higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

MARKING GUIDELINE

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

8 November 2022

This marking guideline consists of 8 pages.

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QUESTION 1

1.1 1.1.1 B
1.1.2 C
1.1.3 C
1.1.4 A
1.1.5 B

(5 × 1) (5)

1.2 1.2.1
- Wipe up spills.
- Spray with sanitiser and wipe clean.
- Allow to air dry. (3)

1.2.2
- Wear rubber gloves.
- Keep equipment under hot water for 2 minutes.
- Final rinse water should be 82ºC. (3)

1.3 1.3.1 Raw fish should be placed in deep trays on lower shelves of the refrigerator so if any drips occur, they do not fall onto cooked food. (2)

1.3.2 Frozen fish must be stored in a separate deep-freezer at -18ºC. (2)

1.3.3 Smoked fish should be kept in the refrigerator. (1)

1.4

White fish	Oily fish	Cephalopods/shellfish
Hake	Snoek	Prawns
Sole	Yellowtail	Calamari

(3 × 2) (6)

1.5
- Eyes must be bright and full.
- Gills must be pinkish-red in colour.
- Flesh must be firm and elastic.
- Scales must be clear and shiny.
- Smell must be pleasant, no smell of ammonia. (5)

1.6 Fish fillets and steaks must be:
- well-trimmed with✓
- no discolouration from blood clots or bruising. ✓
- No trace of drying or browning from the edges. ✓ (3)

[30]

QUESTION 2

2.1
2.1.1 Mirepoix
2.1.2 Bouquet garni
2.1.3 Velouté
2.1.4 Consommé
2.1.5 Fumet

(5 × 1) (5)

2.2
- A good stock should have good clarity.
- Good flavour
- Correct colour
- No fat floating on the surface (5)

2.3
- Practise good personal hygiene.
- Clean and sanitise work surfaces and equipment before and after using different ingredients.
- Raw vegetables must be thoroughly washed to get rid of pesticides or any bacteria.
- Dairy products must be stored and handled correctly to remain fresh.
- Cool stock quickly, as stock can spoil in six to eight hours.
- Avoid refrigerating hot stock. This will damage the refrigerator and damage perishables.
- Use clean pots and spoons.
- Use correct colour chopping boards.
- Do not store fresh stock for more than one week.
- Label and freeze stock in batches. (Any 5 × 1) (5)

2.4
- Wash one egg.
- Add the broken shell and beaten egg white to the stock.
- Boil stock for 2 minutes.
- Allow to stock to stand for 20 minutes.
- Sieve through a double layer of cheesecloth. (5)

2.5 Purée soup (1)

2.6
- Purée soup does not need additional starch to be thickened.
- Purée soup is not as smooth as creamed soup.
- Purée soup can be made from fresh or dried legumes and vegetables such as potatoes. (3)

2.7 Cold cream curdles easily if added directly to hot soup. (1)

2.8
- Cold soup must be served cold.
- No fat droplets floating on surface of soup.
- Should be tasty, well-seasoned and flavoured.
- Soup should be of the correct thickness.
- Soup should have good colour.
- Correctly garnished. (Any 5 × 1) (5)

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2.9
- Melba toast
- Bread rolls
- Cheese straws
- Profiteroles (Any 3 × 1) (3)

2.10
- Blend the soup again.
- Thin it down with hot stock. (2)

2.11 2.11.1 Onions (1)

2.11.2
- Report to supervisor.
- Discard the flour.
- Use fresh flour. (Any 2 × 1) (2)

2.12 Serve garnished soup in disposable bowl or cup with a lid.
Serve with disposable spoon and serviette. (3)
[40]

QUESTION 3

3.1
3.1.1 D
3.1.2 C
3.1.3 B
3.1.4 A
3.1.5 E
(5 × 1) (5)

3.2
- Preheat the oven.
- Grease the baking container.
- Collect and measure ingredients. (3)

3.3
- Whisking
- Fold-in
- Creaming (3)

3.4
- Measuring equipment
- Mixing bowls
- Whisk
- Wooden spoon
- Spatula
- Baking container
- Cooling rack (Any 5 × 1) (5)

3.5
- Wash and thoroughly dry the baking container
- Use cooking spray to grease the baking dish.
- Line with greaseproof paper. (3)

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3.6
- Icing sugar
- Butter
- Flavouring, lemon juice (3)

3.7 Cream cheese frosting (1)

3.8.1
- Remove cake from the oven and place on the counter.
- Cool the cake in the tin for approximately 15 minutes before turning out.
- Loosen the sides of the cake using a knife or spatula. (3)

3.8.2
- Turn the cake tin upside down onto a cooling rack.
- Remove the baking tin. Allow to cool. (2)

3.9
- Cake mixtures will not go off. This will save the company money.
- Bacteria and pests will be reduced; this will decrease the risk of food poisoning.
- Customer satisfaction will be achieved. (3)

3.10
- All electrical equipment used must be switched off.
- All preparation areas must be left clean.
- All equipment, utensils used must be washed thoroughly and dried.
- Baking tins should be well cleaned and dried to prevent rusting. (Any 3 × 1) (3)

[35]

