



# Exemplar paper 1

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**Catering Theory & Practical N5**

**Hospitality & Catering Report 191**

**Total: 215**

## SECTION A: SHORT QUESTIONS

### QUESTION 1: MULTIPLE CHOICE

- 1.1 Various possible options are provided as answers to the following questions. Choose the correct answer and circle only the letter (A-D) next to the question number (1.1.1 – 1.1.30) in your workbook.
- 1.1.1 A curdled baked custard is an example of a:
- suspension
  - sol
  - gel
  - true solution
- 1.1.2 A sweet sauce made of beaten egg white, sugar and marsala is called a:
- béarnaise
  - sabayon
  - velouté
  - chaud-froid
- 1.1.3 The food system that is formed when eggs are added to a creamed margarine and sugar mixture:
- suspension
  - foam
  - true solution
  - emulsion
- 1.1.4 Which one of the following is a temporary oil-in-water emulsion?
- French dressing
  - mayonnaise
  - butter
  - margarine
- 1.1.5 Fried bread cubes served with cream soup:
- croissants
  - croûtons
  - croûtes
  - croquettes
- 1.1.6 The food system applicable when the separation of finely chopped herbs, stirred into olive oil and vinegar occurs:
- gel
  - emulsion
  - true solution
  - suspension
- 1.1.7 A sauce made of egg yolk and butter in a double boiler:
- espagnole
  - chantilly
  - mayonnaise
  - hollandaise

- 1.1.8 Fruit such as pineapples, figs, pawpaw and kiwi are usually not added to gels because of the ..... content.
- A. sugar
  - B. acid
  - C. salt
  - D. enzymes
- 1.1.9 Yeast is a small plant that feeds from:
- A. starch and gluten
  - B. sugar and gluten
  - C. sugar and starch
  - D. sugar and alcohol
- 1.1.10 An example of a chemical raising agent:
- A. air
  - B. steam
  - C. baking powder
  - D. yeast
- 1.1.11 The emulsifying agent in vinaigrette:
- A. mustard
  - B. gelatine
  - C. olive oil
  - D. vinegar
- 1.1.12 Syneresis is:
- A. the separating out of a liquid
  - B. adding egg whites to a hot liquid
  - C. curdling of a custard
  - D. adding too much sugar to a flour mixture
- 1.1.13 The term used for a cream soup made from shellfish stock:
- A. velouté
  - B. consommé
  - C. bisque
  - D. Scotch broth
- 1.1.14 ONE example of a true solution:
- A. milk and cream
  - B. gelatine
  - C. whipped cream
  - D. sugar and water
- 1.1.15 Used for protecting cold meat dishes from losing moisture:
- A. chaud-froid sauce
  - B. Charlotte russe
  - C. Jus-lie
  - D. Au jus

- 1.1.16 The best shortening to use in the preparation of pastry:
- A. emulsified shortening
  - B. lard
  - C. butter
  - D. hydrogenated shortening
- 1.1.17 The best flour to use in the preparation of puff pastry:
- A. brown flour
  - B. cake flour
  - C. self-raising flour
  - D. bread flour
- 1.1.18 Vol-au-vents are:
- A. round puff pastry cases
  - B. pastry cases with a lid
  - C. small round puff pastry cases
  - D. square pastry cases
- 1.1.19 Yeast requires the following to rise:
- A. sugar and heat
  - B. flour
  - C. butter
  - D. whipped eggs
- 1.1.20 The food system that is formed when a meringue is prepared:
- A. solid foam
  - B. foam
  - C. sol
  - D. gel
- 1.1.21 A Charlotte is a:
- A. dessert
  - B. sponge
  - C. plain jelly
  - D. spanish cream
- 1.1.22 With reference to yeasts – thermal mortality is the point at which:
- A. enzymes convert sugar into starch
  - B. yeast grows best
  - C. yeast can no longer grow and is destroyed
  - D. dough should be baked
- 1.1.23 A bagel is shaped by hand before being:
- A. glazed and baked
  - B. steamed and baked
  - C. boiled and baked
  - D. chilled and baked

