higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 3

(11011013)

8 November 2022 (X-paper)
09:00–12:00

This question paper consists of 12 pages.

151Q1N2208

Copyright reserved

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. Write neatly and legibly.

Copyright reserved

QUESTION 1

1.1 Various options are given as possible answers to the following questions. Choose the answer and write only the letter (A–D) next to the question number (1.1.1–1.1.5) in the ANSWER BOOK.

1.1.1 An example of a white fish is ...

A tuna.
B hake.
C sardine.
D trout.

1.1.2 Cooked fish must be held for service at … ºC.

A 60ºC
B 50ºC
C 65ºC
D 45ºC

1.1.3 To remove the head, tail and fins of a fish is to …

A gut.
B scale.
C dress.
D garnish.

1.1.4 A traditional French style fish dish prepared with green grapes is known as …

A veronique.
B meunière.
C au beurre.
D troncon.

1.1.5 The correct defrosting procedure for frozen fish is to …

A place the fish in lukewarm water.
B leave the fish overnight in the cold room.
C leave the fish on a pack of ice in the refrigerator.
D leave fish uncovered on the counter.

(5 × 1) (5)

The Marina

The Marina, a seafood takeaway, has opened at the local mall. The staff needs training on certain areas of the establishment. As a food and beverage consultant, you have been requested to give sound advice and suggestions.

1.2 Kitchen hygiene is of the outmost importance due to fish being a high-risk ingredient.

Explain how the following should be done:

1.2.1 Three key steps to follow when cleaning food preparation areas before and after use. (3)

1.2.2 Sanitising equipment using hot water and detergent. (3)

1.3 Fish can be purchased in various forms. How should the following fish be stored to prevent the growth of bacteria?

1.3.1 Raw fish (2)

1.3.2 Frozen fish (2)

1.3.3 Smoked fish (1)

1.4 The fish given below appear on the menu. Classify the types of fish. Complete the table in the ANSWER BOOK.

hake; calamari; snoek; prawns; yellowtail; sole

White fish	Oily fish	Cephalopods/Shellfish

(3 × 2) (6)

1.5 Freshness is essential when selecting fish. Describe quality points to look for in fresh fish. (6)

1.6 Describe quality points to look for in prepared fish fillets and fish steaks. (3)

[30]

Copyright reserved

QUESTION 2

2.1 Give ONE term or word for the following descriptions. Write only the term or word next to the question number (2.1.1–2.1.5) in the ANSWER BOOK.

2.1.1 A mixture of coarsely chopped onions, celery, and carrots.

2.1.2 A bundle of herbs tied together with string and used in the cooking of stock.

2.1.3 A white sauce made from white stock.

2.1.4 A clear clarified soup.

2.1.5 French name for fish stock.

(5 × 1) (5)

2.2 A chef describes a stock as a well-flavoured liquid used to prepare soups and sauces. Describe the characteristics of a good stock. (5)

2.3 Chef requires you to prepare ingredients and cook a white stock. How will you demonstrate hygiene regulations to avoid any contamination threats? (5)

2.4 After straining the white stock, you notice fat droplets floating on the surface. Describe how you will clarify the stock using an egg. (5)

2.5 You now have to prepare a potato and leek soup. Classify the given soup (1)

2.6 State three differences between a creamed soup and a pureed soup. (3)

2.7 The addition of cream is optional at the end of the cooking process. State the importance of heating the cream before adding to the soup. (1)

2.8 State the characteristics of a good soup. (5)

2.9 List three accompaniments that can be served with soups. (3)

2.10 The soup you have prepared is too lumpy. How would you rectify the consistency of the lumpy soup? (3)

2.11 How would you best handle the following situations?

2.11.1 The storeroom is out of stock of leeks. Suggest a suitable substitute for the leeks. (1)

2.11.2 You need to prepare a roux for the soup. You notice weevils in the cake flour container. What action will you take? (2)

2.12 Soup can be served in a variety of ways. Describe how you would serve soup for a takeaway service. (3)

[40]

QUESTION 3

3.1 Choose a term from COLUMN B that matches a description in COLUMN A. Write only the letter (A–L) next to the question number (3.1.1–3.1.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
3.1.1	A chemical raising agent	A	Glaze
3.1.2	Adds flavour, colour, and richness to baked products.	B	Eggs
3.1.3	Must be of A-grade quality	C	Butter
3.1.4	Brushing of baked fruitcake with apricot jam	D	Baking powder
3.1.5	Mixture of icing sugar, water, and flavouring	E	Glacé icing
		F	Self-rising flour
		G	Cream cheese frosting

(5 × 1) (5)

3.2 Read the recipe below and answer the questions.

Carrot cake

Source: Unknown

4 eggs
250 mℓ oil
400 mℓ brown sugar
10 mℓ bicarbonate of soda
10 mℓ cinnamon powder
5 mℓ salt
500 mℓ cake flour
100 g pecan nuts, chopped
6 medium-sized carrots, grated

Method

1. Whisk eggs, oil, and brown sugar until thick and pale in colour.
2. Add bicarbonate of soda, cinnamon powder, and salt. Mix well.
3. Add flour, pecan nuts and carrots. Fold in gently. Ensure ingredients are well combined.
4. Bake at 160ºC for about 40 minutes.
5. For the icing: prepare butter icing, add some lemon juice as flavouring.
6. Decorate cake when cool and top with chopped nuts.

