higher education & training

Department:
Higher Education and Training
REPUBLIC OF SOUTH AFRICA

NATIONAL CERTIFICATE (VOCATIONAL)

FOOD PREPARATION
NQF LEVEL 4

(11011014)

7 November 2022 (X-paper)
09:00–12:00

This question paper consists of 10 pages.

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TIME: 3 HOURS
MARKS: 200

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. Start each question on a new page.
5. Use only a black or a blue pen.
6. Write neatly and legibly.

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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 … is an example of a hot sauce.

A Vinaigrette
B Romesco
C Hummus
D Béchamel

1.1.2 To calculate the quantity of ingredients needed to make a sauce one needs to consider the…

A number of courses to be served
B number of ladles to fill
C number of guests to be served
D number of dishes to be cooked

1.1.3 Basic sauces upon which other complex sauces are based.

A Foundation sauces
B Roux-based sauces
C Mayonnaise-based sauces
D Yoghurt-based sauces

1.1.4 Cooking chopped vegetables slowly in a little fat so that they cook in their own juices without browning.

A Deep frying
B Sweating
C Blanching
D Poaching

1.1.5 A cooking method that combines stewing and roasting.

A Grilling
B Baking
C Broiling
D Braising

(5 × 1) (5)

Theo is the sous chef at Houston's Diner. He is preparing sauces for the day.

1.2 What will happen if he uses poor quality ingredients to make sauces? (6)

1.3 Theo burns the velouté.

1.3.1 How should he handle this? (2)

1.3.2 What could be the cause of the problem in QUESTION 1.3? (1)

1.4 Compare sauces and stocks under the following headings:

	SAUCES	STOCKS
INGREDIENTS	1.4.1 (3)	1.4.2 (4)
COOKING METHODS	1.4.3 (2)	1.4.4 (1)

(10)

1.5 Differentiate between a *roux* and a *gravy*. (3 + 3) (6)

1.6 It is important to work in an organised and efficient manner when preparing and presenting dessert dishes.

Give FIVE reasons to support the above statement. (5)

1.7 Suggest ways how cream can be used in making desserts. (5)

[40]

QUESTION 2

2.1 Explain how meat can be contaminated during the cooking process. (3)

2.2



[Source: *taste.com.au*]



[Source*: colstun.co.uk*]

2.2.1 The illustrations above represent a type of dish. Identify the dish (1)

2.2.2 What ingredient must be used as a setting agent when preparing the dishes in QUESTION 2.2.1? (1)

2.2.3 Name TWO ingredients that contribute to the lightness of the above-mentioned dishes. (2)

2.2.4 Recommend TWO meal courses in which the above dishes can be served. (2)

2.2.5 Name the equipment that is used to shape the dishes above. (1)

2.3 Theo is preparing roast chicken with sage and onion stuffing. The ingredients for the dish have just been delivered.

2.3.1 Explain how the onions must be stored. (2)

2.3.2 What information should the chef look out for when receiving both perishable and non-perishable ingredients? (8)

2.3.3 Indicate the THREE storage areas where the above ingredients will be stored. (3)

2.3.4 Design a store requisition form that should be used to request the ingredients for making the roast chicken with sage and onion stuffing. (10)

2.3.5 Explain the importance of storing each type of food separately. (3)

2.3.6 Explain why keeping too little stock can be dangerous to the business. (4)

[40]

QUESTION 3

3.1 Study the recipe below and answer the questions that follow.

ROAST CHICKEN WITH SAGE AND ONION STUFFING

INGREDIENTS

1,5–1,8 kg chicken, giblets removed, trussed
25 g butter
½ lemon, juice only
100 mℓ white wine or vermouth
Salt and freshly ground pepper

For the stuffing

15 g butter
1 large onion finely chopped
½ lemon, finely grated zest
5 leaves fresh sage, finely chopped
100 g fresh white breadcrumbs
1 egg, beaten

For the gravy

15 mℓ plain flour
100 mℓ dry white wine
300 mℓ chicken stock

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Method

1. Season the chicken inside and out with salt a day before. Wrap in kitchen paper, wrap in foil and refrigerate. An hour before cooking, remove it from the fridge and allow it to come to room temperature.

2. Preheat the oven to 220 °C.

3. For the stuffing, melt the butter in a frying pan over a low heat, add the onion and cook until soft and translucent. Transfer the onion in a bowl and allow to cool, then mix in the lemon zest, sage and breadcrumbs. Season well with salt and pepper, add the egg and mix well.

4. Fill the cavity of the chicken with the stuffing, making sure you leave a little air between the stuffing and the top of the bird to allow the air to circulate.

