higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

(11011013)

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

This question paper consists of 12 pages.

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DEPARTMENT OF HIGHER EDUCATION AND TRAINING
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)
FOOD PREPARATION
NQF LEVEL 3
TIME: 3 HOURS
MARKS: 180

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.

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QUESTION 1

1.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

1.1.1 Sole is an example of a round fish.

1.1.2 Snoek is an excellent fish to braai or grill.

1.1.3 A traditional sauce to serve with battered fried hake and chips is tartare sauce.

1.1.4 A tronçon is a thick slice of fish on the bone, prepared from a large flat fish.

1.1.5 Maître d'hôtel butter is served with grilled fish.

(5 × 1) (5)

1.2 Explain the quality points to consider when selecting whole fresh fish. (4 × 2) (8)

1.3 Distinguish between a *fillet cut* and a *darne cut* of fish. (2 × 2) (4)

1.4 Complete the table below. Write only the answer next to the question number (1.4.1–1.4.10.) in the ANSWER BOOK.

Characteristics	**Oily fish**	**White fish**
Colour	1.4.1	1.4.6
Shape	1.4.2	1.4.7
Fat percentage	1.4.3	1.4.8
Number of fillets obtained	1.4.4	1.4.9
Method of cooking	1.4.5	1.4.10

(10)

1.5 You are required to shallow-fry fish. Explain the changes that occur during the cooking process to indicate doneness. (4)

[31]

QUESTION 2

Read the given recipe and answer the questions that follow.

Minestrone Soup



15 minutes preparation time
25 minutes cooking time
4 servings

Ingredients
2 vegetable stock cubes
1 tinned chopped tomatoes
50 g pasta shapes
1 L of water
2 carrots, peeled and finely diced
2 celery sticks, diced
2 leeks, chopped
2 small red onions, finely diced
60 g green beans, sliced
50 g button mushrooms, sliced
2 cloves garlic, crushed
1 tbsp tomato purée
1 tbsp plain flour
2 tbsp olive oil

Method

1. Heat the oil in a deep saucepan. Add the leeks, carrots, celery and onions, and fry for 2 minutes. Add the garlic, purée and flour, then stir for 30 seconds. Add the stock cube, water and tinned tomatoes and let simmer for 15 minutes.
2. Cook the pasta in boiling water, add the green beans and cook for 3 to 4 minutes.
3. Add the cooked green beans, pasta and mushrooms to the soup and simmer for a further 3 to 4 minutes, then serve.

[Source: *www.knorr.com*]

2.1 Classify the soup in the above recipe. (1)

2.2 Identify the aromatic vegetable ingredients. (4)

2.3 Name the thickening agent in this soup. (1)

2.4 List FOUR other thickening agents for soup and sauces. (4)

2.5 Explain the term *purée*. (2)

2.6 Soups can be served cold. One such soup is vichyssoise. Name the THREE main ingredients in this soup. (3)

2.7 A vegetable stock cube is used in the recipe. Write down a FOUR-step method to make a basic vegetable stock using fresh ingredients. (4)

2.8 Explain how you would store freshly prepared vegetable stock not for immediate use. (4)

2.9 Describe the characteristics of a good stock. (4)

2.10 Describe how you would garnish and serve minestrone soup for an à la carte menu. (3)

2.11 Pasta shapes are out of stock. Suggest a suitable substitute for this ingredient. (1)

2.12 Choose a description from COLUMN B that matches an item in COLUMN A. Write only the letter (A–G) next to the question number (2.12.1–2.12.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
2.12.1	Clarify	A	basic flavouring preparation used in all areas of cooking
2.12.2	Dépouillement	B	elastic tissue found in the bones of young animals
2.12.3	Blanching	C	liquid to which an acid such as wine is added
2.12.4	Acidulated	D	removing all fat from the stock
2.12.5	Collagen	E	done to bones to get rid of some impurities that cause cloudiness in stock
		F	while stock is simmering, foam rises to the surface, which needs to be removed
		G	connective tissue found in meat

(5 × 1) (5)

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QUESTION 3

3.1 Read the scone recipe below. Complete the recipe method by writing only the missing word next to the question number (3.1.1–3.1.8) in the ANSWER BOOK.

Scones

Ingredients

500 ml self-raising flour

125 ml white sugar

60 g butter

200 ml buttermilk

Method

(3.1.1) … the oven to 190 ºC.

(3.1.2) … a baking sheet.

(3.1.3) … the self-raising flour. Mix in the sugar.

Rub the (3.1.4) … into the (3.1.5) … until it resembles fine (3.1.6) …

Add the buttermilk to make a soft but firm dough.

Pat down the dough, shape and cut.

(3.1.7) … for about 15 minutes or until (3.1.8) … (8)

3.2 Identify the method of cake making for scones. (1)

3.3 Explain how the method mentioned in QUESTION 3.2 is done. (2)

3.4 List the equipment required to complete the scone recipe. (5)

3.5 Scones can be eaten for breakfast or served for tea.

Differentiate between a *breakfast scone* and a *tea scone*. (2)

3.6 Why is it important to preheat the oven when baking? (2)

3.7 What could be the causes for the following?

3.7.1 Crust of a baked product too dark (3)

3.7.2 Baked scone has an uneven shape (3)

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3.8 Give ONE term for each of the following descriptions by writing it next to the question number (3.8.1–3.8.5) in the ANSWER BOOK.

