



# Exemplar paper 1

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**Catering Theory & Practical N5**

**Hospitality & Catering Report 191**

**Marking guideline**

**Total: 215**

## SECTION A: SHORT QUESTIONS

### QUESTION 1

I.1.	I.1.1	A	I.1.16	A	(30)
	I.1.2	B	I.1.17	B	
	I.1.3	D	I.1.18	B	
	I.1.4	A	I.1.19	A	
	I.1.5	B	I.1.20	A	
	I.1.6	D	I.1.21	A	
	I.1.7	D	I.1.22	C	
	I.1.8	D	I.1.23	C	
	I.1.9	C	I.1.24	D	
	I.1.10	C	I.1.25	C	
	I.1.11	A	I.1.26	A	
	I.1.12	A	I.1.27	A	
	I.1.13	C	I.1.28	C	
	I.1.14	D	I.1.29	D	
	I.1.15	A	I.1.30	C	
I.2	I.2.1	C	(10)		
	I.2.2	F			
	I.2.3	H			
	I.2.4	J			
	I.2.5	A			
	I.2.6	B			
	I.2.7	D			
	I.2.8	E			
	I.2.9	G			
	I.2.10	K			
I.3	I.3.1	C	(5)		
	I.3.2	E			
	I.3.3	F			
	I.3.4	D			
	I.3.5	B			
I.4	I.4.1	F	(10)		
	I.4.2	C			
	I.4.3	A			
	I.4.4	B			
	I.4.5	G			
	I.4.6	E			
	I.4.7	D			
	I.4.8	I			
	I.4.9	J			
	I.4.10	H			

- 1.5 1.5.1 Flambe  
 1.5.2 Profiteroles  
 1.5.3 Hot cross buns  
 1.5.4 Strudel or apple strudel  
 1.5.5 Stocktake (5)
- 1.6 1.6.1 True  
 1.6.2 True  
 1.6.3 False  
 1.6.4 True  
 1.6.5 False (5)

**TOTAL SECTION A: 65**

## SECTION B – LONG QUESTIONS

### QUESTION 2

- 2.1 2.1.1 Italian vegetable soup with beans or pasta  
 2.1.2 French seafood soup  
 2.1.3 Greek lemon/chicken soup (3)
- 2.2 B Particles are subdivided into macro molecules.  
 C Particles are visible under an ultra-microscope.  
 F Particles are see-through to opaque. (3)
- 2.3 Basil leaves/parsley/crumbed Feta/cream (*any valid answer*) (2)
- 2.4 Clear and broth (2)
- 2.5 **Appearance**
- Should be attractively served
  - Garnished in an appropriate way
  - No fat
  - Correct colour
- Texture**
- The type of soup will determine the texture
  - Puree soup smooth and vegetable soup some solids
  - No lumps
  - Correct consistency
- Taste**
- Well flavoured/seasoning should not over-power the taste of the main ingredient.
  - Stock is a good base.

*Any 4* (4)

- 2.6 Dispersed phase and dispersed medium (2)
- 2.7 2.7.1 Water/oil  
2.7.2 Oil/water (2)
- 2.8 **Unsaturated**  
A solution is unsaturated if more sugar is added and it still dissolves.  
**Saturated**  
A solution becomes saturated if no more sugar can dissolve at a specific temperature. (2)
- [20]**