5. Rub the butter over the chicken, then squeeze the lemon juice over it and place the chicken it in a roasting pan. Mix the wine with 100 mℓ of water and pour over the chicken.

6. Roast for 15 minutes, then turn down the heat to 180 °C and roast for a further 60 to 80 minutes, or until the chicken is cooked through and the juices run clear when pierced through the thickest part with a skewer.

7. Remove the bird from the pan, cover with foil and set aside to rest. Pour over the pan juices, strain off any fat and set aside.

8. To make the gravy, sprinkle the flour in the pan, stir over a low heat to make a roux with the scrapings in the bottom of the pan, then pour in the wine. Let the mixture bubble up, then gradually add the pan juices and stock, simmer until the gravy is thin and well flavoured.

3.1.1 Discuss SIX factors to consider when buying chicken to prepare the roast above. (6)

3.1.2 Explain why the chicken should be trussed. (5)

3.1.3 Why is it important to stuff the chicken? (3)

3.1.4 Explain how to use a thermometer to check if the chicken is cooked or not cooked. (3)

3.1.5 Explain why the bird should be rested in step 7. (3)

3.1.6 The chef accidentally burns the chicken.

What actions should be taken to resolve the problem and ensure that that clients are satisfied? (5)

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3.2 Explain the religious considerations regarding food of the following clients.

3.2.1 7th day Adventists (1)

3.2.2 Hindus (1)

3.2.3 Orthodox Jews (5)

3.2.4 Muslims (2)

3.2.5 Orthodox Catholics (1)

3.3 Give ONE term for each of the following descriptions by writing the answer next to the question number (3.3.1–3.3.5) in the ANSWER BOOK.

3.3.1 A set of instructions that describe everything that needs to be done in order to keep the premises in a clean and sanitary condition.

3.3.2 A South African law that allows health inspectors to inspect the premises of food establishments to ensure that it is safe and hygienic.

3.3.3 Visible specks of fat which is evenly distributed in wing and fore ribs.

3.3.4 The meat of a calf.

3.3.5 The meat of a matured sheep.

(5 × 1) (5)

[40]

QUESTION 4

4.1 Choose the correct term from those in brackets. Write only the answer next to the question number (4.1.1–4.1.5) in the ANSWER BOOK.

4.1.1 (Younger/Older) pork carcasses are used for making sausages.

4.1.2 (Cheese and onion/Orange hazelnut) is suitable for stuffing roast duck.

4.1.3 (Timbales/Terrines) are cooked in an oval-shaped dishes and loaf-like shapes.

4.1.4 (Mousses/royales) are popular garnishes for consommés.

4.1.5 Refreshing means to submerge (cooked/raw) vegetables in iced water.

(5 × 1) (5)

4.2 Give reasons for each of the following statements.

4.2.1 Label and date vegetables before freezing. (2)

4.2.2 Cooked vegetables should not be kept in a bain-marie for too long. (4)

4.2.3 Spread out vegetables on a baking pan before freezing. (2)

4.2.4 Cover peeled potatoes with cold water. (1)

4.3 Explain how food handlers should maintain equipment and preparation areas according to the principle of basic hygiene. (7)

Refer to the Roast chicken with sage and onion stuffing recipe in QUESTION 3 to answer the following questions.

4.4 In which categories are the following vegetables classified?

4.4.1 Onions

4.4.2 Green pepper

(2 × 1) (2)

4.5 Discuss FIVE qualities to look out for when buying fresh onions. (5)

4.6 Name the cooking method used to cook the onion in step number 3. (1)

4.7 Suggest ways that one can prepare onions other than chopping them. (3)

4.8 The lemon for the stuffing should be grated. Explain what *grating* is. (3)

4.9 Explain how the work surfaces should be cleaned when preparing meat dishes. (5)

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QUESTION 5

5.1 Explain how to protect the vitamin content of vegetables during preparation. (6)

5.2 Why is it important to cut vegetables into various shapes before cooking? (4)

5.3 Recommend SIX factors to consider when selecting desserts for a menu. (6)

5.4 Name FIVE basic ingredients for making baked-egg custards. (5)

5.5 A water bath or bain-marie is used when cooking baked egg custard.

5.5.1 Explain this cooking method.

5.5.2 Why is it important to bake the custard in this way?

(2 × 2) (4)

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5.6 Compile a step-by-step method to be followed to make an egg custard sauce, also known as a Crème Anglaise, using the ingredients that you listed in QUESTION 5.4. (6)

5.7 Suggest solutions to the following operational problems.

5.7.1 Curdled egg custard. (5)

5.7.2 Poor quality ingredients. (4)

[40]

TOTAL: 200

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