blender to produce a smooth pulp.

2.1.3 Brushing fruit tart with a little heated jam.

2.1.4 Spooning fruit into a pastry shell.

2.1.5 The addition of salt, spices, and herbs to meat to improve its taste.

(5 × 1) (5)

2.2 At Cuppa Tea Café, Jonathan eagerly awaits the delivery from Green Leaf Distributors. As the delivery van pulls up, he checks the goods against the delivery note.

Jonathan carefully unpacks the boxes, checking the delivery note against the order form for accuracy. The following goods are delivered:

- 1 x 25 kg white sugar
- 20 x 500 g filter coffee
- 10 x 200 g rooibos tea
- 2 x 100 g rusks
- 1 x 1000 white serviettes

Once verified, Jonathan transports the goods to the storage area.

2.2.1 What quality points must Jonathan check when receiving the delivery from Green Leaf Distributors? (7)

2.2.2 Where will this delivery be stored after it has been is checked? (1)

2.2.3 What points must Jonathan remember when transporting the 25 kg bag of white sugar to the storage area? (6)

2.2.4 While transporting the bag of sugar to the storage area, Jonathan notices that the packaging is torn and sugar has spilled onto the floor.

Recommend THREE actions he must take to deal with this unexpected situation. (3)

2.2.5 Jonathan is instructed to use the FIFO principle when packing the goods in the storage area.

Discuss THREE reasons for using this principle. (3)

2.2.6 Suggest ways in which Jonathan can make the storage area more efficient and organised. (7)

2.3 Recommend a suitable temperature(s) for each of the following foods.

2.3.1 Chilled poultry

2.3.2 Frozen food

(2 × 1) (2)

2.4 Compare and contrast the following complex dishes by completing the table below in the ANSWER BOOK.

	MOUSSE	SOUFFLE
Volume of the dish	2.4.1 (1)	2.4.2 (1)
Base of the dish	2.4.3 (1)	2.4.4 (1)

(4)

2.4.5 Provide TWO similarities between mousse and soufflé. (2)

[40]

QUESTION 3

3.1 Choose the correct term from those in brackets. Write only the answer next to the question number (3.1.1–3.1.10) in the ANSWER BOOK.

3.1.1 Heavy items should be kept on (higher/lower) shelves to reduce muscle strain and accidents when lifting them.

3.1.2 Vegetables that are kept (cold/hot) for a long time before service will lose most of their vitamin content.

3.1.3 (Mirepoix/Consommé) is used for aspic jelly.

3.1.4 Stewing is a long and slow cooking method suitable for (cheaper/expensive) meat cuts.

3.1.5 Crème (bruleé/caramel) is an example of egg custard that is poured over a base of caramelised sugar and cooked in the oven using the water-bath method.

3.1.6 When making a chocolate soufflé, the egg white should be beaten to the (soft/stiff) peak stage.

3.1.7 Fruit mince is a suitable filling for (mousses/tarts).

3.1.8 Velouté sauces should be (deep brown/pale ivory) in colour.

3.1.9 Poor quality vegetables will affect the dish and lead to customer (satisfaction/dissatisfaction).

3.1.10 To fix curdled hollandaise sauce, beat an egg yolk and 15 mℓ (oil/water) over low heat until the mixture thickens.

(10 × 1) (10)

Copyright reserved

3.2 Substantiate each of the following statements:

3.2.1 Poultry and meat should be refrigerated away from other foods. (2)

3.2.2 Avoid keeping meat and meat dishes in a warmer longer than necessary. (2)

3.2.3 Store raw meat below cooked items. (1)

3.2.4 It's best to cook and eat offal within a day or two of purchasing. (1)

3.2.5 The ends of stuffed meat should be tucked tightly. (1)

3.3 Name TWO of the most common coatings used for meat. (2)

3.4 Study the picture below and answer the questions that follow.



3.4.1 Identify the cooking method used in the picture above. (1)

3.4.2 Define the cooking method you identified in QUESTION 3.4.1. (4)

3.4.3 Compile SIX tips to be followed when using the cooking method in QUESTION 3.4.1. (6)

3.5 Explain how one will use a pan to shallow-fry chicken strips. (2)

3.6 Chef Mia is considering adding deep-fried vegetables to her menu as an accompaniment.

Compile a list of EIGHT vegetables, other than potatoes, that can be successfully deep fried. (8)

[40]

QUESTION 4

4.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

4.1.1 Sundried tomatoes can be added to tomato sauce to enhance its flavour.

4.1.2 Mayonnaise is a suitable dressing for diabetic clients.

4.1.3 Cholesterol sufferers should only consume sauces made with meat drippings as a substitute for sauces made with butter.