- 1.1.24 The gas released when yeast products rise and bake:
- A. oxygen
  - B. carbon monoxide
  - C. alcohol
  - D. carbon dioxide
- 1.1.25 Baklava consist of layers of:
- A. puff pastry, nuts and a sugar syrup
  - B. short crust pastry with spices and nuts
  - C. phyllo pastry with spices and nuts
  - D. phyllo pastry with apples, spices and raisins
- 1.1.26 The rising agent in choux pastry:
- A. steam and air
  - B. alcohol and air
  - C. bicarbonate of soda
  - D. baking powder
- 1.1.27 Poirre Belle Hélène is a:
- A. poached pear on ice cream with hot chocolate sauce
  - B. poached peach on ice cream with hot chocolate sauce
  - C. meringue dish with cream and poached pears
  - D. baked dessert with ice cream and hot chocolate sauce
- 1.1.28 FIFO stands for:
- A. Fast in food out
  - B. First if food order
  - C. First in first out
  - D. Food in fridge off
- 1.1.29 PAR stock is the abbreviation for:
- A. Price as requested
  - B. Pieces as received
  - C. Periodic asset rotation
  - D. Periodic automatic replacement
- 1.1.30 A sauce usually served with fish:
- A. ketchup
  - B. brown sauce
  - C. tartare sauce
  - D. white sauce

(30 × 1) [30]

1.2 Select the description of the term used for the yeast products from COLUMN B to match the term in COLUMN A. Write only the letter (A – K) next to the question number (1.2.1 – 1.2.10) in the workbook. Each letter may only be used once.

	<b>COLUMN A – TERM</b>	<b>ANSWER</b>		<b>COLUMN B – DESCRIPTION</b>
1.2.1	Baba au rum	_____	A.	Rich, sweet flaky yeast dough topped with nuts and fruit
1.2.2	Bagels	_____	B.	Yeast rolls with raisins, mixed peel and cinnamon
1.2.3	Chelsea buns	_____	C.	Small, light yeast cake made with leavened dough, containing raisins soaked in rum
1.2.4	Croissants	_____	D.	Flat hollow bread
1.2.5	Danish pastry	_____	E.	Very solid texture and almost black in colour
1.2.6	Hot cross buns	_____	F.	Boiled doughnut-shaped rolls
1.2.7	Pita bread	_____	G.	A bread roll with a small roll on top
1.2.8	Pumpernickel	_____	H.	Rich yeast dough with raisins and peel glazed with icing
1.2.9	Brioché	_____	I.	Savoury yeast rolls
1.2.10	Savarin	_____	J.	Crescent-shaped yeast rolls
			K.	A large ring-shaped gateau made of leavened bread dough, soaked in rum

(10)

1.3 Select the added ingredient from COLUMN B to suit the Béchamel sauce variation in COLUMN A. Write only the letter (A – F) next to the question number (1.3.1 – 1.3.5) in the workbook. Each letter may only be used once.

	<b>COLUMN A – TERM</b>	<b>ANSWER</b>		<b>COLUMN B – DESCRIPTION</b>
1.3.1	Saubise	_____	A.	White roux and tomatoes
1.3.2	Champignons	_____	B.	Brown roux and tomato purée
1.3.3	Mornay	_____	C.	Butter, flour, milk and onion
1.3.4	Bearnaise	_____	D.	Butter, egg yolk and tarragon
1.3.5	Espagnole	_____	E.	Mushrooms
			F.	Grated cheese and mustard

(5)

- 1.4 Select the description of the term from COLUMN B to match the term in COLUMN A. Write only the letter (A – K) next to the question number (1.4.1 – 1.4.10) in the workbook. Each letter may only be used once.