QUESTION 4

4.1
4.1.1 True
4.1.2 False
4.1.3 True
4.1.4 False
4.1.5 True
(5 × 1) (5)

4.2
4.2.1 Hot cross buns
4.2.2 Enriched dough
4.2.3 The dough consists of sugar, butter and dried fruit.
(3 × 1) (3)

4.3 4.3.1
- By hand
- Food mixer

4.3.2
- Kneading is done to:
- Develop gluten
- Make the dough soft, smooth and elastic
- Distribute the ingredients evenly (Any 2 × 1)
(2 × 2) (4)

4.4
- Dough is knocked or punched down after the first proving.
- Raisins or fruitcake mix is added to the dough.
- Dough is weighed and divided into equal-sized balls.
- Balls are placed evenly into prepared baking dish.
- Cover lightly with plastic, then leave dough to rise again. (5)

4.5
- Lightly brush the baking container with oil.
- Line with greaseproof paper. (2)

4.6
- Golden-brown appearance
- A pleasant cooking aroma
- Well risen
- Hollow sound when you tap on the product
- The product has shrunken away slightly from the tin. (Any 3 × 1) (3)

4.7
- Brush with a clear glaze made from sugar and water.
- Brush with warm apricot jam or honey. (2)

4.8
- Dough not thoroughly kneaded
- Dough left uncovered during proving
- Too much yeast used
- Incorrect bread flour used
- Bread rose too quickly in too warm a place. (Any 1 × 1) (1)

[25]

QUESTION 5

5.1
5.1.1 Puff pastry
5.1.2 Éclairs
5.1.3 Milk tart
5.1.4 Sausage roll
5.1.5 Quiche
(5 × 1) (5)

5.2
5.2.1 Puff pastry
5.2.2 Choux pastry
5.2.3 Sweet shortcrust pastry
5.2.4 Soda water pastry
5.2.5 Shortcrust pastry
(5 × 1) (5)

5.3
5.3.1 Shortcrust pastry (1)

5.3.2
- Roll out pastry, line the tart tin.
- Prick the base of the pastry all over with a fork.
- Line the pastry case with greaseproof paper. Fill the centre with dried beans or rice.
- Bake at 200ºC for 20 minutes until pastry edges are set.
- Remove the paper and beans. Bake for a further 10 minutes, until evenly coloured. (5)

5.4
- Confectioner's custard
- Whipped cream (2)

5.5
- The starch in the flour has time to absorb the liquid.
- The shortening firms up so pastry has a better texture.
- Pastry shapes and cuts more easily.
- Resting allows the pastry to become more elastic so that it shrinks less when cooked. (Any 2 × 1) (2)

5.6
- Poor rolling technique used
- Incorrect folding
- Insufficient resting time
- Uneven oven temperature
- Dusting flour not removed (Any 3 × 1) (3)

5.7 Dust with ground cinnamon.✓ Serve chilled or warm as a dessert.✓ (2)
[25]

QUESTION 6

6.1 6.1.1 A small round puff pastry that can be filled

6.1.2 Chopped tomato, onion, chilli, coriander seasoned and dressed with lemon juice.

6.1.3 Mini pancakes/crumpets.

6.1.4 Bite-sized piece of bread/toast with savoury topping

6.1.5 Fresh vegetables that can be eaten raw, cut into sticks or bite-sized shapes. Served with relishes or dips.

(5 × 1) (5)

6.2

Canapé components	Suitable example
6.2.1 Base	6.2.2 bread slices, baguette, pita bread, French toast, crackers, vol-au-vents, melba toast (Any relevant answer)
6.2.3 Spreads	6.2.4 butter, margarine, pesto, hummus (Any relevant answer)
6.2.5 Toppings	6.2.6 different types of soft cheese, e.g., cream cheese, mashed avocado, hard-boiled eggs, chopped or sliced, cooked/smoked chicken, smoked salmon, roasted/cured beef, sauce, relish (Any relevant answer)

(8)

6.3 6.3.1
- Filling ingredients must be fresh and of the best quality.
- Fillings must be generous.
- There should not be so much moisture that the base goes soggy.
- Onions should be avoided.
- Use combinations of toppings and spreads that complement each other. (Any 3 × 1) (3)

6.3.2
- Shape – square breads can be cut into four equal triangles.
- Special cutters can be used to make a variety of shapes.
- Bread and bread rolls can be cut into smaller rounds. (3)

6.3.3
- Presentation – ensure a good variety of sandwiches, at least five different fillings.
- Arrange sandwiches on clean platters to look colourful and attractive.
- Wipe around the edges of the platter.
- Cover with cling wrap.
- Refrigerate immediately if necessary. (Any 3 × 1) (3)

6.4
- Complete a worksheet detailing the order of work.
- Work in a clean and sanitised area.
- Collect all equipment and tools required for the task and set up accordingly.
- Some preparation can be done the ahead of time: boil and shell eggs, wash and cut vegetables, grate cheese.
- Store prepared ingredients correctly for maximum use.
- Clean as you go. (Any 5 × 1) (5)

6.5 6.5.1 C, D or E
6.5.2 B, C or D
6.5.3 A, B, C or D
6.5.4 C or D
6.5.5 B, C, D or E

(5 × 1) (5)
[30]

TOTAL: 180

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