### QUESTION 3

- 3.1 • Compressed/fresh  
• Dry active  
• Instant (2)
- 3.2 The temperature is a favourable condition for the growth of yeast. (1)
- 3.3 It is the process whereby yeast in the presence of moisture, heat and food starts a reaction whereby carbon dioxide and alcohol is formed. Any 2 (2)
- 3.4 3.4.1 Food for yeast/browning of crust/fermentation take place much faster Any 2  
3.4.2 Food for yeast/controls speed of fermentation/improves aroma/develops gluten Any 2  
3.4.3 Flavour/colour Any 2  
3.4.4 Binding of ingredients/gluten starts to develop/fermentation/proving/solvent for sugar and salt/softens effect on gluten Any 2 (8)
- 3.5 • Even golden-brown colour  
• Pleasant aroma  
• Hollow when tapped  
• Good volume  
• Light in weight Any 2 (2)
- 3.6 • 26-36 °C temperature  
• Food, sugar and flour, salt  
• Moisture-luke warm  
• Kneading Any 3 (3)
- 3.7 Quick rise/sponge/cool rise/direct/dough Any 2 (2)
- 3.8 3.8.1 Sugar  
• Food supply for the yeast  
• Adds to the pleasant taste  
• Helps to give the crust a brown colour (3)
- 3.8.2 Salt  
• Adds to the pleasant taste  
• Assists in strengthening the gluten  
• Prevents fermentation taking place too quickly (3)

**[26]**

## QUESTION 4

- 4.1 Eggs (1)
- 4.2 Dissolve much easier because of the finer ground crystals and also gives more volume to baked product. (2)
- 4.3 Your dish starts cooking immediately/to get a good quality product/allow time to reach the correct temperature. Any 1 (2)
- 4.4 Whisking method (1)
- 4.5 Cake flour and baking powder/250 ml and 5 ml (4)
- 4.6 Cut off the edges/Sprinkle damp cloth with castor sugar/Put apricot jam on and roll in a fairly tight roll. (4)
- 4.7 Because of the eggs/It can go off quickly. (1)
- [15]

## QUESTION 5

- 5.1 5.1.1 1 : 1  
 5.1.2 Slab of butter: in; blobs of butter  
 5.1.3 Pies; pies Any valid answer (6)
- 5.2 • Butter to firm up  
 • Starch to absorb the moisture  
 • So that pastry do not shrink Any 2 (2)
- 5.3 • Line the pastry with parchment paper and put beans on top.  
 • Bake at 190 °C for 10 minutes.  
 • Take out and check if pastry is soggy put in for another 5 minutes without the beans. (2)
- 5.4 • Keep all ingredients and equipment cold.  
 • Rest the dough.  
 • Cover the pastry in fridge.  
 • Cool before rolling out.  
 • Liquid measures are only a guideline.  
 • Use ice water.  
 • Use lemon juice too soften gluten.  
 • Handle dough quickly and lightly. Any 5 (5)
- 5.5 5.5.1 3 parts shortening: 4 parts flour  
 5.5.2 Cut shortening into cubes and place on dough  
 5.5.3 Dough is rolled out 3 – 4 times  
 5.5.4 Not as light as puff pastry  
 5.5.5 Takes more time to prepare  
 5.5.6 Baked at 200 °C – 220 °C (6 × 2) [12]

[27]

## QUESTION 6

- 6.1
- Heat the water and add the shortening.
  - Bring to the boil.
  - Allow sufficient time for the shortening to melt.
  - Add all the flour to the boiling liquid.
  - Stir well over the heat until the mixture forms a ball that comes away from the sides of the pan.
  - Remove from the heat and set aside to cool for 5 minutes.
  - Add the eggs slowly and beat thoroughly between each addition.
  - Chill well.
  - Pipe and bake in hot oven (180 °C – 220 °C). (8)
- 6.2
- Any choux pastry product: Eclairs/cream puffs/Beignets/aigrettes/Paris Brest etc. (4)
  - Used as binding agent when making gnocchi. [12]