	COLUMN A – TERM	ANSWER		COLUMN B – DESCRIPTION
1.4.1	Croquembouche	_____	A.	Rich bread dough from French origin, high in egg and butter, shaped in a characteristic fluted mould with a round head crowning its stubby body. Can also be baked as a bread or turned into raisin buns
1.4.2	Meringue	_____		
1.4.3	Brioche	_____	B.	Alternate layers of flaky pastry with whipped cream and jam filling
1.4.4	Mille-feuille	_____		
1.4.5	Receiving	_____	C.	A baked sugar and egg white confection, containing no fat. Baked at a low temperature to dry out the centre, it can be baked and used individually or as topping or base for desserts and tarts
1.4.6	Yeast	_____		
1.4.7	Spot checks	_____	D.	Scheduled (and sometimes random) manual checks on stock
1.4.8	Beignets	_____	E.	Biological raising agent
1.4.9	Fleurons	_____	F.	A tower of small choux puffs filled with crème Patissérie, topped with caramel sauce and wrapped in spun sugar
1.4.10	Strudel	_____	G.	The function of checking items delivered to the business as new stock. This includes checking quality, quantity and condition of incoming goods and allocating and storing them in the appropriate areas
			H.	Paper-thin pastry layers rolled around a filling
			I.	Choux pastry puffs that are deep fried
			J.	Small puff pastry shapes used to garnish pie crusts

(10)

- 1.5 Give one word/term for each of the following descriptions. Write only the word/term next to the question number (1.5.1 – 1.5.5) in the workbook.

1.5.1 Cover warm food with warmed brandy, rum or other liqueur with a high alcohol content before igniting and then serve while flaming.

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1.5.2 Balls of choux pastry – baked or deep fried: the latter used as snacks, soup garnishes or baked as sweet desserts, or tea items when filled and with whipped cream, crème Patissérie or ice cream and garnished with chocolate sauce or caramel.

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1.5.3 A traditional spiced yeast bun served over Easter, containing raisins, mixed spice, preserved peel and garnished with a cross made from flour and water and glazed after baking.

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1.5.4 Special pastry is rolled and stretched very thin before being filled with apples, cinnamon and nuts before being rolled. It is baked whole and served as dessert or with tea.

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1.5.5 The process of counting, checking and recording stock levels (this includes food, drink, equipment etc.). (5)

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1.6 Indicate whether the following statements are TRUE or FALSE. Choose the answer and write only 'true' or 'false' next to the question number (1.6.1 -1.6.5) in the workbook.

1.6.1 Gluten traps expanding air bubbles in the cooking and causes the product to rise.

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1.6.2 Chelsea buns are made of a rich bread dough rolled up with raisins and peel, baked and glazed with icing.

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1.6.3 Rate of consumption is how fast customers eat their food and leave their table.

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1.6.4 Inventory (stock) control is a method of regulating the stock level in the company stores.

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1.6.5 Food cost is the amount the customer pays for a plate of food. (5)

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**TOTAL SECTION A: 65**



## SECTION B – LONG QUESTIONS

## QUESTION 2: SOUPS AND FOOD SYSTEMS

2.1 How would you EXPLAIN the following soups to a junior chef?

2.1.1 Mulligatawny

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2.1.2 Bouillabaisse

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2.1.3 Avgolemono

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(3)

2.2 Select from the list below THREE characteristics of a colloidal dispersion.

Write only the correct letters next to the number.

- A. Particles can be subdivided into molecules or ions.
- B. Particles are subdivided into macro molecules.
- C. Particles are visible under an ultra-microscope.
- D. Particles are not visible to the naked eye.
- E. It is transparent or see through but can be coloured.
- F. Particles are see-through to opaque.

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(3)

2.3 Explain how you would garnish tomato soup.

(2)

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2.4 How would you categorise THIN soups?

(2)

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2.5 Give four characteristics of soup. (4)

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2.6 A colloidal dispersion consists out of two components. Classify them. (2)

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2.7 Complete the following sentence. Emulsions is a colloidal dispersion of two liquids which are not soluble, such as .....2.7.1.....and ....2.7.2..... . (2)

2.7.1 -----

2.7.2 -----

2.8 Distinguish between an unsaturated solution and a saturated solution. (2)

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[20]

### QUESTION 3: YEAST BAKING

#### Brioche Dough Ingredients List:

15 g instant dry yeast  
 150 ml lukewarm water  
 125 g melted butter  
 4 eggs  
 5 ml salt  
 30 ml white sugar  
 280 g cake flour  
 280 g extra cake flour

#### Glaze

1 beaten egg  
 30 ml lukewarm water

#### Method:

1. Pre-heat the oven to 180 °C. Mix the yeast with the 280 g flour, add all the remaining ingredients except the extra flour and beat well.
2. Add sufficient of the extra flour gradually to form a soft dough and knead lightly on a floured surface for 4 – 5 minutes until smooth. Flour the bowl, return the dough, cover and allow to rise in a mildly warm spot for about 30 minutes or until doubled.
3. Knead down the dough lightly and shape into egg-sized portions. Shape into brioche-style rolls.
4. Brush the rolls with the egg glaze and allow to rise in a mildly warm protected spot until doubled. Grease muffin/brioche tins well.
5. Bake for 18 – 20 minutes or until golden and firm. Allow to cool in the tins for a few minutes before removing to a cooling rack.

