higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

13 November 2024

This marking guideline consists of 7 pages.

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QUESTION 1

1.1
1.1.1 False
1.1.2 True
1.1.3 True
1.1.4 True
1.1.5 True

(5 × 1) (5)

1.2
- Eyes – bright, full, not sunken or cloudy/dull
- Gills – bright, pinkish red in colour
- Flesh – firm, elastic, springs back when pressed
- Scales – clear and shiny, flat and moist
- Skin – smooth, moist and shiny
- Smell – pleasant, with no smell of ammonia
- Aroma – mild, fresh smell (Any 4 × 2) (8)

1.3
- Fillets are cuts of fish from each side of the backbone. Fillets are boneless and skinless.
- A darne is a thick steak cut from a round fish such as salmon or hake.

(2 × 2) (4)

1.4

Characteristics	**Oily fish**	**White fish**
Colour	1.4.1 Yellowish flesh	1.4.6 White flesh
Shape	1.4.2 Round	1.4.7 Flat and round
Fat percentage	1.4.3 More than 5%	1.4.8 Less than 5%
Number of fillets obtained	1.4.4 Two	1.4.9 Round fish – two fillets Flat fish – four fillets
Method of cooking	1.4.5 Moist and dry method	1.4.10 Moist and dry method

(10)

1.5
- The flesh of cooked fish has a white and not a glassy appearance. It will become white and opaque.
- White fish will flake easily when separated with a fork.
- The flesh will come away from the bone easily.
- When pressed gently with the back of a spoon, the flesh will spring back. (4)

[31]

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QUESTION 2

2.1
- Thin soup
- Italian vegetable soup (Any 1 × 1) (1)

2.2
- Onion
- Carrots
- Celery
- Leeks (4)

2.3 Plain flour/Cake flour (1)

2.4
- Roux
- Cornflour paste
- Liaison (egg yolks and cream)
- Beurre manié
- Cream
- Butter (Any 4 × 1) (4)

2.5 Food that has been mashed or strained to a smooth pulp (2)

2.6
- Potatoes
- Leeks
- Cream (3)

2.7
- Wash and roughly chop carrots, onion and celery into chunks.
- Add vegetables, bouquet garni and cold water to a pot.
- Simmer for 30 to 45 minutes.
- Strain and discard the vegetables. (4)

2.8
- Freshly prepared stock can be stored in a clean, sealed,✓ labelled container✓ in the refrigerator for five days✓ or in the freezer for up to three months.✓ (4)

2.9
- Rich
- Good aroma
- No fat droplets
- Well-balanced flavour (4)

2.10
- Plated soup is garnished and served with grated parmesan cheese and fresh oregano.
- Soup can be served from a soup tureen. The waiter pours the soup from the tureen into soup bowls, away from the guest.
- A soup bowl on an underplate is required for service. (3)

2.11 Rice (1)

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2.12 2.12.1 D
2.12.2 F
2.12.3 E
2.12.4 C
2.12.5 G

(5 × 1) (5)
[36]

QUESTION 3

3.1 3.1.1 Preheat
3.1.2 Grease
3.1.3 Sift
3.1.4 Butter
3.1.5 Flour
3.1.6 Breadcrumbs
3.1.7 Bake
3.1.8 Golden brown

(8 × 1) (8)

3.2 Rub-in method (1)

3.3 Using the fingertips, the fat is rubbed into the flour✓ until it resembles breadcrumbs.✓ (2)

3.4
- Measuring equipment
- Mixing bowls
- Scone cutter
- Baking sheet
- Cooling rack (5)

3.5
- A larger scone cutter is used to shape breakfast scones.
- A tea scone is smaller than a breakfast scone. (2)

3.6
- This ensures that the product rises correctly, with good texture and for browning of the baked product.
- It will ensure that the product spends less time in the temperature range in which bacteria grow rapidly. (2)

3.7 3.7.1
- Too much sugar
- Oven temperature to high
- Cooking time to long (3)