## QUESTION 7

- 7.1
- Match goods to Purchase Order, verify quantity and quality.
  - Check goods are not damaged and cold chain is intact.
  - Pack and distribute good to the correct storage areas.
  - Invoice/delivery note to be sent to accounts payable department. (4 × 2) [8]
- 7.2
- **Raw materials and components** – ready to use in production  
This type of stock will be located in the bulk store/dry store/fridge/freezer and bar area.  
This will include all food items necessary to prepare a menu item: fresh fruit and vegetables, dry store goods such as dried herbs, tinned good, flour, spices and seasonings, meat, fish, poultry.
  - **Work in progress** – this is also called semi-finished goods stocks of unfinished goods in production.  
This stock will be found in the production areas of the kitchen, cold kitchen, hot sections fridges, dessert section etc.  
For example – if a steak is to be served on the menu, the whole fillet or sirloin is bought as stock and stored in the walk-in fridge. The unit is then portioned as per menu specifications and kept in the undercounter/upright fridge in the hot section of the kitchen, ready to be cooked when the order comes in.
  - **Finished goods ready for sale** – typically when food is sold in pre prepared units e.g. fast food takeouts, ready-to-buy items in display shelves of fridges.
  - **Consumables** – This term refers to items, which are used, but indirectly (does not require preparation) as explained under terminology. (4 × 2) [8]
- 7.3
- Increases overall efficiency in the operation
  - Eliminates errors (taking the incorrect product/storing a product in the incorrect area)
  - Speeds up worker productivity – less time spent looking for items
  - Improves management of inventory – makes stocktaking easy (stock sheet should be arranged according to the way stock is stored and labelled) (4 × 2) [8]

- 7.4
- How many bookings are there and what will the weather be like will determine how much stock is required. This will differ from week to week and affected by the seasons.
  - Days of the week – is the establishment within an office area where there is little to no traffic over weekends or in a busy mall where footfall and clients pick up over a weekend.
  - Upcoming public holidays – destination establishments will be busier on those days (restaurants with a view, high end fast food etc.) where establishments in a business area may be quieter due to people not working on public holidays. This will also affect delivery of stock.
  - Upcoming pre-booked events. The chef/stock controller needs to work closely with the restaurant and or events department to accurately gauge how much stock will be required for a particular period.
  - Shelf life of products – how soon they spoil or perish (for example fresh oysters)
  - Stock controller might receive bulk-buying discounts – this should be brought to the attention of the chef to encourage use of these items in dishes to lower total food cost.

(4 × 2) [8]

- 7.5
- Saves money – no wastage in stock
  - Improves cash flow – no unnecessary stock purchases, tying up capital
  - Satisfied customers – items advertised on the menu are available when the customer wants to order them

(3 × 2) (6)

- 7.6
- It offers quick reporting such as sales by period, stock purchases over a certain period etc.
  - Easily accessible and mostly user friendly – with drop down menus to choose from.
  - Can be linked to supplier – orders are generated automatically and sent to the supplier directly without a phone call or additional email.
  - Can be linked to scanner for bar-coding (not generally used in kitchen stock, but may be used in bar stock, consumables, crockery, cutlery etc.).
  - Highlights slow sellers and best sellers on menu items when work in progress stock is measured against sales.
  - Can be very expensive to set up, but if used correctly can have a great cost- and time-saving effect.
  - May have the functionality to give alerts of when items being sold are running low and requires re-ordering. This is a particularly useful tool if stock levels are being kept low and the item is not due for a stock count prior to ordering. E.g. disposable cups for take-away coffee.
  - POS or inventory management software may be useful to forecast demand based on a variety of factors including previous trends, seasonality and other pre-set conditions. Despite this being a computerised system, its functionality is limited to the effectiveness of the manual operators (people making use of the system).

Any six (6 × 2) (12)

[50]