#### Refer to the recipe above:

- 3.1 The type of yeast used in this recipe is *instant dry yeast*. Name TWO other types of yeast that can be used. (2)

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- 3.2 Why does the recipe indicate *lukewarm* water? (1)

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- 3.3 Provide a brief explanation of the process of fermentation. (2)

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3.4 Provide the functions of the following ingredients used in this recipe:

3.4.1 sugar

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3.4.2 salt

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3.4.3 butter

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3.4.4 water

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(4 × 2) (8)

3.5 How can you tell whether the brioche rolls are finished baking?

(2)

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3.6 Provide THREE favourable conditions for the growth of yeast.

(3)

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3.7 Name two methods for the baking of bread. (2)

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3.8 Explain the functions of the following ingredients in bread:  
3.8.1 sugar (3)

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3.8.2 salt (3)

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[26]

**QUESTION 4: CAKE MIXTURES**

**Swiss roll**

- 4 eggs, separated
- 165 ml castor sugar
- 50 ml cold water
- 20 ml cake flour
- 10 ml baking powder
- 1 ml salt
- 3 ml vanilla essence
- smooth jam
- icing sugar

**Method**

1. Beat the egg yolks until thick and pale yellow.
2. Add the sugar slowly.
3. Beat the cold water in.
4. Beat the egg whites till stiff, not dry.

5. Fold in.
6. Sift the dry ingredients together.
7. Add it to the egg mixture.
8. Fold in with a metal spoon.
9. Put wax paper in a Swiss roll pan.
10. Apply a non-stick spray.
11. Put the mixture in the pan.
12. Bake in a preheated oven at 180 °C for 20 minutes.
13. Use a clean tea cloth, sprinkle castor sugar on it and turn the cake out.
14. Roll the cake up and cool it off.
15. Melt the jam and spread on the Swiss roll.
16. Dust with castor sugar.

**Refer to the recipe above:**

4.1 Name the ingredient that causes the Swiss roll to rise. (1)

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4.2 Give reasons why castor sugar is used instead of granulated sugar. (2)

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4.3 Why is it important to preheat the oven before baking the Swiss roll? (2)

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4.4 Name the mixing method used to make the Swiss roll. (1)

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4.5 The chef cannot find self-raising flour. Which ingredients and how much of each can the chef use in its place? (3)

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4.6 Once the Swiss roll is taken out of the oven, list the next steps. (4)

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4.7 Why is it important to serve a Swiss roll fresh? (2)

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[15]

**QUESTION 5: PASTRY**

5.1 Compare puff pastry and shortcrust pastry. Tabulate the answers as follows:

		<b>PUFF PASTRY</b>	<b>FLAKY PASTRY</b>
5.1.1	Ratio of Ingredients	_____	_____
5.1.2	Butter	_____	_____
5.1.3	Uses	_____	_____

(3 × 2) (6)

5.2 Why do we rest the pastry in the fridge? (2)

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5.3 Define blind baking. (2)

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5.4 Name FIVE general guidelines for successful pastry.

(5)

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5.5 Compare puff pastry and flaky pastry by completing the table below.

	<b>PUFF PASTRY</b>	<b>FLAKY PASTRY</b>
5.5.1	1 part shortening: 1 part flour	
5.5.2	<hr/> <hr/> <hr/>	All the shortening is grated over the flour and rubbed in
5.5.3	Dough is rolled out and folded 6 – 8 times	<hr/> <hr/> <hr/>
5.5.4	Texture is very light	<hr/> <hr/> <hr/>
5.5.5		Takes less time to prepare
5.5.6	Baked at 200 °C – 220 °C	<hr/> <hr/> <hr/>

(6 × 2) [12]  
[27]



**QUESTION 6: CHOUX PASTRY**

6.1 Explain step by step the preparation of choux pastry. (8)

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6.2 Give FOUR uses or examples for choux pastry. (4)

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[12]

**QUESTION 7: STOCK CONTROL AND RECEIVING**

7.1 Explain how stock is received. (8)

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7.2 Name and describe the FOUR types of stock in the hospitality trade. (4 × 2) (8)

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7.3 Briefly explain why stock should be labelled.