4.1.4 Starch thickeners should be free from weevils to produce a good quality sauce.

4.1.5 Overcooking corn starch will break down the starch and the liquid will become too runny.

4.1.6 Vegetables should be cut into large pieces to reduce the time needed for cooking.

4.1.7 Avoid cooking green vegetables with acidic vegetables to prevent discolouration.

4.1.8 Left-over baked egg custard can be stored in the freezer for 1-2 days.

4.1.9 Meat and fish are good sources of protein, and they provide a favourable condition for the growth of micro-organisms.

4.1.10 It is important to truss a chicken to keep its shape compact during roasting.

(10 × 1) (10)

4.2 Chef Mia notices a surplus of offcut meat leftover from previous dishes. To minimise waste, the chef must devise creative ways to utilise the offcut meat.

Suggest FIVE uses for offcut meat in cooking. (5)

Copyright reserved

4.3 Rewrite the following recipe method for making a pumpkin timbale in the correct order.

1. Cover each mould with buttered grease-proof paper.
2. Combine the pumpkin with the eggs, cream, butter, nutmeg and pepper. Blend well.
3. Garnish each with basil or coriander.
4. Pour in enough boiling water to reach halfway up the sides of the moulds.
5. Butter six souffle or timbale dishes.
6. Allow to rest for 5 minutes before unmoulding.
7. Pour mixture into greased moulds. Place moulds in a baking dish.
8. Cook in a hot oven at 200 °C for 25 to 30 minutes or until set.
9. Preheat oven to 200 °C. (9)

4.4 Discuss factors to consider when purchasing the following vegetables:

4.4.1 Mushrooms

4.4.2 Asparagus tips

(2 × 3) (6)

4.5 Describe FIVE advantages of coating vegetables in batter before frying. (5)

4.6 Explain what will happen if an egg custard is baked at a high temperature. (3)

4.7 How will the over-cooked custard affect the financial cost of the establishment? (2)

[40]

Copyright reserved

QUESTION 5

5.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–M) next to the question number (5.1.1–5.1.10) in the ANSWER BOOK.

COLUMN A		COLUMN B	
5.1.1	Bulbous vegetables with a white base that transitions from light green to dark green at the top	A	sweet pepper
5.1.2	A pear-shaped fruit with rough leathery skin and smooth oily edible flesh	B	parsnip
5.1.3	A cereal crop that is used as a vegetable	C	leek
5.1.4	An edible fungus with a greyish-brown cap and a very short or absent stem	D	cauliflower
5.1.5	A long, tapering cream-coloured vegetable that looks like a carrot	E	carrot
5.1.6	A mild-flavoured, thick-walled capsicum fruit of a plant that is used as a vegetable	F	baby marrow
5.1.7	The pungent, usually crisp root of the mustard family	G	oyster mushroom
5.1.8	It is a member of the cabbage family with a green stem and a mass of flower buds at the top	H	mangetout
5.1.9	A cabbage of a variety that bears a large immature flower head of small creamy-white flower buds	I	corn
5.1.10	A pea of a variety with an edible pod is eaten when the pod is young	J	radish
		K	celery
		L	avocado
		M	broccoli

(10 × 1) (10)

5.2 List THREE indicators used to evaluate the quality of meat when buying frozen chicken. (3)

5.3 Select FOUR examples of glandular meats from the list below.

pancreas; liver; tripe; brains; tongue; oxtail; sweetbreads; intestines; kidneys; heart

(4)

5.4 Some desserts require the use of raw eggs, either in yolk or egg white form. Due to salmonella concerns, chefs must take precautions to prevent or eliminate bacteria.

Explain how to get rid of bacteria from raw eggs when making mousses. (2)

5.5 Explain how to handle equipment hygienically to avoid cross-contamination when making desserts. (7)

5.6



5.6.1 Classify the dessert in the picture above as either a 'hot' or 'cold' dessert. (1)

5.6.2 Name FOUR ingredients that are required to make the pastry referred to in QUESTION 5.6. (4)

5.6.3 Name FOUR preparation methods that are used to prepare the dessert referred to in QUESTION 5.6. (4)

5.7 The storekeeper issued inferior ingredients.

Explain how to correctly manage the problem. (5)

[40]

TOTAL: 200

Copyright reserved