Section B: 150

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:
- A. dispersed phase and dispersed medium
  - B. solute and solvent
  - C. liquid and a gas
  - D. solid and a liquid
- 1.2 The adhering of a substance to the surface of another substance is known as:
- A. adsorption
  - B. surface tension
  - C. absorption
  - D. entropy
- 1.3 The main function of eggs in the preparation of cream puffs:
- A. emulsify the butter
  - B. ensure a smooth surface
  - C. gelatinise the starch
  - D. 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:
- A. 25 to 30 minutes per 500 g, plus an extra 25 minutes
  - B. 20 to 25 minutes per 500 g, plus an extra 20 minutes
  - C. 15 to 20 minutes per 500 g, plus an extra 15 minutes
  - D. 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:
- A. Gougère
  - B. Croquembouche
  - C. Aigrette
  - D. Beignet
- 1.6 This foam stage of egg white is used for meringue, soufflé-omelette and sponge cakes:
- A. foamy
  - B. soft peak
  - C. stiff peak
  - D. 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
- 2.2 A rich butter cake mixture with the mass of the butter, sugar, eggs and flour being the same
- 2.3 To cover meat with strips of bacon to keep it moist
- 2.4 Mayonnaise mixed with tomato puree and red pepper-sliced brunoise
- 2.5 This meat cut consists of several loose muscle layers and the large pelvic bone
- 2.6 A Bavarian cream base set in a boarder of sponge fingers
- 2.7 Rich cream-filled cake, ornately decorated
- 2.8 Situated inside the beef carcass alongside the vertebral column from the wing rib to the rump
- 2.9 By soaking food in syrup or liquid to soften food and enhance the flavour
- 2.10 A cooled, flavoured gelatin egg custard folded into stiffly beaten egg whites
- 2.11 Dessert of egg custard set with gelatin, mixed with whipped cream and whisked egg white, which is folded into the sponge
- 2.12 A circular “cake” made with rich yeast dough and baked in a mould and then soaked in sherry syrup
- 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
- 2.14 Demi-glace or velouté that has been set with gelatin used for coating foods
- 2.15 Rich brown stock of tomatoes, onions, bacon and mushroom cuttings, reduced
- 2.16 Chopped mint in place of tarragon and thyme in the béarnaise variation
- 2.17 Small dainties served with coffee
- 2.18 To thread string through or around a whole bird to keep its shape during cooking
- 2.19 Small iced cakes decorated with fondant icing, sugared fruits and small-shaped flowers
- 2.20 Rich bread dough shaped in a characteristic fluted mould with a round head crowning its stubby body

(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		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)

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)

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

- 4.1.4 Briefly explain how you would prepare the pans for baking the sponge when making a Yule Log. (2)
- 4.1.5 List the role that sugar as an ingredient will have in the flour mixture used for the Yule Log. (4 × 1)
- 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)
- 4.4 Identify the food system created after the dough has been manipulated or kneaded. (1)
- 4.5 Explain what would happen if too much sugar and salt is added when making a yeast dough. (3)
- 4.6 Name four characteristics in the appearance of a successful bread when baked. (4)
- 4.7 Give three suggestion of suitable trimmings that can be used on top of the bread. (3)
- [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)
- 5.1.2 List two cooking methods you can use to prepare this cut of meat. (2)
- 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)
- 5.1.4 Identify and describe the quality characteristics you will look for when purchasing the meat for the celebration. (4)
- 5.1.5 Name a suitable sauce you can serve with the meat. (1)

- 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)
- 5.2.2 Give the ratio of flour to butter for this pastry. (2)
- 5.2.3 Identify the traditional filling for this dessert. (2)
- 5.2.4 List FOUR different items that can be made using the same pastry. (4)
- 5.2.5 At which temperature should the pastry be baked? (1)
- [20]**

### QUESTION 6

- 6.1 Define the term “consommé”. (3)
- 6.2 List THREE foods that should **not** be added to the stock pot and give reason for their exclusion. (3 × 2)
- 6.3 Explain the terms “mirepoix” and “bouquet garni” as used when making stock. (2 × 2)
- [13]**

**SECTION B [69]**  
**TOTAL [105]**



# Exemplar paper 2

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**Catering Theory & Practical N5**

**Hospitality & Catering Report 191**

**Marking guideline**

**Total: 105**

## SECTION A

### QUESTION 1

- 1.1 B
- 1.2 A
- 1.3 A
- 1.4 B
- 1.5 A
- 1.6 A

(6 × 1)