(4 × 2) (8)

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7.4 When forecasting, how much stock should there be to keep/order?  
List FOUR factors to consider.

(4 × 2) (8)

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7.5 List and briefly discuss the advantages of good inventory control.

(3 × 2) (6)

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7.6 Computerised inventory management systems are interlinked between departments, such as the cost control centre and the kitchen. Briefly list SIX advantages of such a Point-of-Sale system.

(6 × 2) (12)

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[50]

**TOTAL SECTION B: 150**  
**GRAND TOTAL: 215**



# Exemplar paper 2

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**Catering Theory & Practical N5**

**Hospitality & Catering Report 191**

**Total: 105**

## SECTION A

### QUESTION 1

- 1.1 A true solution comprises of two parts, namely:
- dispersed phase and dispersed medium
  - solute and solvent
  - liquid and a gas
  - solid and a liquid
- 1.2 The adhering of a substance to the surface of another substance is known as:
- adsorption
  - surface tension
  - absorption
  - entropy
- 1.3 The main function of eggs in the preparation of cream puffs:
- emulsify the butter
  - ensure a smooth surface
  - gelatinise the starch
  - provide leavening
- 1.4 To oven roast a whole meat cut weighing more than 1.5 kg, the following time calculation is recommended when roasting in a pre-heated oven at 160 °C:
- 25 to 30 minutes per 500 g, plus an extra 25 minutes
  - 20 to 25 minutes per 500 g, plus an extra 20 minutes
  - 15 to 20 minutes per 500 g, plus an extra 15 minutes
  - 30 to 35 minutes per 500 g, plus an extra 30 minutes
- 1.5 Choux pastry mixed with cheese, piped into balls and then baked:
- Gougère
  - Croquembouche
  - Aigrette
  - Beignet
- 1.6 This foam stage of egg white is used for meringue, soufflé-omelette and sponge cakes:
- foamy
  - soft peak
  - stiff peak
  - dry

(6 × 1)

**QUESTION 2**

Give ONE term for each of the following descriptions by choosing a term from the list below.

Petit-fours / Macerating / Espagnole / Spanish Cream / Au Gratin / Rump / Savarin  
 Genoise / Barding / Charlotte Russe / Friandise / Trussing / Gâteau / Tenderloin  
 Brioche / Larding / Sauce Paloise / Bavarois / Madeira Cake / Chaud-froid  
 Sauce Andalouse / Charlotte Royal

2.1 The browning of food covering with bread crumbs, cheese or béchamel sauce, then grilled under a hot element

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2.2 A rich butter cake mixture with the mass of the butter, sugar, eggs and flour being the same

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2.3 To cover meat with strips of bacon to keep it moist

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2.4 Mayonnaise mixed with tomato puree and red pepper-sliced brunoise

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2.5 This meat cut consists of several loose muscle layers and the large pelvic bone

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2.6 A Bavarian cream base set in a boarder of sponge fingers

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2.7 Rich cream-filled cake, ornately decorated

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2.8 Situated inside the beef carcass alongside the vertebral column from the wing rib to the rump

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2.9 By soaking food in syrup or liquid to soften food and enhance the flavour

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2.10 A cooled, flavoured gelatin egg custard folded into stiffly beaten egg whites

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- 2.11 Dessert of egg custard set with gelatin, mixed with whipped cream and whisked egg white, which is folded into the sponge  
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- 2.12 A circular “cake” made with rich yeast dough and baked in a mould and then soaked in sherry syrup  
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- 2.13 Very light basic cake with high volume of eggs, small amount of butter or no butter, whipped over hot water to form a thick batter  
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- 2.14 Demi-glace or velouté that has been set with gelatin used for coating foods  
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- 2.15 Rich brown stock of tomatoes, onions, bacon and mushroom cuttings, reduced  
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- 2.16 Chopped mint in place of tarragon and thyme in the béarnaise variation  
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- 2.17 Small dainties served with coffee  
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- 2.18 To thread string through or around a whole bird to keep its shape during cooking  
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- 2.19 Small iced cakes decorated with fondant icing, sugared fruits and small-shaped flowers  
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- 2.20 Rich bread dough shaped in a characteristic fluted mould with a round head crowning its stubby body  
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(20 × 1)



## QUESTION 3

Choose from COLUMN B the dish/food item which best matches the course in COLUMN A. Write only the letter (A-K) next to the question number (3.1 – 3.10) in the workbook.