3.8.1 The oven is allowed to reach the required temperature before putting in a second tray of products to bake

3.8.2 A method of cake making where the butter and sugar are mixed together using a wooden spoon

3.8.3 Using a sieve to remove impurities from dry ingredients

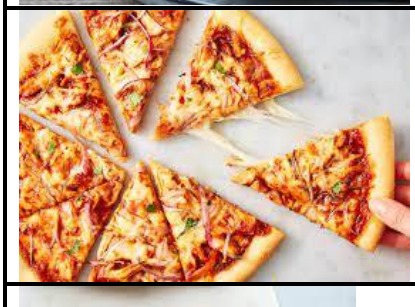
3.8.4 Classic way of decorating a true sponge using icing sugar

3.8.5 Biscuits should be removed from the oven when they reach this colour

(5 × 1) (5)
[31]

QUESTION 4

4.1 Identify the dough product and state the country/culture of origin. Write only the answer next to the question number (4.1.1–4.1.10) in the ANSWER BOOK.

	Dough product	Country/Culture of origin
	4.1.1	4.1.2
	4.1.3	4.1.4
	4.1.5	4.1.6
	4.1.7	4.1.8
	4.1.9	4.1.10

(10 × 1) (10)

4.2 **English Yeast Muffins**

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: Makes about 6 muffins



Ingredients

450 ml (250 g) Snowflake cake flour

3 ml salt

10 ml castor sugar

5 g (½ sachet) instant dry yeast (6 ml)

15 ml butter or margarine, melted

250 ml lukewarm milk

80 ml lukewarm water

Cooking oil for shallow-frying

Method

- Sift the flour and salt together. Add the sugar and yeast.
- Add the melted butter, lukewarm milk and water to the dry ingredients and beat to a smooth batter. Leave to stand in a warm place for about 10 minutes.
- Heat the oil in a large, heavy-based frying pan. Place a cutter of about 9 cm in diameter into the frying pan. Pour the mixture into the cutter to about 2 cm deep. Fry slowly over low heat until it starts to set, then remove the cutter. Turn over and fry on the other side until golden brown. Serve with jam or cheese.

[Source: *www.snowflake.co.za*]

4.2.1 Yeast is the leavening agent used in the above recipe. Classify the leavening agent. (1)

4.2.2 English muffins are not baked, but cooked in a non-stick frying pan. What will the effect be on the end product if the pan is too hot? (2)

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4.3 State the function of the following ingredients in baking:

4.3.1 Castor sugar

4.3.2 Lukewarm water and milk

(2 × 2) (4)

4.4 English muffins can be packaged and frozen.

4.4.1 What is the best way to defrost the frozen muffins?

4.4.2 How can frozen muffins be reheated?

(2 × 2) (4)

4.5 Compare the shelf life of dough products that have a low shortening and sugar content compared to that of enriched dough products. (2 × 2) (4)

4.6 Explain the following areas that need attention when preparing dough products:

4.6.1 Ingredients

4.6.2 Temperature

4.6.3 Recipe understanding

(3 × 2) (6)

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QUESTION 5

5.1 Name the pastry products in the given pictures. Write only the answer next to the question number (5.1.1–5.1.3) in the ANSWER BOOK.

5.1.1	5.1.2	5.1.3
		

(3)

5.2 State the type of pastry used in the above pictures. (1)

5.3 Write down FIVE characteristics the pastry mentioned in QUESTION 5.2 should have. (5)

5.4 Eggs are a critical ingredient in this pastry-making process. List FOUR other ingredients required to make this pastry. (4)

5.5 When should the eggs be added in the pastry-making method? (2)

5.6 List the equipment to be used to shape the pastry named in QUESTION 5.1. (2)

5.7 Suggest TWO suitable fillings for the pastry named in QUESTION 5.1. (2)

5.8 Suggest TWO ingredients that can be used to finish when decorating the pastry named in QUESTION 5.1. (2)

5.9 These pastry cases can be baked in advance. Explain how to store the pastry cases for future use. (4)
[25]

QUESTION 6

Read the menu below and answer the questions that follow.

Cocktail Menu

Cold Canapés
Wild mushroom ballotine on toasted brioche with sweet baby figs
Spicy chicken taco
Peking duck and shallot pancakes with plum sauce
Seared Cape salmon cubes
Freshly cooked prawns with lime aioli
Mini vine tomato and basil bruschetta

Hot Canapés
Wagyu beef sliders with creamy coleslaw
Mini steak sandwich
Cumin lamb kofte skewers with minted yoghurt and pita
Chickpea fritter with harissa and avocado purée
Hot pepper and smoky mozzarella empanadas

Sweet Canapés and Verrines
Black forest shots
Chocolate mousse tartlets with raspberry
Lemon meringue verrines
Tahini butterscotch budino

6.1 List the THREE components of a canapé. (3)

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6.2 Looking at the menu, write down TWO items for each of the following:

6.2.1 Cooked meat/poultry

6.2.2 Vegetable/Fruit

6.2.3 Pre-prepared foods

6.2.4 Speciality breads

(4 × 2) (8)

6.3 Write down guidelines to consider when preparing buffet platters. (5)

6.4 There are great risks when serving cold platters, as food can become contaminated. Write down points to remember to reduce these risks. (3)

6.5 Name the main ingredients in the following dips:

6.5.1 Pesto

6.5.2 Hummus

6.5.3 Salsa

(3 × 1) (3)

6.6 A menu must cater for different dietary needs.

6.6.1 Does the above menu cater for vegetarians? (1)

6.6.2 By listing items from the menu, motivate your answer to QUESTION 6.6.1. (3)

[26]

TOTAL: 180

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