### QUESTION 2

- 2.1 Au gratin
- 2.2 Madeira cake
- 2.3 Barding
- 2.4 Sauce Andalouse
- 2.5 Rump
- 2.6 Charlotte Russe
- 2.7 Gâteau
- 2.8 Tenderloin
- 2.9 Macerating
- 2.10 Spanish cream
- 2.11 Bavarois
- 2.12 Savarin
- 2.13 Genoise
- 2.14 Chaud-froid
- 2.15 Espagnole
- 2.16 Saice Paloise
- 2.17 Friandise
- 2.18 Trussing
- 2.19 Pettie-fours
- 2.20 Brioche

(20 × 1)

### QUESTION 3

- 3.1 D
- 3.2 G
- 3.3 K
- 3.4 I
- 3.5 F
- 3.6 A
- 3.7 B
- 3.8 C
- 3.9 J
- 3.10 H

(10 × 1)

SECTION A [36]



## QUESTION 4

- 4.1 4.1.1 • Swiss roll  
• Whisking/Sponge method (2)

- 4.1.2 • Too much liquid in the batter  
• Too much baking powder added to the batter  
• Batter was over-mixed  
• Baking period was too long  
• Cocoa powder added without additional liquid (Any three) (3 × 2)

- 4.1.3 Stiff peak (2)

- 4.1.4 Pans need to be greased or sprayed with non-stick spray and then lined with greaseproof/baking paper. (2)

- 4.1.5 • It provides baked goods with a sweet taste.  
• It encourages browning.  
• Sugar inhibits gluten formation.  
• It softens the crumb.  
• Sugar stabilises the framework of egg foams.  
• It increases the coagulation temperature of the eggs.  
• Allows for high temperature baking. (Any 4) (4)

4.2

Physical Rising agent	Air incorporated into the mixture
Chemical Rising agent	Baking powder OR cream of tartare OR Bicarbonate of Soda
Biological Rising agent	Yeast

(6)

- 4.3 During manipulation/kneading air pockets are formed and gluten is developed.  
The dough becomes more elastic. (3)

- 4.4 Foam/colloidal dispersion (1)

- 4.5 Too much sugar will cause the dough to rise too much and then collapse,  
and too much salt will inhibit the working of the yeast. (3)

- 4.6 • The bread should have an even golden brown colour.  
• Regular shape, moderate size and good volume.  
• Bread should feel light in relation to volume and should sound hollow when tapped.  
• Upper crust should be smooth, rounded thin and soft.  
• Sides and underside should be light brown and smooth and straight without any folds  
or cracks. (Any 4) (4)

- 4.7 Seeds, crushed wheat, oats, grated cheese, flour (Any 3) (3)  
[36]

## QUESTION 5

- 5.1 5.1.1 Lamb shank (1)
- 5.1.2 Roasting/pot-roasting/braising (Any 1) (2)
- 5.1.3 Lamb can be kept in the fridge for 2 to 4 days. (2)
- 5.1.4 Lamb should be bright pink on colour and firm to the touch.  
When pressed it should not leave a dent.  
Fat must be firm and evenly distributed. (4)
- 5.1.5 Mint sauce (1)
- 5.2 5.2.1 Puff pastry (1)
- 5.2.2 Flour 500 g/ratio 1 to butter 500 g/ratio 1 (2)
- 5.2.3 Whipped cream and jam (2)
- 5.2.4 Pies/sweet tarts/vol-au-vents/bouché/sausage rolls/Beef Wellington  
(any suitable answer) (4)
- 5.2.5 200 °C to 220 °C (1)
- [20]**

## QUESTION 6

- 6.1 A rich flavourful stock that has been clarified and served as a clear soup. (3)
- 6.2 Starchy foods – make the stock cloudy/ferments easily.  
Cooked vegetables – flavour has been extracted/will cook to a pulp easily.  
Cabbage – dominant flavour will spoil stock.  
Fat and bacon – will make the stock greasy. (3 × 2)
- 6.3 Mirepoix – vegetables such as carrot, onion, celery and leek add flavour when making stock.  
Bouquet Garni – a bunch of herbs tied in a string, usually parsley, thyme and bay leaves used in flavouring stock. (2 × 2)
- [13]**

**SECTION B [69]**  
**TOTAL [105]**