COLUMN A		ANSWER	COLUMN B	
3.1	Chowder		A.	A stew like fish soup
3.2	Bisque		B.	Beetroot soup
3.3	Puree St Germain		C.	Tomato, cucumber and green pepper soup
3.4	Consommé		D.	Bacon, pork, tomato, onion, fish, clams and corn syrup
3.5	Vischyssoise		E.	Julienne strips of potato
3.6	Bouillabaisse		F.	Potato and leek soup
3.7	Borscht		G.	Shellfish soup with cream
3.8	Gazpacho		H.	Mixed vegetables soup with tomato puree and spaghetti
3.9	Mulligatawny		I.	Thin clear soup
3.10	Minestrone		J.	Chicken stock with vegetables and curry
			K.	Green pea soup

(10 × 1)

SECTION A [36]

## SECTION B

## QUESTION 4



Figure 1: *Bûche de Noël*/Yule Log

4.1 Figure 1 displays a log-shaped cake traditionally prepared for Christmas festivities in France. It is decorated with holly leaves and means Yule Log in English.

4.1.1 Identify the type of cake in the Yule Log as well as the mixing method to be used. (2)

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4.1.2 When removing the cake from the oven, you realise that the texture is too dry. List three reasons why this might have happened. (3 × 2) (6)

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4.1.3 Identify the foam stage that you will need to whip the egg whites to before folding it into the batter. (2)

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4.1.4 Briefly explain how you would prepare the pans for baking the sponge when making a Yule Log. (2)

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4.1.5 List the role that sugar as an ingredient will have in the flour mixture used for the Yule Log. (4 × 1)

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4.2 Leavening agents determine the structure of baked goods. Tabulate and give example of three types of leavening agents that are used in flour mixtures. (3 × 2)


4.3 Briefly explain what happens during manipulation or kneading of a yeast dough. (3)

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4.4 Identify the food system created after the dough has been manipulated or kneaded. (1)

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4.5 Explain what would happen if too much sugar and salt is added when making a yeast dough. (3)

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4.6 Name four characteristics in the appearance of a successful bread when baked. (4)

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4.7 Give three suggestion of suitable trimmings that can be used on top of the bread. (3)

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[36]

### QUESTION 5



Figure 2

5.1 You decided to hold a dinner party for your 21<sup>st</sup> birthday and chose to serve lamb for the celebration dinner.

5.1.1 Identify the cut of meat illustrated in Figure 2. (1)

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5.1.2 List two cooking methods you can use to prepare this cut of meat. (2)

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5.1.3 You decided to buy the meat a few days before the evening. How long would you be able to safely store the meat in the fridge? (2)

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5.1.4 Identify and describe the quality characteristics you will look for when purchasing the meat for the celebration. (4)

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5.1.5 Name a suitable sauce you can serve with the meat. (1)

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5.2 You are planning a pastry type dessert for the evening and decide on making mille-feuille.

5.2.1 What pastry would you need to make for this dessert? (1)

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5.2.2 Give the ratio of flour to butter for this pastry. (2)

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5.2.3 Identify the traditional filling for this dessert. (2)

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5.2.4 List FOUR different items that can be made using the same pastry. (4)

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5.2.5 At which temperature should the pastry be baked? (1)

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[20]

### QUESTION 6

6.1 Define the term “consommé”. (3)

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6.2 List THREE foods that should **not** be added to the stock pot and give reason for their exclusion. (3 × 2)

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6.3 Explain the terms “mirepoix” and “bouquet garni” as used when making stock. (2 × 2)

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[13]

SECTION B [69]  
TOTAL [105]