There are three basic mise en place one should follow when preparing to bake. Write down these pre-preparation steps. (3)

3.3 Identify three mixing methods in this recipe. (3)

3.4 List five kitchen items that will assist you in completing this recipe. (5)

3.5 Describe step by step how you would prepare the baking container. (3)

3.6 Butter icing is required as a decoration. Name the basic ingredients for this type of icing. (3)

3.7 Name the traditional icing for a carrot cake. (1)

3.8 Explain how you would complete the following tasks:

3.8.1 Turning out the carrot cake (3)

3.8.2 Cooling the carrot cake (2)

3.9 Discuss the importance of preparing cake mixtures in a hygienic preparation area. (3)

3.10 Write down points to bear in mind when cleaning preparation areas and equipment at the end of a shift. (3)

[35]

QUESTION 4

4.1 Indicate whether the following statements are TRUE or FALSE by writing only 'True' or 'False' next to the question number (4.1.1–4.1.5) in the ANSWER BOOK. Give ONE REASON for each answer.

4.1.1 Brown flour contains about 85% of its original grain.

4.1.2 A whitewash is brushed over the dough product before baking in the oven.

4.1.3 White, crusty bread has the shortest shelf life.

4.1.4 Doughnuts are ring-shaped rolls, which are boiled before baking.

4.1.5 Pita and naan breads are baked at 220ºC and cooled on a rack.

(5 × 1) (5)

4.2 4.2.1 Identify the dough product in the picture below. (1)



FIGURE A

4.2.2 Classify the type of dough this product is made from. (1)

4.2.3 Substantiate the answer to QUESTION 4.2.2. (1)

4.3 4.3.1 One of the basic preparation methods in yeast cookery is kneading. Name TWO methods how to complete this preparation method.

4.3.2 Give TWO important reasons for kneading yeast dough.

(2 × 2) (4)

4.4 The product in Figure A requires a second proving. Describe step by step how this is done. (5)

4.5 The product in Figure A is baked. Explain TWO ways to prepare the baking container for this sweet dough product. (2)

4.6 How will you tell if the dough product is cooked and ready to be removed from the oven? (3)

4.7 Once baked, sweet dough products need a finish. How can this be achieved? (2)

4.8 State the possible reasons for an uneven texture and large holes in a baked dough product. (1)

[25]

Copyright reserved

QUESTION 5

5.1 Identify the pastry products. Write only the answer next to the question number (5.1.1–5.1.5) in the ANSWER BOOK.

5.1.1



5.1.2



5.1.3



5.1.4



5.1.5



(5 × 1) (5)

5.2 State the type of pastry used in the above pictures in QUESTION (5.1.1–5.1.5).

Pastry product	Type of pastry used
	5.2.1
	5.2.2
	5.2.3
	5.2.4
	5.2.5

(5 × 1) (5)

5.3 5.3.1 From the above pictures in QUESTION 5.1, state which pastry needs to be baked blind. (1)

5.3.2 Describe step by step how to bake the above pastry blind. (5)

5.4 Suggest TWO fillings for the product in QUESTION 5.1.2. (2)

5.5 Give TWO reasons for allowing pastry to rest after rolling. (2)

5.6 While baking the product in QUESTION 5.1.1, it did not rise evenly. What could have caused this situation? (3)

5.7 The product in QUESTION 5.1.3 is a traditionally South African dessert. Describe the finishing method for this product. (2)

[25]

QUESTION 6

6.1 Define the following terms:

6.1.1 Bouchée

6.1.2 Salsa

6.1.3 Blini

6.1.4 Canapés

6.1.5 Crudités

(5 × 1) (5)

6.2 Name the components of a canapé and give a suitable example for each. Redraw the table in the ANSWER BOOK.

Components of a canapé	Suitable example
6.2.1	6.2.2
6.2.3	6.2.4
6.2.5	6.2.6

(8)

6.3

Sandwiches should be fresh and appetising, with good flavour. Most sandwiches do not keep well. The bread dries out and curls at the edges or becomes soggy when filled with a filling.

Write down points to bear in mind when preparing sandwiches under the following headings:

6.3.1 Fillings

6.3.2 Shape

6.3.3 Presentation

(3 × 3) (9)

6.4 Suggest ways in which, with proper planning, tasks can be completed efficiently. (5)

6.5 Choose a description in COLUMN B that matches the sandwich fillings in COLUMN A. Write only the letter (A–E) next to the question number (6.5.1–6.5.5) in the ANSWER BOOK.

COLUMN A		COLUMN B	
6.5.1	Smoked salmon, cream cheese and dill	A	Vegan
6.5.2	Mozzarella, tomato and basil	B	Vegetarian
6.5.3	Hummus and chilli flakes	C	Halaal
6.5.4	Egg and mayonnaise	D	Kosher
6.5.5	Avocado and sour cream	E	Low-fat

(5 × 1) (5)

[30]

TOTAL: 180

Copyright reserved