3.7.2
- Dough was pat down unevenly
- Baking tray was askew in the oven
- Dough was overkneaded (3)

3.8 3.8.1 Recovery time
3.8.2 Creaming method
3.8.3 Sifting
3.8.4 Dusting
3.8.5 Straw colour

(5 × 1) (5)
[31]

QUESTION 4

4.1 4.1.1 Simit
4.1.2 Turkey
4.1.3 Matzo
4.1.4 Jewish
4.1.5 Pizza
4.1.6 Italy
4.1.7 Croissant
4.1.8 France
4.1.9 Naan
4.1.10 India

(10 × 1) (10)

4.2 4.2.1 Biological raising agent (1)

4.2.2
- The outside of the muffin will cook, but the inside will be raw.
- The product will burn. (2)

4.3 4.3.1
- Adds sweetness to the product
- Softens the dough
- Keeps the product soft
- For fermentation of yeast (Any 2 × 1)

4.3.2
- To develop the yeast
- For flavour and richness

(2 × 2) (4)

4.4 4.4.1
- Leave them in the refrigerator overnight.
- They can be left at room temperature.

4.4.2
- Pre-heat an oven at 190 ºC.
- Pre-heat a non-stick pan.
- Split the muffins in a pan.
- Toast for 5 to 7 minutes or until they are heated. (Any 2 × 1)

(2 × 2) (4)

4.5
- Dough products that have a low shortening and sugar content are best eaten on the day they are baked.
- Enriched dough products have a higher fat content, which means they can remain fresh for two to three days. Therefore, enriched dough products have a longer shelf life. (2 × 2) (4)

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4.6 4.6.1
- Use the best-quality ingredients.
- Ensure that the ingredients are measured accurately.

4.6.2
- Yeast requires warmth to rise.
- Liquid ingredients need to be lukewarm.

4.6.3 Recipes must be read carefully to understand the terms used and the stages involved in preparation.

(3 × 2) (6)
[31]

QUESTION 5

5.1 5.1.1 Paris-Brest
5.1.2 Choux puffs/Profiteroles
5.1.3 Éclairs

(3 × 1) (3)

5.2 Choux pastry (1)

5.3
- Glossy, smooth appearance
- Even texture
- Well risen
- Crisp texture
- Evenly coloured
- Evenly cooked throughout (Any 5 × 1) (5)

5.4
- Water
- Butter
- Flour
- Salt (4)

5.5
- The cooked dough is cooled down.
- Eggs are added one at a time, beating well after each addition. (2)

5.6
- Piping bag
- Nozzle (2)

5.7
- Whipped cream
- Confectioner's custard (2)

5.8
- Icing sugar
- Chocolate sauce
- Ganache (Any 2 × 1) (2)

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5.9
- Cool the baked product completely.
- Store in an airtight container.
- Store in a cool, dry place.
- Pastry cases can be frozen in sealed, labelled containers. (4)

[25]

QUESTION 6

6.1
- Base
- Spread or topping
- Garnish (3)

6.2 6.2.1 Spicy chicken, Peking duck, wagyu beef, steak, lamb kofte

6.2.2 Baby figs, vine tomatoes, basil, coleslaw, avocado, peppers

6.2.3 Plum sauce, aioli

6.2.4 Brioche, tacos, pancakes, bruschetta, sliced bread, mini buns (4 × 2) (8)

6.3
- Must be appropriate for the occasion
- Must stimulate the appetite
- Must satisfy the appetite
- Must be fresh with good flavour
- All items should be easy to handle (5)

6.4
- Keep platters covered.
- Store them at the correct temperature.
- Have separate tongs, forks and lifters at hand to serve. (3)

6.5 6.5.1 Fresh basil
6.5.2 Chickpeas
6.5.3 Tomato and onion (3 × 1) (3)

6.6 6.6.1 Yes (1)

6.6.2
- Wild mushroom ballotine
- Mini vine tomato and basil bruschetta
- Chickpea fritters
- Hot pepper and smoky mozzarella empanadas (Any 3 × 1) (3)

[26]

TOTAL: 180

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